

## LISTENING 1

### WHAT ARE YOU LIKE?

Listen to Todd and Matt. They are going to talk about some aspects of Matt's character. Match each topic with the sentence it is related to. Write the letter (a, b, c, or d) on the line next to the topic. You'll hear the text twice.

#### TOPICS

#### **It has to do with...**

- |                     |                                       |
|---------------------|---------------------------------------|
| 1. Punctuality ____ | a) A kind of tradition in his family. |
| 2. Money ____       | b) Having a goal.                     |
| 3. Personality ____ | c) His marital status                 |
| 4. Work ____        | d) Parties, spirits                   |

## WHAT ARE YOU LIKE? – KEY

### TOPICS

### It has to do with...

- |                |          |                                       |
|----------------|----------|---------------------------------------|
| 1. Punctuality | <u>A</u> | a) A kind of tradition in his family. |
| 2. Money       | <u>C</u> | b) Having a goal.                     |
| 3. Personality | <u>D</u> | c) His marital status                 |
| 4. Work        | <u>B</u> | d) Parties, spirits                   |

### Transcript : What are you like?

**Todd:** Hey, Matt, we're gonna talk about adjectives. The theme this week is adjectives, so first of all, when it comes to time, are you normally late or are you always punctual?

**Matt:** Always punctual.

**Todd:** Always punctual.

**Matt:** Yeah, I find it very annoying when people are late. I tend to be punctual. I follow kind of a pattern of my dad and my grandfather. My grandfather used to sit in the car for an hour before church, just sitting in the car waiting for the rest of the family to go and my father was the same way, and I used to abhor that type of behavior but actually as I've grown older I found it annoying to be late and when I'm waiting for people and they end up being late, it kind of gets under my skin so I've kind of always followed the punctual route.

**Todd:** OK. Thanks. OK. OK, now let's move on to money. Now would you consider yourself to be generous with money and time or stingy?

**Matt:** Usually stingy, because I have always been single and I've always been generous with people, like that I have loved and, you know, my family but I kind of just basically take care of myself and I've never had expendable income where I've been able to donate and give money to causes. You know I would love to do that sort of thing but I never have been able to so I've always been careful with my money and I don't take a lot, you know, to live on, and I don't have a lot of vices so.

**Todd:** OK, cool Matt. OK, and now let's talk about personality. Let's say if you go to a party or you're meeting people, would you say that you're outgoing or you're shy?

**Matt:** Generally I'm outgoing, depending on the alcohol involved. I'm actually kind of shy when I first enter a party like most people and I sort of seek out to find that person or that group of people that I know, but yeah, usually I'm fairly outgoing and I like talking to people and meeting new people.

**Todd:** OK, Matt the last one, we're talking about work or maybe just personal time. Would you say that you're lazy or that you are hard-working?

**Matt:** I would say I'm hard-working, mainly at work but I'm very lazy when there is nothing to do, when I have no function in life, when there is nothing going on on the weekends I tend to be very lazy and it's hard to motivate unless I've got like a strict goal that I want to achieve or something I need to do, I tend to putter around and do very little unless I'm forced to.

## LISTENING 2

### FACEBOOK GENERATION

**Listen to a radio programme in which four people give their opinion about Facebook and social networks in general. You'll hear each speaker twice. Match the sentences with the speakers (there are 2 sentences per speaker).**

***E.g.: Speaker 1 has an Australian Facebook friend.***

- A. \_\_\_\_\_ had to talk to other parents after seeing some contents (photos) on Facebook.
- B. \_\_\_\_\_ has access to her child's Facebook account.
- C. \_\_\_\_\_ has been rejected as a Facebook friend more than 10 times.
- D. \_\_\_\_\_ is horrified at the idea of parents spying their own children using Facebook (or any other means).
- E. \_\_\_\_\_ is surprised she has been accepted as a Facebook friend by a total stranger.
- F. \_\_\_\_\_ learnt how to use Facebook from another mum.
- G. \_\_\_\_\_ says some of her children have accepted her as a Facebook friend, but not all of them.
- H. \_\_\_\_\_ thinks that it's necessary for children to learn how to use social networks.

## FACEBOOK GENERATION - KEY

***E.g.: Speaker 1 has an Australian Facebook friend.***

- A. Speaker 3 had to talk to other parents after seeing some contents (photos) on Facebook.
- B. Speaker 3 has access to her child's Facebook account.
- C. Speaker 1 has been rejected as a Facebook friend more than 10 times.
- D. Speaker 2 is horrified at the idea of parents spying their own children using Facebook (or any other means).
- E. Speaker 1 is surprised she has been accepted as a Facebook friend by a total stranger.
- F. Speaker 4 learnt how to use Facebook from another mum.
- G. Speaker 2 says some of her children have accepted her as a Facebook friend, but not all of them.
- H. Speaker 4 thinks that it's necessary for children to learn how to use social networks.

## TRANSCRIPT: FACEBOOK

Now, if you have children of any age, I'm sure they're on Facebook, or Myspace, or Bebo, anyone of a number of social networking sites, and so you are no doubt, fascinated and sometimes anxious about what goes on online. Last week, we asked for your experiences for trying to keep track of what they are up to. Some of you don't think you should spy, others, are doing their best.

1. My 16-year-old son has consistently refused my requests to be his friend on Facebook, as he thought I would be constantly spying and checking upon him, as indeed I would be. So, imagine my delight and surprise when, after my 12<sup>th</sup> request, I saw that he had accepted me as a friend. I immediately went into Facebook to look, only to find that it was the wrong person, same name, but a different person. I am now friends with a 23-year-old Australian cattle rancher who lives in Queensland, and his hobbies are booze and women. He does, however, have the same name as my son. What I fail to understand is why he accepted an old woman, living near London, who he has never heard of before, let alone met, as his friend. My son is still refusing my over-chase of friendship. Well, he has 530 friends already.

2. I am appalled! Do parents really think it's OK to spy on their children by Facebook or any other means? My daughters and my older son are my Facebook friends. My younger son prefers not to be. I don't challenge that, it's his choice. I have instructions to be careful what I say on my daughters' Facebook walls, and that is all. I'm sure their trust in me would be broken forever if they thought I was spying on them.

3. My 14-year-old daughter uses Facebook. I have her log-in, and she is happy that I have access to her account. She generally has nothing to hide, and originally wanted me to farm her crops on Farmville while she was at school. Since I have such wide access, I'm able to see what her friends post about themselves. A rare few have posted pictures of themselves in their underwear, 14-year-old girls. As a result, I've contacted their parents, or the school, as they have no idea of the risks they run. I clearly have other issues if they feel the need for that kind of attention.

4. I just had to get a lesson from another mum on how to use Facebook. She spends most of her evenings on it. Now I'm on, I've discovered the reason why my friends have lost contact with me. They're all on Facebook. Social networks are just an extension of the social spaces that have always existed. Our children are going to need to know how to behave appropriately in these social spaces to get on with their lives, and if we prevent them from learning how to do that now, they'll be in danger because of naivety later in life.

Now, thank you for all your e-mails.

## LISTENING 3

### IKEA

***Listen to a man talk about his experience in an Ikea Shop in Russia.  
Choose the correct option according to what he says. You will listen to  
the recording twice.***

1. Buses in Saint Petersburg usually have ...
  - a) no timetables
  - b) fixed timetables
  - c) different timetables depending on the destination.
2. People who go to IKEA in Russia can...
  - a) leave their coats in a special place provided by the shop.
  - b) walk around the shop with a rucksack.
  - c) leave their children in a playground for 3 hours maximum.
3. Where the speaker lives IKEA distributes ...
  - a) 160 thousand copies of its catalogue.
  - b) A copy of the catalogue for each house.
  - c) There are free copies all around the city.
4. Most Russian families have ....
  - a) a small empty room in their flat for guests to sleep in.
  - b) sofa-beds in all their rooms.
  - c) no rooms for guests.
5. The speaker has got ...
  - a) some furniture in his flat
  - b) lots of time to look for furniture for his flat
  - c) plenty of furniture in his flat



1a 2a 3b 4c 5c

### Transcript:

Our journey started in a minibus to Lomonosov underground station. In the open area behind the station we could see about 30 people waiting for a bus to the IKEA shop. This bus is unusual for two reasons – it is free, and it is one of very the few buses in the city that has a timetable.

We got onto the bus and it drove over the bridge across the River Neva and out of the city. One passenger had her dog with her. We saw the big yellow letters IKEA on a blue background from far away, they are on a sign which is higher than the trees. The same design is on the side of the building, a very big blue box with a car park all around it. We got out of the bus and walked along a special route to the entrance with a roof over it. We went into the shop through a big door that turned like a wheel. About ten people can walk inside one section of the wheel. IKEA shops are very popular everywhere in the world, and they are made to serve very large numbers of people.

Most places in Russia have a cloakroom where you can leave your coat. On this day there were too many people, so only children could leave their coats. I had a rucksack and they said that I should leave this in the cloakroom and carry my coat. If you have a child aged 3 to 6 you can leave him or her in a play room...usually for 2 hours or just one hour on busy days. They give parents a piece of paper with the time of collection written on it so that they don't forget. I don't know what people with dogs do.

The first place we went was up the stairs to the café. Here everything is self-service. You take a tray and ask people to serve you food, for example traditional Swedish meatballs. If you want coffee, tea or a fizzy drink you pay for a cup and afterwards you fill it from a machine. While you eat and drink you can study the catalogue. They say that 160 million copies of the catalogue are printed all round the world – where I live, they delivered a copy to each flat. People who want to buy a lot of things can take a big yellow plastic bag to put them in. There are also different sorts of trolley. One has a seat for a small child and a place to hang the big yellow bag.

The area next to the café is for special offers. Then, there are a lot of pictures in frames and mirrors. After that, you come to a place where there are different rooms which you can walk into and sit down in. When you know what you want to buy, you have to look at the code on the price tag. This code tells you the place on the ground floor where you should go to collect the pack with the parts you want inside it. All Ikea furniture is in cardboard boxes and you have to put the parts together when you get home.

One of the main problems of life in Russia is the small amount of living space that people have in their flats. It is very unusual for a family to have a room that nobody sleeps in. So the idea of a “living room” or a “sitting room”, as we call it in English, is a

bit different. Most people have a room with a sofa-bed that they open out in the evening to sleep on. I think it's quite a good idea for Russian flats to have the bed on tall legs with enough space for a sofa under it. You can buy one in IKEA for about £200. On my visit to IKEA I didn't buy anything because I live in a rented flat with lots of furniture in it. I just like looking.

## LISTENING 4

### The importance of what we eat

---

1. How many years ago our diet used to consist of roughly equal amounts of omega 3 and omega 6?
  - a) 10
  - b) 100
  - c) 1000
2. Now we're eating ...
  - a) less omega 3 and more omega 6.
  - b) equal amounts of omega 3 and omega 6.
  - c) more omega 3 and less omega 6.
3. Which group of people eat definitely too little omega 3 and too much omega 6?
  - a) adults
  - b) teenagers
  - c) children
4. Children's favourite food is ...
  - a) chocolate
  - b) chips
  - c) fruit
5. A study on over a thousand children showed that
  - a) Children don't like eating chips.
  - b) All children eat a vegetable or a piece of fruit each day.
  - c) 86% had not eaten fish.
6. What improves a child's ability to concentrate?
  - a) fish oil
  - b) fruits
  - c) palm oil
7. What were children taking for 6 months?
  - a) half of them took a supplement containing omega 3 and the second half placebo from palm oil
  - b) a supplement containing omega 3
  - c) a placebo made from palm oil
8. Mathew paid more attention at class and described himself as being ...
  - a) the same.
  - b) sleepy
  - c) very different

## The importance of what we eat **key**

---

1. How many years ago our diet used to consist of roughly equal amounts of omega 3 and omega 6?
  - a) 10
  - b) 100
  - c) 1000
2. Now we're eating ...
  - a) less omega 3 and more omega 6.
  - b) equal amounts of omega 3 and omega 6.
  - c) more omega 3 and less omega 6.
3. Which group of people eat definitely too little omega 3 and too much omega 6?
  - a) adults
  - b) teenagers
  - c) children
4. Children's favourite food is ...
  - a) chocolate
  - b) chips
  - c) fruit
5. A study on over a thousand children showed that
  - a) Children don't like eating chips.
  - b) All children eat a vegetable or a piece of fruit each day.
  - c) 86% had not eaten fish.
6. What transforms a child's reading ability?
  - a) fish oil
  - b) fruits
  - c) sweets
7. What were children taking for 6 months?
  - a) half of them took supplement containing omega 3 and the second half placebo from palm oil
  - b) a supplement containing omega 3
  - c) a placebo from palm oil
8. Mathew paid more attention at class and described himself as being ...
  - a) the same.
  - b) sleepy
  - c) very different

## Tapescript

A hundred years ago our diet used to consist of roughly equal amounts of omega 3 and omega 6. Now we are eating less omega 3 and about a thousand times more omega 6. One group of people who rarely eat enough omega 3 and have too much omega 6 are children.

A study on what over a thousand children ate in a day showed that 40 % had chips at lunchtime, more than half hadn't eaten a vegetable or a piece of fruit for 24 hours, and the majority had eaten something sweet. Nearly all 86% had not eaten fish. If having a balanced diet is so important, could high amounts of omega 3 re-address this imbalance and boost brain function?

"I find it hard to believe that taking fish oil will suddenly transform a child's reading ability. I can understand that deprivation of fatty acids during a critical period of brain development may have a lasting effect but once the brain is formed, it really hangs onto its fatty acids. I think it's very unlikely that one would see an improvement of behaviour. There is no proper physiological basis to expect such a change to occur"

To find out whether omega 3 could benefit normal school children, Dr Madeleine Portwood from Durham LEA carried out a trial on nearly three hundred children. She assessed the children's reading, writing and ability to concentrate. The trial lasted for six months. Half the children took a supplement containing omega 3, and the other half had a fishy tasting placebo made from palm oil. No one knew which child had which supplement. When Madeleine re-assessed them, she observed that the children who had taken omega 3, like Matthew, paid more attention in class.

DR MADELEINE PORTWOOD - Yeah well spotted, because you struggled with that last time. If you think what you were like before you started taking the capsules, what were you doing in school?

MATTHEW - Well, I wasn't like getting much work finished.

DR MADELEINE PORTWOOD - And is that any different now?

MATTHEW - Yeah.

DR MADELEINE PORTWOOD - So you like doing your work?

MATTHEW - I just want to get it all finished, all my thinking's just like popping into my head.

DR MADELEINE PORTWOOD - What sort of things pop into your head?

MATTHEW - Like good ideas of what I could do

DR MADELEINE PORTWOOD - Before the trial started, Matthew described himself as a child who had problems concentrating, didn't finish his work and was generally in trouble most of the time. That was in school and at home. Since he's been taking supplements, he describes himself as being very different. He's able to finish work, his concentration has improved, his attention to detail is greater, and certainly we've seen improvements in his reading and spelling abilities.