

TASK 1: PACKING TIPS TO HELP YOU TRAVEL

TEXT	1	2	3	4	5	6	7
HEADING	G	H	A	E	B	C	J

TASK 2: HOW TO LEARN EFFECTIVELY

SENTENCE	8	9	10	11	12	13	14	15	16
OPTION	B	A	A	B	C	C	B	A	A

TASK 3: COOKING MAKES ME AND MY PEOPLE HAPPY

17.	PLANNED	22.	FEELS
18.	SOMETHING	23.	ENJOY
19.	ORDER	24.	SPICES
20.	GUESTS	25.	PROUD
21.	DURING		

TASK 1: YOUR MONEY IS IMPORTANT

QUESTION	1	2	3	4	5	6	7	8
LETTER	A	C	L	G	K	I	F	D

TASK 2: I AM 21 AND I HAVE NO FRIENDS

QUESTION	9	10	11	12	13	14	15	16
LETTER	B	A	B	A	B	C	A	C

TASK 3: HEALTHY EATING

17	AMOUNTS
18	LEAST
19	VARIETIES
20	SUGAR
21	PROVIDE
22	SLICE
23	EQUAL
24	CONTAIN
25	SAUCE

** No se penalizarán los errores de ortografía que no alteren esencialmente el significado de la palabra, frase o expresión requeridas.*

TRANSCRIPT:

TASK 1: YOUR MONEY IS IMPORTANT

EXTRACT 0 *Staycations: staying at home helps us save* [H]

So, this one is a big item for me: I don't value big vacations as much. I'm OK having one vacation and then having one *staycation*, instead of two big vacations a year. So this year my husband had to go to India to attend a wedding and I thought: "You know what? I don't need to attend this wedding; it's not necessary for me. I can enjoy this *staycation* and save some money." And enjoy that time and just be by myself and that's what I did! And I truly enjoyed it. And I saved roughly twenty-five hundred dollars.

EXTRACT 1 *A habit rich people have in common* [A]

These millionaires have some habits and I want to share them with you. Number one: They're avid readers. Millionaires are readers. They're reading books. Why? Because they're trying to learn information that they can use in their lives to be able to grow. And so, reading is really, really important. It's how we outstretch our minds, it's how we start to see things on a different level and really understanding how things work. And so the more I talk to people out there that have hit everyday millionaire status, they tell me how many books they're reading.

EXTRACT 2 *Credit cards can be dangerous* [C]

One of the best money-saving tips is to only spend cash. Whether you're buying groceries, or a new phone, spending cash makes us notice the monetary effects of our actions. This is because as we're paying, we are physically handing over money and we see the depletion in our wallets, whereas when you use a credit or debit card, the potential to spend seems almost endless. Additionally, you may just avoid purchases altogether, allowing you to save more money than you ever could when relying on credit cards.

EXTRACT 3 *Waiters receive better tips in the US* [L]

Not long ago, I did a video about tipping in Europe. And, clearly, I need to do one for the US of A. Well, we tip a lot, more than anywhere else in the world. OK, restaurants: A 15% to 20% tip is customary. It's not obligatory, but, it is expected. The tip will already be included if you are in the more touristy areas...

EXTRACT 4 *Rent the rooms you don't need* [G]

One option that's working really great for us is to get a roommate. That could be really helpful. If you have extra space you can rent out. Yes, it is a bit of a sacrifice at times, and it does mean that you're giving up some of your space and some of your privacy, but for us this decision has made such a financial difference. So, it's something that I recommend, especially since we had an extra bedroom. We don't currently have any kids that need that second bedroom. So, for now, it's been working really well.

EXTRACT 5 *Using the second-hand market* [K]

Now, there are lots of things in your wardrobes, in cupboards that you might wore once or used once. You'd be amazed, there's probably many things in there that you've never even worn at all and probably some with their, their tags on. Look at start to sell some of those items. If you're, if you're not using them, if you're not wearing them, sell them! Use Ebay, use Facebook Marketplace...There's lots of places out there

online, erm... that you can sell these items. It can also be quite an interesting hobby as well as bring you some money into the house.

EXTRACT 6 *Think first before you but stuff* [I]

We don't need to buy everything available at the store. Just because it's on sale, doesn't mean I need to bring it home. Ask: Do I really need this? Do I really want to care for this? Do I have a spot for it? The accumulation of physical possessions is not the greatest thing that you can do with your life! And so, we begin to see how our money and time can be used on more important things. We begin to accumulate less and less going forward.

EXTRACT 7 *Reduce money spent on personal care* [F]

There are certain beauty treatments I have learned to do myself over the years such as cutting my hair, do my manicure and pedicure. And I'm not looking back. I am able to save thousands of dollars a year by just simply doing it myself. The last time I stepped foot in a hair salon was probably about four years ago and I just started cutting my husband's hair. And, you know what? It's not perfect, but it's just hair, it'll grow back, he's happy with it, I'm happy with it. So, it really doesn't matter.

EXTRACT 8 *Eating out is a waste of money* [D]

And the thing that I personally never spend money on is ordering lunch. When you use the time to prep, you're gonna have food in your fridge all the time, you take it with you...I've not paid for lunch for like, probably the last year. I always cook at home, I bring it to work, I've actually lost weight because of this amazing financial habit. So, actually stop spending money on lunch, plan ahead, cook it at home...take it with you to work, though.

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TASK 2: I AM 21 AND I HAVE NO FRIENDS
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So, I'm 21 years old and I have no friends. And I'm just gonna go into why that is. So, once upon a time, when I was born, my parents thought it was a great idea to not socialize me as a child. We were a homeschool family. I grew up from age 0 to 5 with not a single friend. We went to a church which had a bunch of people, but they were all old people. I remember I tried to make a friend with a girl and I was chasing her around saying "hi, hi," but that didn't work out so well.

And I remember feeling so jealous at age 5. Yeah, I remember being so jealous of my older siblings and older brother, in particular, because he had friends, because he got to go to this group made for teenage guys and hang out with a bunch of people his age. I remember every time we would drop him off and pick him up I would feel so jealous that he got to go and I didn't because I wanted friends and I was lonely. And I also remember this time when I was following my brothers around, when their friends would come over, and they would exclude me completely, sometimes just telling me to leave or just completely ignoring me because I was the little brother. So that was my experience from age 0 to 5.

Then we moved to Wisconsin from 5 to 12. And I also didn't have any friends. They really didn't think it was important to socialize me with anybody. We did go to church and I was pretty shy and again there wasn't really anybody my age because there were only teenagers at that church. Teenagers and older people. And they just ignored me. And then, erhm, from basically 5 to 12, zero socialization. As a homeschool family,

we didn't do anything. I mean, where would a family go to make friends? Nowhere. So I grew up extremely alone and obviously that probably didn't help my social skills.

Then, after age 12, I got put in a public school, which was good, but this is kind of where it gets tricky: I don't know why I didn't make friends. I mean, everybody, every single person kept a distance from me and I don't know why that is, I don't know what it is with me that people kept a distance.

But anyways, I don't know what it was about high school, I don't know if I didn't have social skills or what, but like nothing bad happened, but at the same time no one was close to me. Since it was such a small school, I only had twenty classmates and I think that was a part of it. I honestly don't think too many people did find good friends, you know, in that tiny school. I'm going to wrap this up: I graduated, so I didn't see anybody really after high school, except for one person and no one really talked to me.

I didn't go to college because I felt terrified too. And I felt inadequate. I felt like I could never do it, that I would never pass and I felt really intimidated. I was terrified of college students and I was terrified of the process and I was terrified of the money. So, I didn't go to college. So obviously, I haven't made any college friends.

And then it's like, well, how do you make friends then? The only option to make friends is co-workers or going to some kind of class or group or something. During this time, after graduating, I've tried everything: I've gone to church, I've joined Meetup and I've done a couple meetups and I've like reached out to people to try to go to coffee and what else have I done? And, oh, yeah!... my work friends. I never made friends at my last job, not really at any job. It's the same thing, I don't know what it is with me.

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TASK 3: HEALTHY EATING

So why do we need to eat fruit and vegetables? It's important for us to include these types of foods in our diet because they provide us with a number of different nutrients including carbohydrate, different vitamins and minerals as well as fiber.

Our body needs all of these things to function properly and to stay healthy. It's a good idea to aim to eat a variety of types of fruit and vegetables every day because they all contain different **amounts** of nutrients. One way to try and do this is to try and choose a rainbow of colors of fruit and vegetables. We should all eat at **least** five portions of fruit and vegetables every day, which is called "your Five-a-day".

You may think that only fresh fruit and vegetables count towards your Five-a-day, but this isn't true as many other forms of this food group count too: this includes frozen **varieties** such as frozen peas or frozen berries. There are other types of fruit and vegetables that count. Canned or tinned varieties count too. If you eat these types of fruit and vegetables, try and choose those with no added **sugar** or salt. Dried fruit such as apricots and raisins count as well.

There are also some drinks that count towards your Five-a-day; for example, 100% fruit or vegetable juice or smoothies. Do you think that potatoes count towards your Five-a-day? And, as although potatoes are a vegetable, they don't count towards your

Five-a-day. It's still important to include them in our diet, though, as they **provide** us with energy. Do you think that baked beans count towards your Five-a-day? Well, baked beans and other types of beans do count as one of your Five-a-day; however, they will only count as one portion a day no matter how much you eat.

So now that we've looked at some of the types of fruit and vegetables that count, let's think about how much is a portion. The amount of fruit or vegetables that you need to eat to get one portion is roughly about the amount that will fit in the palm of your hand. So examples include one apple, orange or banana, two plums, half an avocado, one **slice** of melon or four tablespoons of green vegetables such as kale, spinach or green beans or three tablespoons of cooked vegetables.

There are some types of fruit and vegetables which may only count as a maximum of one or two portions per day: a glass of fruit or vegetable juice is **equal** to one portion. However, fruit or vegetable juice will only count once a day no matter how much you drink. So, even if you drank five glasses of fruit juice a day this would still only count as one portion of your Five-a-day. Smoothies can count as two of your Five-a-day as long as they **contain** fruit or vegetables and fruit juice too, but you can normally check the label to see how many portions it will give you. As mentioned earlier, pulses like beans and lentils also only count once a day no matter how much you eat or how many different types you have.

As well as eating fruit and vegetables on their own, those that you eat as part of meals also count towards your Five-a-day. So it is important not to forget about these too. Examples include vegetables in a pasta or curry **sauce**, soup with vegetables in it or fruit in desserts, which all count too. We should try and include some fruit and vegetables in every meal each day to work towards achieving our Five-a-day.

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