4.4 Theme 1.2: Healthy Living and Lifestyle - Listening Comprehension: 10-minute Pack

AQA 8692 · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

This pack uses printed transcripts that simulate short spoken contributions about healthy living. Answer each question in English unless instructed otherwise. Accents and the enye are printed correctly; inverted punctuation is omitted for print compatibility. Write accents and the enye correctly when required.

1 Transcript 1: Doctor giving brief lifestyle advice in a school health talk. Context: a doctor speaks to teenagers about diet and exercise. 'Buenos días. Para estar sano, hay que comer fruta y verdura cada día. También es importante hacer ejercicio al menos treinta minutos, cinco veces por semana. Eviten la comida con mucho azúcar y las bebidas azucaradas. Si fumas, debes dejarlo; fumar causa problemas en los pulmones. Y, finalmente, duerman ocho horas si pueden.' Listen and decide: which one of these changes did the doctor not mention as advice in this talk: eating fruit and vegetables, stopping smoking, reducing screen time or sleeping eight hours?

(Total for Question 1 is 1 mark)

2 Transcript 7: A parent and teenager discussing portion sizes. Context: at a parents evening a mother says: 'Mi hijo come raciones grandes de pizza casi todas las semanas. Ahora intento servir porciones más pequeñas y animarle a comer verduras.' Listen and decide for two statements: 1 The mother used to serve small portions, true/false/not mentioned? 2 The mother now encourages vegetables, true/false/not mentioned? Answer with T, F or N for each separated by a comma.

(Total for Question 2 is 2 marks)

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3 Transcript 8: Community coach gives brief advice about hydration during exercise. Context: coach speaking after a weekend run. 'Entrenador: Cuando corres, bebe agua regularmente y evita bebidas muy azucaradas. Si sudas mucho, repone sales con una bebida deportiva ligera o con comida que contenga sal. No esperes a tener sed para beber.' Listen and answer two multiple-choice items in English: a) Which should you avoid during exercise? A sugary drinks B water C milk. b) What should you do if you sweat a lot? A ignore it B replace salts with a light sports drink C stop running. Put answers as 'a X, b Y'.

(Total for Question 3 is 2 marks)

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4 Transcript 9: School counsellor gives one-line advice on stress and screen breaks. Context: during assembly the counsellor says: 'Si te sientes estresado después de estudiar, toma un descanso de diez minutos sin pantallas y haz ejercicios de respiración.' Listen and decide: how long does the counsellor recommend as a screen-free break? Answer in English, number of minutes.

(Total for Question 4 is 1 mark)

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5 Transcript 1 again: Doctor says 'hacer ejercicio al menos treinta minutos, cinco veces por semana'. Listen and decide: how many minutes of exercise does the doctor recommend each session?

(Total for Question 5 is 1 mark)

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6 Transcript 2: Two friends compare morning routines. Context: Lucía and Omar are describing what they do before school. 'Lucía: Por la mañana, desayuno una pieza de fruta y un yogur. No como bollería porque no es buena idea. Omar: Yo prefiero cereal y a veces tomo un croissant si tengo prisa. Luego salgo a correr veinte minutos antes del instituto. Lucía: Yo voy al gimnasio tres veces por semana por la tarde.' Listen and match: which person is most likely to eat a croissant before school?

(Total for Question 6 is 1 mark)

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7 Transcript 2 again: Lucía says she goes to the gym 'tres veces por semana por la tarde'. Listen and decide: how often does Lucía go to the gym per week?

(Total for Question 7 is 1 mark)

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8 Transcript 3: Radio phone-in about dieting. Context: caller describes a new diet and the presenter asks a nutritionist for advice. 'Llamante: He empezado una dieta que elimina todos los carbohidratos porque quiero perder peso rápido. Presentador: Y cómo se siente? Llamante: A veces con mareos y poca energía. Nutricionista: Es mejor mantener un equilibrio. No eliminen grupos de comida importantes. Coman cantidades pequeñas y variadas y beban agua. Si tienen síntomas, hablen con un profesional.' Listen and complete the sentence in English: The nutritionist warns that completely removing which type of food group is not a good idea?

(Total for Question 8 is 1 mark)

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9 Transcript 3 again: The caller reports 'mareos y poca energía'. Listen and decide: which two symptoms did the caller mention? Answer in English, two items separated by a comma.

(Total for Question 9 is 1 mark)

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Mark scheme · 4.4 Theme 1.2: Healthy Living and Lifestyle - Listening Comprehension: 10-minute Pack

Question 1

Reduce screen time **B1**

Answer: Reduce screen time

Question 2

1 F **B1**

2 T **B1**

Answer: 1 F, 2 T

Question 3

a A **B1**

b B **B1**

Answer: a A, b B

Question 4

10 minutes **B1**

Answer: 10 minutes

Question 5

30 minutes **B1**

Answer: 30 minutes

Question 6

Omar **B1**

Answer: Omar

Question 7

Three times per week **B1**

Answer: Three times per week

Question 8

Carbohydrates **B1**

Answer: Carbohydrates

Question 9

Dizziness, low energy **B1**

Answer: Dizziness, low energy

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