



ES.L5 Theme 2.2: Healthy Living and Lifestyle - Listening Comprehension

Total Marks

AQA 8692 · Calculators not allowed · about 30 minutes

Name: _____ Date: ____ / ____ / ____

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This pack uses printed transcripts that simulate short spoken contributions about healthy living. Answer each question in English unless instructed otherwise. Accents, the enye and inverted punctuation have been omitted for print compatibility and should be written correctly by the student 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 dias. Para estar sano, hay que comer fruta y verdura cada dia. Tambien es importante hacer ejercicio al menos treinta minutos, cinco veces por semana. Eviten la comida con mucho azucar 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 single change did the doctor not mention as advice in this talk?

(Total for Question 1 is 1 mark)

- 2** 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 2 is 1 mark)

- 3** Transcript 2: Two friends compare morning routines. Context: Lucia and Omar are describing what they do before school. 'Lucia: Por la manana, desayuno una pieza de fruta y un yogur. No como bolleria 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. Lucia: 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 3 is 1 mark)

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

(Total for Question 4 is 1 mark)

- 5 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 rapido. Presentador: ¿Y como se siente? Llamante: A veces con mareos y poca energia. Nutricionista: Es mejor mantener un equilibrio. No eliminan grupos de comida importantes. Coman cantidades pequeñas y variadas y beban agua. Si tienen sintomas, 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 5 is 1 mark)

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

(Total for Question 6 is 1 mark)

- 7 Transcript 4: School teacher talking about screen time and sleep in a classroom talk. Context: a teacher explains evening habits. 'Profesor: Por la noche, si estas con el movil hasta tarde, te costara dormir. Procura apagar las pantallas una hora antes de dormir y lee un libro. Tambien, evita cafe por la tarde y bebe agua. Si necesitas ayuda para dormir, habla con tus padres.' Listen and match: match each problem (1-3) with the best piece of advice (A-D) from the teacher. Problems: 1 too much screen use before bed; 2 trouble falling asleep after drinking coffee; 3 feeling anxious about sleep. Advice options: A apagar las pantallas una hora antes de dormir; B hablar con tus padres; C evitar cafe por la tarde; D leer un libro.

(Total for Question 7 is 3 marks)

- 8** Transcript 5: Two classmates compare evening exercise and snacking. Context: Marta and Jamal discuss evening habits after school. 'Marta: Por la tarde hago yoga treinta minutos y luego ceno una ensalada ligera. Jamal: Yo suelo jugar al futbol con amigos y a veces como patatas fritas durante el partido. Marta: Si comes mucho en la noche, no es bueno para el sueño.' Listen and answer three multiple-choice questions: a) Who mentions yoga? b) Who sometimes eats crisps during sports? c) Who links heavy evening eating to bad sleep? Choose A Marta, B Jamal, or C Both for each.

(Total for Question 8 is 3 marks)

- 9** Transcript 6: School nurse giving short advice about smoking and local sports clubs. Context: nurse talking to pupils about quitting smoking and getting active. 'En la escuela tenemos un club de atletismo y tambien apoyo para dejar de fumar. Si fumas, puedes hablar con la enfermera para recibir informacion y apoyo. Unirte al club te ayuda a estar activo y a reducir el deseo de fumar.' Listen and complete the three Spanish gaps in English: a) The school offers a club for which activity? b) Where can a student go for support to stop smoking? c) Joining the club helps to reduce what?

(Total for Question 9 is 3 marks)

- 10** 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 mas pequenas 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 10 is 2 marks)

- 11** 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 11 is 2 marks)

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

(Total for Question 12 is 1 mark)

Mark scheme · ES.L5 Theme 2.2: Healthy Living and Lifestyle - Listening Comprehension

Question 1

- **B1** Reduce screen time
- **Answer: Reduce screen time**

Question 2

- **B1** 30 minutes
- **Answer: 30 minutes**

Question 3

- **B1** Omar
- **Answer: Omar**

Question 4

- **B1** Three times per week
- **Answer: Three times per week**

Question 5

- **B1** Carbohydrates
- **Answer: Carbohydrates**

Question 6

- **B1** Dizziness, low energy
- **Answer: Dizziness, low energy**

Question 7

- **B1** 1 A
- **B1** 2 C
- **B1** 3 B
- **Answer: 1 A, 2 C, 3 B**

Question 8

- **B1** a A
- **B1** b B
- **B1** c A
- **Answer: a A, b B, c A**

Question 9

- **B1** a Athletics club / running club
- **B1** b The school nurse
- **B1** c The desire/craving to smoke
- **Answer: a Athletics club / running club, b The school nurse, c The desire to smoke**

Question 10

- **B1** 1 F
- **B1** 2 T
- **Answer: 1 F, 2 T**

Question 11

- **B1** a A
- **B1** b B
- **Answer:** a A, b B

Question 12

- **B1** 10 minutes
- **Answer:** 10 minutes