

## LISTENING TEST

1. When she watched pop and rock programmes on TV.      2. When she was at school.      3. When she is lying in bed at night.
4. After finding a fabric she likes.      5. No, but she uses her own ideas and style.
6. Practically never: she doesn't have time.      7. People who have to be careful of what they spend.
8. She sometimes uses cheaper fabrics.      9. People, surprisingly, like to help each other.
10. She is very positive about her experience.

## POSSIBLE ANSWERS SEPTEMBER 2010

### OPCIÓN A

1. Probiotic foods are bought by many people. They are healthy because they contain good bacteria which fight illnesses, for example in our intestines. They also make our immune system stronger, so psoriasis, influenza and asthma may improve. People return to work sooner as they suffer these illnesses for less time.
2. a) digest      b) super-clean      c) improve      d) illnesses
3. a) If we feed these "friendly" bacteria into our system, we (will / can / Ø) fight the bad bacteria.  
b) Your immune system can be helped by probiotics.  
c) We may not enjoy eating them so much.  
d) Unless we eat them, our digestive health may be affected.
4. a) Some conditions that are helped by probiotics are bad digestion, a poor immune system, influenza, asthma and psoriasis. Probiotics introduce good bacteria, which fight the bad bacteria, and improve the immune system.  
b) I always eat a lot of foods like fish, fruit, vegetable and brown bread, which are good for me because they contain a lot of vitamins and make me strong. Unfortunately, I also eat chocolate, cakes and biscuits, which have too much fat and sugar, and besides I drink 2 litres of Coca-Cola every day. I need to be more careful about what I eat!
5. I try to sleep eight hours every night, which makes me feel good during the day, and I never need to sleep a siesta in the afternoon. When I go out at night, especially at the weekend, I always avoid things such as alcohol and drugs, because they can ruin your health for ever. I sometimes practise sports such as swimming, football and running, but only once or twice a week, as I don't have much free time. If I have to go shopping, I never take the bus but always walk, even if it's a long way. In this way I think I do enough to keep healthy, and I feel fit, so in my opinion I'm doing the things I should.

### OPCIÓN B

1. Skating started in Northern Europe many centuries ago and was a way of transporting things. It became an international sport in 1892 and an Olympic sport in 1908. There are different kinds of events, singles, pairs and ice dancing, some of which are chosen by the skaters while others are compulsory.
2. a) frozen      b) waterways      c) perform      d) couple
3. a) Goods were being transported across frozen waterways (by skaters).  
b) Six years after the International skating Union was founded, the first official event was celebrated.  
c) If judges didn't deduct points, a balanced programme would not be important.  
d) There are three sections in ice dancing.
4. a) They were able to include figure skating in the 1908 Olympic Games because International Skating Union, which had been founded in 1892, worked hard for a decade.

# Exemplos de resposta / Soluções

b) “Free skating” and “free dancing” are different from the rest because they are more original: in these the skaters can choose the music and their interpretation of it.

5. I think it would be a mistake to exclude football from the Olympic Games. Some people say there is already a World Cup for football, so we don't need it in the Olympic Games, but I think more people will watch the Games if there is football because it is the most popular sport in the world. Also, it is a good idea because Spain will probably win a gold or silver medal, because we have the best team, and Spain don't usually win many medals. Countries like Brazil, Argentina and Mexico are in the same position. It is a good chance for young players to show their talent, and they can be seen by the managers of Barcelona, Arsenal and other teams.

## LISTENING TEST

1) Minister for the environment. 2) They give food for their animals 3) The movement started by planting trees and then it became a political movement. 4) she has been able to create more parks in cities. 5) there is a connection between the environment and peace. 6) internal peace and democracy. 7. Between Israel and Palestine. 8. respect the animals. 9. We need the other animals in order to survive. 10. was more pure and clean when she was young.