

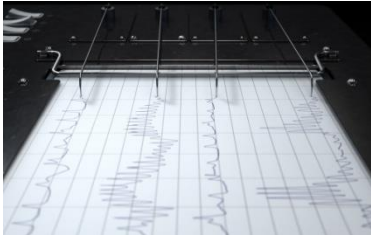
**Class**

**Name**

**GENERAL LISTENING SECTION**

**Part A. (1-8) Listen and choose the correct answers. [Track 01]**

1.



(a) (b) (c) (d)

2.



(a) (b) (c) (d)

3.



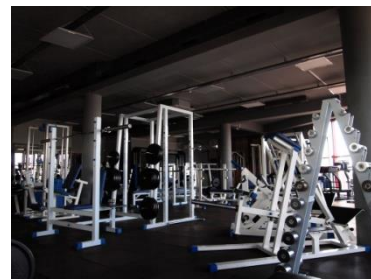
(a) (b) (c) (d)

4.



(a) (b) (c) (d)

5.



(a) (b) (c) (d)

6.



(a) (b) (c) (d)

7.



(a) (b) (c) (d)

8.



(a) (b) (c) (d)

**Part B. (9-12) Listen and choose the statement that best describes the picture. [Track 02]**

9.



- (a) (b) (c) (d)

11.



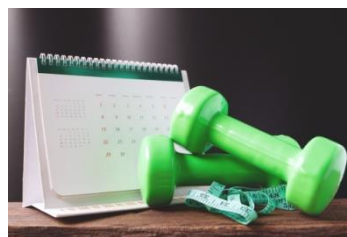
- (a) (b) (c) (d)

10.



- (a) (b) (c) (d)

12.



- (a) (b) (c) (d)

**Part C. (13-15) Listen and write the word in the correct blank with the correct final “ed” sound. [Track 03]**

relate	worry	recommend	dress
tune	study	wash	agree

13. “t”	14. “d”	15. “id”

## SPEAKING SKILL SECTION

**Part A. (16-23) Unscramble and move it after the part C listening section, to be part A of the speaking skill section.**

**16.** shows / average / y-axis / This / global / graph / the / on / temperature / the

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**17.** eighteen / hottest / have / In / since / of / all / fact, / nineteen / 2001 / the / years / occurred

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**18.** tuned / learn / results / Stay / details / these / survey / fascinating / to / more / about

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**19.** We / necessary / take / ourselves / spend / doing / to / care / things / time / of

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**20.** blood / improve / to / memory / Increased / your / helps / flow / brain

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**21.** offering / memberships / We're / 25% / discount / a / new / off / for

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**22.** procrastinate / healthy / It's / to / doing / some / easy / habits

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23. done / things / for / health / The / our / frequencies / different / must / at / we / be / do

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**Part B. (24-25) Write an (X) where there is a silent syllable in a word.**

24. This means that nearly every single year, we're having a new record high level of hot temperatures.

25. The average global temperature has been rising, especially in the past thirty years or so.

**Part C. (26-27) Write an arrow (↔) where a consonant sound can be linked with the same sound.**

26. Many [ ] people [ ] like [ ] to [ ] spend [ ] their [ ] free [ ] time [ ] online, [ ] but [ ] how [ ] much [ ] is [ ] too [ ] much?

27. American [ ] kids [ ] between [ ] the [ ] ages [ ] of [ ] eight [ ] to [ ] nineteen [ ] spend [ ] more [ ] than [ ] seven [ ] hours [ ] online [ ] per [ ] day, [ ] on [ ] average.

**Part D. (28-29) Circle the correct phrasal verb to complete each sentence, then write it in the blank.**

28. (Set up / Come on down) \_\_\_\_\_ to the gym!

29. Do you have a question that I can (help you out / head over) \_\_\_\_\_ with?

## INTEGRATE IT

### Part A. (30) Listen and fill in the blanks. [Track 04]

Welcome back to the Human Health Network. In part one of tonight's program, we saw that young people should only spend about two hours online every day. However, 1.\_\_\_\_\_ results show that many kids, ages eight and up, are actually online almost four times that amount.

Here are some more surprising 2.\_\_\_\_\_ from the survey. Many teens themselves are worried about how much time they spend online. Ninety percent of teens agreed that spending too much time online is a problem. And of them, 60 percent said it's a "serious problem," as you can see on this pie chart. Fifty-four percent of teens said that they think they spend too much time online. So, over half of teens know they have a problem. But, the problem is more serious than just wasting time online. Psychological studies show that too much screen time can disrupt sleep, cause depression, and increase obesity.

To fix the problem, we have to start by understanding habits. Another result from the survey showed that 44 percent of teens check their phone as soon as they wake up. Instead of doing this, try to change your daily 3.\_\_\_\_\_. Medical 4.\_\_\_\_\_ recommend checking your phone after you've washed your face, gotten dressed, had breakfast, and brushed your teeth. They say to do 5.\_\_\_\_\_ tasks first. Set daily goals, and try not to have any screen time until those goals are 6.\_\_\_\_\_. Parents also need to change. Another result shows that 51 percent of teens said they think their parents spend too much time online. So, it's fair to say that there should be a family effort to reduce screen time.

We hope that the survey results helped you think more about how much time you spend online. You can learn more by visiting our website. See you next week for our program on the Human Health Network.

**Part B. (31-32) Read the questions, listen to the track again, takes notes as needed, and answer the questions. [Track 04]**

**31.**

Question	Notes
What percentage of teens think that they spend too much time online?	
<b>Answer:</b>	
_____	
_____	

**32.**

Question	Notes
What do psychological studies show?	
<b>Answer:</b>	
_____	
_____	