

ESOL Skills for life

Speaking & Listening Level 1 Practice Test Paper - Set 2

PRACTICE:

Practice Test Paper Speaking & Listening (Level 1)



PERSONAL DETAILS AND MARKS FOR CANDIDATE

support the written record of a candidate's responses. Candidates should be instructed that if they wish, personal details in the actual test

can be fictitious.

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Specific requirements for this paper: An audio or video recording is required to support the written record of a candidate's					De	elete pass or fail as appropriate					PAS	S - FAI	L	PASS	- FAI			

(Interlocutor speech is in bold).

(Interlocutor introduces self/assessor briefly and asks candidates their names).

(Interlocutor asks each candidate one or more of the following questions).

- How long have you been learning English?
- How long have you been living in the UK?
- Could you tell me how long you've been studying here?
- Why are you taking this test today?

Now I'd like you both to interview each other. You need to find out what your partner hopes to gain by taking this test, and about his/her possible plans for the future.



8 minutes

Text 1 (for Candidate A)

Candidate A (use name): I am going to read something to you. You will hear this twice. The first time you hear it I want you to answer this question: is this mostly about research into a cure for obesity, a new diet or the effects of yo-yo dieting? Listen carefully.

(Read the text)

Researchers with the World Health Organisation estimate that there are about 300 million adults in the world who are severely overweight. The medical term for this is obesity. In the UK more than a fifth of the adult population is obese. Obesity is a major risk factor linked to heart disease, diabetes and premature death. Researchers have discovered that a hormone, 'Obestatin,' can be used to treat obesity. It works by making the patient feel less hungry, so that they eat less. The professor who made the discovery said, "It's too early to say whether it's going to be really effective, and people with obesity should not expect a cure yet."

Adapted from The Guardian, 11/11/05

Is this mostly about research into a cure for obesity, a new diet or the effects of yo-yo dieting?

CANDIDATE A - RESPONSES

I am now going to read this again. I will ask you to tell me three things about what you hear.

(Read the text again)
Can you tell me three things you remember?
(Candidate recalls three points)

CANDIDATE A - RESPONSES

Text 1 - main points

- There are about 300 million obese adults in the world.
- Obesity is the medical term for the severely overweight.
- More than a fifth of the adult population in the UK is obese.

- Obese people risk heart disease, diabetes and premature death.
- Obestatin is a hormone, which may help obese people by suppressing appetite.
- Its effectiveness is not known and a cure is not yet available.

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(Interlocutor records candidate responses and then asks further question)
Can you remember anything else about research into a cure for obesity?

PART 1 - A HEALTHY DIET CONTINUED

Text 2 (for Candidate B)

Candidate B (use name): I am going to read something to you. You will hear this twice. The first time you hear it I want you to answer this question: is this mostly about the effect of food on the way you feel, an exciting new diet or the side effects of yo-yo dieting? Listen carefully.

(Read the text)

[Marks Available: 12]

Each year there are dozens of new diets but people who use 'yo-yo dieting' risk serious medical problems. Yo-yo dieting is the term for unhealthy starvation dieting followed by a period of eating far too much. This can change the way people feel, because eating too little causes low blood sugar and affects the way the body makes a brain chemical, called serotonin. This chemical is important in improving a person's mood. The repeated pattern of weight loss and gain in yo-yo dieting can also affect strength, lead to poor muscle tone and weak muscles. Some studies suggest that this kind of dieting may raise blood pressure, possibly leading to heart disease.

Adapted from The Daily Mail, 14/11/05

Is this mostly about the effect of food on the way you feel, an exciting new diet or the side effects of yo-yo dieting?

CANDIDATE B - RESPONSES

I am now going to read this again. I will ask you to tell me three things about what you hear.

(Read the text again)
Can you tell me three things you remember?
(Candidate recalls three points)

CANDIDATE B - RESPONSES Text 2 - main points There are dozens of new diets each year. Starvation followed by eating too much is known as yo-yo dieting. Eating too little leads to low blood sugar, which affects the production of serotonin. Serotonin is a brain chemical, which affects mood. Continually losing and gaining weight can lead to weak muscles. Yo-yo dieting may raise blood pressure and lead to heart disease.

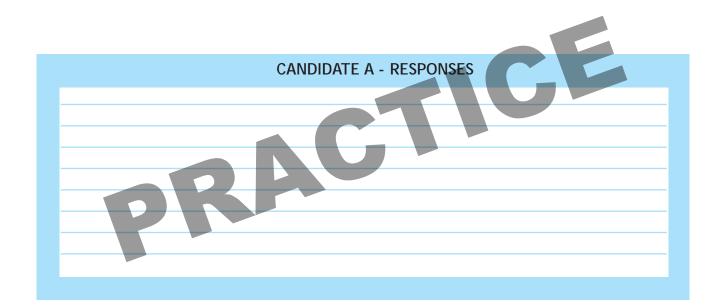
(Interlocutor records candidate responses and then asks further question)
Can you remember anything else about the side-effects of yo-yo dieting?

8 minutes

Do you eat healthy food? Do you think that some diets are good, or would you never diet? Does it matter if you are overweight? I'd like you to talk about this now with your partner. You might want to talk about what advice you would give to a friend who wants to lose weight.

Possible points

- Diets can be good if used properly.
- If you always eat healthy food you never need to diet.
- Some diets are dangerous.
- It doesn't matter whether you are fat or thin.
- Obese people need help to lose weight safely.
- Too much fuss is made about body weight.
- Being too thin is a problem too.



CANDIDATE B - RESPONSES

End of practice test paper.





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