

Listening Paper Transcript

Part 1

Section A

In this section you will hear five short extracts in which people are giving their ideas about the benefits of a more active lifestyle for children.

Read the list of ideas below, then listen to the extracts.

For Questions 1-5, identify ideas given by each speaker by marking a cross for the correct answer (x). If you change your mind about an answer, put a line through the box (x) and then mark your new answer with a cross (x).

Not all ideas are given and each reason may be used more than once.

One mark will be awarded for each correct answer.

Speaker 1

Modern life can be unhealthily comfy – sofas, televisions, computer games – there is too much to keep kids sitting down. Their bodies weren't designed to sit all the time. In order to be healthy, grow properly and use up the right amount of energy, they need to jump, run and move.

Speaker 2

Winters can be long and it is easy to get bored. What better way to improve children's health than by introducing outdoor activities and adventures! Don't worry about the weather. As long as the children have suitable clothing on – waterproofs in the rain and layers with hats and gloves in the cold– they shall be fine.

Speaker 3

You do not need to make any major changes to your lifestyle. You can walk or cycle to school with your children, or anywhere else you need to go, instead of using the car. Try catching a bus and get off one or two stops earlier and walk the rest of the way.

Speaker 4

Walking is the easiest activity: you don't need any special equipment and it can be enjoyed by most people whatever their age. It's also a great way for families to have fun together and discover their local area at the same time. In fact, there's probably no easier way of being active outdoors!

Speaker 5

Getting out walking is one of the small changes you can make that can bring about short- and long-term benefits not only to your health but to others' health too. Since walking does not cause congestion or pollution, whenever you choose to walk rather than take the car, you are being kind to the environment as well as to your health and that of your children.

Section B

In this section you will hear the writer Michael Morpurgo talking about a project he ~~had~~ started for city children.

For Questions 6-10, listen and answer the questions below. Write no more than **THREE** words for each answer.

One mark will be awarded for each correct answer.

As experienced teachers, Clare and I had a pretty good understanding of what was involved in educating children and had a clear idea of what we wanted to achieve. We decided to explore why so many children seem to fail in school. We had the resources and opportunity to provide some of these children with some positive experiences.

After a lot of research, we came up with the idea of a farm in the country where children from city schools would come and stay – not just for enjoyment, but actually to work and take an active part in the running of the farm, where they would feel needed.

We came down to Devon and found Nethercott Farm, which, with the invaluable support of the neighbouring farmers, was to become the first of the 'Farms for City Children' (FFCC). There are three farms now – in Devon, Wales and Gloucestershire.

The first school group that came to spend a week on the farm was from Birmingham. The children spent their time feeding chickens, looking after animals, sweeping, cleaning, mucking out, picking vegetables, painting – everything! And, importantly, working alongside *real* farmers. We were amazed by the physical energy of the children.

Many of the children who come have known nothing but city environments, have never seen a cow or a field and are astonished by their first experience of the countryside. I think I see a side of them that neither parents nor their teachers see. I'm always fascinated by their reaction and their comments and the imaginative, perceptive, eccentric things they say. And only yesterday I was talking to a 10 year old who couldn't get over the fact that, walking around the farm, he could 'actually feel the stones in the earth' through the soles of his wellies. He'd only ever walked on asphalt and concrete before. And when they first see the animals, they are amazed and can't believe the size of them!

Part 2

In this part you will hear a teenager talking about information technology and social media.

For Questions 11-18, listen and complete the notes. Write no more than **THREE** words for each answer.

Questions 19 and 20 must be answered with a cross in a box (x). If you change your mind about an answer, put a line through the box (x) and then mark your new answer with a cross (x).

One mark will be awarded for each correct answer.

Hello, my name is Tirion and welcome to our local radio station. Today I wanted to discuss some aspects of IT and social media.

Growing up nowadays in a time when the internet, with its possible pitfalls and dangers, is available at the touch of your fingertips is exciting. Some would argue I was lucky, since technology was around when I was very young. However, my parents did not allow me to have either a tablet or smartphone before I was 10 years old. So by the time I got my first tablet I was old enough to appreciate it and use it correctly. These days, for example, I am constantly seeing articles in the newspapers calling parents 'unfit' for allowing their children to have tablets from the age of three.

I love my phone. I know it sounds so boring, but it's true. I think it is fascinating that you can obtain almost any information from a small phone screen without much effort. And I'm not one to argue that it's only young people who are addicted to their devices. My grandfather loves his computers and since I can remember has loved playing with them, uploading images from his camera, or sending amusing messages he's seen online to his family and friends. He bought a tablet recently and will be the first to find you an answer to your query using it. My parents, who both work in IT, enjoy using their tablets and smartphones. My mum is particularly addicted to her electronic reader. My brother, just like me, loves his tech, because it's just so easy for him to read yet another book on his e-book or phone via the app.

All this technology doesn't make me any less capable of speaking to people in real life. I suppose you must be careful because a screen gives you a false sense of confidence, something which is not easily understood by anyone who has not used a computer before. It's the ability to submit an online comment which may be controversial or wrong, and because it's anonymous, there's a sense that no-one will ever know. I'm aware of this – more so than some of my peers – possibly because I write articles for my own online blog, or for my local magazine and these are sent via email or put up online. So I'm always careful. I always make sure that whatever I say online is my own opinion and one that I can repeat in real life.

One of the biggest issues I have is the fact that what you see online is almost never the true or full picture. Seeing pictures of perfect people can make you feel inadequate because of the image they try to convey online, which never truly matches up to their own personalities or looks. Why create fake images of yourself? I'm lucky that I was slightly older joining social networking sites, mainly because when I was very young, none of these sites existed. I can only imagine what young people think about themselves today being bombarded with fake images. I'm still impressionable, but at almost 18, I have the awareness that these images are false and created to give a certain effect.

I'm not saying that people should stop posting pictures of themselves. We all try to look good. My argument is that they shouldn't be editing their photos heavily and captioning them as 'mirror selfies'. These are dangerous in that they can influence young girls and boys into trying to copy 'the looks'.

I also believe that not every age is right for being on social media. At the age of three it does appear odd to be able to use a mobile phone, but not to be able to speak. I know it's hard to say that, the world being full of new technology, but there is a point when technology should be a treat for young children, not a normality.

Part 3

In this part you will hear an interview from a radio programme Science Today.

For Questions 21-25, listen and answer the questions. You do not need to write in full sentences.

Questions 26-30 must be answered with a cross in a box (x). If you change your mind about an answer, put a line through the box (x) and then mark your new answer with a cross(x).

One mark will be awarded for each correct answer.

F. Good morning and welcome to Science Today's series on health and nutrition. I shall start with a question: What's green and slimy and very good for you? The answer is ordinary seaweed, the type you find washed up on British seashores at low tide. Forget broccoli; seaweed is the new superfood. In this programme I shall be talking to Dr Iain Brownlee, from the University of Newcastle, and later on to Craig Evans who sells and distributes seaweed in the UK. Dr Brownlee, could you start by explaining why seaweed is being hailed as the new superfood?

M. Well, the nutritional benefits of sea greens have long been recognised. The Romans knew of it and so did the Vikings. And, according to recent research, seaweed is not only a prime source of bodybuilding minerals, which help us to have strong bones and teeth, but also it contains a host of vitamins proven to help us maintain a healthy lifestyle.

F. So, from your introduction it appears that eating seaweed is not a new phenomenon in some countries?

M. It certainly is not. People have been consuming seaweed for centuries and across many cultures. For example, Welsh coal miners would eat seaweed as part of their breakfast to give them energy for the long day working down the mines. Seaweed's greatest consumers are the Japanese –who eat so much of it – more than 4kg per head a year – that certain varieties, such as wakame (kelp) and kombu (sugar kelp), are known by their Japanese names. Japanese scientists have also long believed that seaweed plays a role in helping people to stay healthy.

F. Wow! This all sounds very impressive.

M. Yes. Using seaweed as a food or a meal replacement makes for a much more healthy choice. It is very quick and easy to prepare and dried makes a delicious snack.

F. So you are actually suggesting that seaweed could be used and cooked, like vegetables in a meal or eaten as a snack instead of, say, crisps? What about its taste? Surely as a seawater foodstuff it must taste of fish.

M. No, it doesn't actually, it's almost tasteless. Rather it enhances existing flavours. The National Health Service, for example, is investigating whether

adding it to meals can help particularly elderly patients recover their appetites after prolonged stays in hospital. Flavour in food can be and often is improved artificially, but our research, our approach, is to find a natural source for improved flavour.

F. Really? So how does this work!

M. Seaweed is full of properties that boost what the Japanese call *umami*, commonly referred to as 'savouriness', which adds an exciting burst of flavour to a dish. It's very versatile. For example, one of my colleagues adds dried and crumbled seaweed into soups and sauces, so that her children can get their nutrients naturally.

F. Thank you Dr Brownlee for a fascinating introduction. I now turn to Craig Evans who harvests seaweed in Wales. Craig, why don't we cook with seaweed more? It's a bountiful, natural resource growing freely on rocks around our coastline. If it is easy to prepare and it is so versatile, why is it that seaweed is mostly overlooked by the British?

M2. It's not something you can buy in your weekly shop at your local supermarket. Dried seaweed is available in health food stores. But outside Wales, where seaweed is used to make a traditional dish, it's almost impossible to buy it fresh in the UK.

F. Really! So what would you suggest? Is there any way this situation can be improved and fresh seaweed made more readily available for consumers? We can buy dried seaweed, so why not fresh? And there are people like you, given half the chance, ready to sell it on a larger scale.

M2. Supermarket chains must take the initiative and promote fresh seaweed as a versatile and exciting food. One supermarket has started selling fresh seaweed on their fish counters, but others need to follow this example. However, until they do, I would encourage would-be enthusiasts that they are best foraging on their own. There is a wealth of sea vegetables to be found around Britain. Unlike mushroom picking that can be dangerous if you are not familiar with what varieties are safe and which are poisonous, you will come to no harm with seaweed. It's just a case of knowing which of the five edible varieties to look for and where to look for them. Don't bother gathering the stuff that gets washed up on the beaches at low tide as that will be full of sand and dirt. Seaweed hunters cut theirs fresh, from the half submerged rocks on which it grows, rather than collect the sandy and often dried out scrags found along the shoreline. All you need is a knife, suitable clothing, and for the deep water varieties that grow on submerged rocks, a snorkel, not forgetting a bucket to keep your harvest fresh.

F. Well, what better way to spend a holiday weekend? I am sure that once you get over the initial squeamishness you will agree that freshly cooked seaweed makes a tasty and nutritious meal.

Part 4

In this part you will hear an extract from a talk given about the conservation of the Siberian Amur tiger.

For Questions 31-32 and 38-40, listen and complete the sentences below. Write no more than **THREE** words for each answer.

For Questions 33-37, complete the table. Write no more than **THREE** words for each answer.

One mark will be awarded for each correct answer.

29th July has been designated by various international animal conservation agencies as World Tiger Day in a concentrated attempt to make nations aware of the dangers of letting the Siberian Amur tiger in particular become extinct in the wild.

The Amur tiger is a rarity in today's world, an endangered species whose population is increasing. In the 1940s, numbers were as low as 30 animals, threatened to the point of extinction by poaching and illegal cutting down of trees. The subspecies was saved when Russia became the first country to grant the tiger full protection. Fifty years later there were about 350 adult tigers and after a survey, in 2015, of a section of the tigers' habitat, conservationists estimated that the number had almost doubled. Conservation agencies hope to have this number increase 10-fold by the next Chinese Year of the Tiger, which falls in 2022. This would mark a huge success in achieving global security for tigers, whose populations were reduced by over 97 per cent in the past century. However, the Amur tigers are a success story in the making only if humankind can protect them from poaching and their forest homes remain.

Tiger habitats range thousands of miles from mangrove forests, to a wilderness of dense forests the Russians call *Taiga*, which stretches up to the Arctic. They are part of an important ecosystem which is vital to our planet. These habitats are also home to other less 'glamorous' endangered species. Furthermore the forests' absorption of carbon dioxide helps limit the effects of climate change. The flora protects soil from erosion, reducing the impact of natural disasters and improving the lives of local people who live on the fringes of these forests. The vast landscapes also regulate fresh water, as well as providing a source for a clean unpolluted environment. The benefits to both animals and humans are countless.

The most immediate threat to the survival of the Amur tigers is poaching for tiger parts and their multicoloured skins to supply demand on the black market. Many cultures have given the tigers' great strength and physical endurance almost magical powers. There are many prevailing myths about the medicinal properties of ground tiger teeth and bones both of which are used to cure headaches and fever. A common myth is that if a tiger's whisker is poked into a decaying tooth, it will stop aching. Tiger claws are considered a powerful source of good luck and are sold worldwide as jewellery. Many people also fear the

tiger, and stories and legends abound about man-eating tigers, which must be killed. This is a myth as a tiger will not attack a human, unless it is provoked and feels endangered.

It is a fact that, as an apex predator, that is one which has no natural predators itself, tigers need vast areas to survive and thrive, sharing their homes with many other endangered species, some of which are their natural prey. Protecting the tigers' habitat helps to protect other threatened species. Yet forest loss continues at an alarming rate in some countries. In some parts of Asia tigers have lost 95 per cent of their habitat and what is left is fragmented. Conservation agencies warn that if the present rate of forest destruction continues many tiger landscapes will switch from absorbing carbon dioxide to becoming nett carbon emitters.

In order to prevent further loss of tiger landscapes, protected tiger habitats have been secured in China and the Russian Far East that include officially protected areas such as vast national parks, which secure as continuous a landscape for the tigers as is possible. Sustainable, officially certified logging and farming is encouraged, to prevent the further destruction of the forests.

Many hunting communities are encouraged to protect tiger prey species and model hunting estates are being created to increase the number of wild animals – such as deer and wild boar. Hunting quotas, vaccinations against disease and supplementary feeding of these animals, especially during the harshest weeks of winter, help ensure adequate prey populations so tigers do not go hungry. In China a programme of releasing deer into the wild to restock prey populations is being piloted with great success. The number of Amur tigers has increased substantially in these areas. The practice is now being successfully repeated in other countries. By increasing their food in the forest it means that tigers are far less likely to attack villages and livestock in search of food because they do not have enough to eat. Unfortunately, in spite of these measures, over 40 conflicts between tigers and villagers are recorded each year. However, one conservationist noted after such an incident that 'the tiger is the owner of the forest and we are his guests and should behave as such'.

Raising public awareness about the plight of these animals and the benefits of their survival in the wild is crucial. From deer hunters, to farmers, to people far away in the West, all must realise that conservation is not a step back into some distant past but a step towards ensuring the future of our planet. Protecting the tigers is a win-win situation for both the animals and our future generations.