

NAME: \_\_\_\_\_

## PART 1: LISTENING COMPREHENSION

ASCOLTA LA CONVERSAZIONE FRA TOM E SARA. POI, RISPONDI ALLE DOMANDE.

### QUESTIONS:

- 1. WHAT DOES SARAH USUALLY HAVE FOR LUNCH?**
  - A) PASTA
  - B) A SANDWICH AND SOME FRUIT
  - C) PIZZA
- 2. WHAT DOES TOM WISH HE HAD MORE OF FOR LUNCH?**
  - A) FRUIT
  - B) VEGETABLES
  - C) LESS PASTA
- 3. WHAT IS TOM'S FAVORITE SUBJECT?**
  - A) MATHS
  - B) ENGLISH
  - C) SCIENCE
- 4. WHAT DOES TOM WISH ABOUT SCIENCE?**
  - A) HE WISHES HE WERE BETTER AT IT
  - B) HE WISHES HE STUDIED IT LESS
  - C) HE WISHES TO CHANGE SUBJECT
- 5. WHAT IS SARAH'S FAVORITE SUBJECT?**
  - A) MATHS
  - B) ENGLISH
  - C) SCIENCE

## PART 3: WRITING PRODUCTION

WRITE ABOUT YOUR FOOD HABITS. WHAT DO YOU USUALLY EAT FOR BREAKFAST, LUNCH AND DINNER?



Behind  
the  
sheet!

## PART 2: READING COMPREHENSION

LEGGI IL TESTO SULLE ABITUDINI DEGLI ATLETI OLIMPICI, POI RISPONDI ALLE DOMANDE.

OLYMPIC ATHLETES NEED TO EAT **HEALTHY FOOD**. THEY USUALLY HAVE A **BALANCED DIET**, WHICH INCLUDES **FRUITS, VEGETABLES, PROTEINS, AND GRAINS**. FOR EXAMPLE, THEY EAT CHICKEN, FISH, EGGS, AND BEANS FOR PROTEINS.

THEY ALSO NEED **CARBOHYDRATES** LIKE RICE, PASTA, AND POTATOES TO HAVE ENERGY. MOST ATHLETES AVOID EATING TOO MUCH **SUGAR OR FAT**.

### QUESTIONS:

- 1. WHAT KIND OF FOOD DO OLYMPIC ATHLETES NEED TO EAT TO STAY FIT?**
  - A) SUGARY FOOD
  - B) A BALANCED DIET
  - C) ONLY PROTEINS
- 2. WHICH OF THE FOLLOWING IS NOT MENTIONED AS A PROTEIN?**
  - A) CHICKEN
  - B) FISH
  - C) PIZZA
- 3. WHY DO ATHLETES NEED CARBOHYDRATES?**
  - A) TO HAVE ENERGY
  - B) TO BUILD MUSCLES
  - C) TO STAY STRONG
- 4. WHAT KIND OF FOOD DO ATHLETES AVOID?**
  - A) VEGETABLES
  - B) CARBOHYDRATES
  - C) SUGAR AND FAT

## LISTENING COMPREHENSION

### TRANSCRIPT:

*Tom: Hi Sarah! What do you usually have for lunch?*

*Sarah: I usually have a sandwich and some fruit. What about you?*

*Tom: I have pasta most days, but I wish I had more vegetables for lunch.*

*Sarah: Me too! By the way, what's your favorite subject?*

*Tom: I like science, but it's difficult. I wish I had more talent in science. What about you?*

*Sarah: I love English! It's my favorite subject.*