

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.