## LISTENING 1 (Items 1-7) (7 marks)

*You are going to hear a conversation between a reporter, Salwa, and a young athlete, Noor.*
*Listen, and shade in the bubble ⬭ next to the correct option.*

**1. What did Noor win?**

⬭ **a gold medal** ⬭ **a silver medal** ⬭ **a football cup**

**2. How did she do in the school race three years ago?**

⬭ she won it ⬭ she finished last ⬭ she did not run

**3. How many days a week does she train?**

⬭ three ⬭ five ⬭ seven

**4. When does she never train?**

⬭ **on Fridays** ⬭ **on Mondays** ⬭ **on Saturdays**

**5. How many hours does she sleep every night?**

⬭ seven ⬭ eight ⬭ nine

**6. What did she stop drinking two years ago?**

⬭ coffee ⬭ soft drinks ⬭ tea

**7. What is her next goal?**

⬭ the Olympics ⬭ the Gulf championship ⬭ the national championship

## LISTENING 2 (Items 8-15) (8 marks)

You are going to hear a talk about healthy habits for teenagers.

***Task one: Listen and for each item, write a short answer (not more than FOUR WORDS).***

8. How many habits does the speaker describe?

_____

9. How many hours of sleep do teenagers need?

_____

10. How many glasses of water a day are suggested?

_____

11. How much daily movement is enough?

_____

***Task Two: Listen For each item, shade in the bubble*** ⬭ *to indicate whether the statement is True/False.*

| | Statements | True | False |
|---|---|---|---|
| 12. | **Most Omani students sleep more than seven hours.** | ⬭ | ⬭ |
| 13. | **Energy drinks help the body keep water.** | ⬭ | ⬭ |
| 14. | **Students who exercise often get better marks.** | ⬭ | ⬭ |
| 15. | **Dates with milk give slow, long energy.** | ⬭ | ⬭ |

| | |
|---|---|
| **LISTENING SCORE** | |
| | **15** |