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

You are going to hear a conversation between a school nurse, Dr Amal, and a student, Yousuf.
Listen, and shade in the bubble ⬭ next to the correct option.

1. How much sleep does Yousuf usually get?
⬭ 5-6 hours ⬭ 7-8 hours ⬭ 8-10 hours

2. What does he usually do before bed?
⬭ he studies ⬭ he uses his phone ⬭ he watches TV

3. How long does caffeine stay in the body?
⬭ up to 2 hours ⬭ up to 4 hours ⬭ up to 8 hours

4. What exercise does Dr Amal suggest?
⬭ a 30-minute walk ⬭ a school sport ⬭ morning running

5. When should Yousuf stop using his phone?
⬭ after 8 pm ⬭ after 10 pm ⬭ after midnight

6. When should he stop drinking caffeine?
⬭ after midday ⬭ after 2 pm ⬭ after 6 pm

7. When should Yousuf return to see Dr Amal?
⬭ after two days ⬭ after one week ⬭ after two weeks

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

You are going to hear a talk about traditional Omani food and health.

Part One: *Listen and for each item, write a short answer (**NOT MORE THAN FOUR WORDS OR A NUMBER**).*

8. What was the most important protein?

_____

9. How long is Oman's coastline?

_____

10. How many dates did a worker eat daily?

_____

11. Which meal was the main one?

_____

Part Two: *For each item, shade in the bubble ⬭ next to the correct option.*

12. What do omega-3 oils protect?

⬭ **the heart and brain** ⬭ **the skin and hair** ⬭ **the bones and teeth**

13. How is Omani coffee usually served?

⬭ **with milk** ⬭ **with sugar** ⬭ **without milk or sugar**

14. What percentage of Omani adults don't exercise enough?

⬭ **30%** ⬭ **45%** ⬭ **60%**

15. What do doctors advise eating twice a week?

⬭ dates ⬭ local fish ⬭ fresh bread

LISTENING SCORE	**15**

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