

Workbook Listenings

Introduction

(page 8)

- Ryan:** Hey, Erin. Who are these people in the photo?
Erin: They're my friends from school.
Ryan: Hmmm. Who's the tall girl with the short fair hair?
Erin: Her name is Gina and she's from London.
Ryan: Oh, she's good-looking.
Erin: Yeah, she is pretty but she's very quiet and shy.
Ryan: Who is the short girl with the curly hair?
Erin: That's Eva. We're best friends. She's very funny.
Ryan: And who is the tall athletic girl with the long fair hair?
Erin: That isn't a girl. That's my friend Mike. He's very clever. He helps me with my homework.
Ryan: Oh, sorry. And who's the girl with the straight black hair?
Erin: Ryan, that's me!
Ryan: Really? That's you, Erin? It doesn't look like you. And what about the ugly dog with the long tail?
Erin: That's my dog Fufu – and he's not ugly!

Unit 1

(page 13)

- Mike:** I'm so glad you're here, Mum. I've got some homework about nutrition. I don't understand it.
Mum: What don't you understand?
Mike: It says here, "What are the five food groups?"
Mum: That's easy. First, there's fruit and vegetables.
Mike: What's important about fruit and vegetables?
Mum: They've got vitamins, and vitamins keep us healthy.
Mike: I like some vegetables, but not broccoli. I eat some fruit, but I really like meat and rice and fizzy drinks.
Mum: Well, those are different food groups. Meat has got protein and builds your body. Fish, eggs and baked beans have got protein too. Rice, bread, pasta and potatoes have got carbohydrates. We eat a lot of carbohydrates and get a lot of our energy from them.
Mike: OK. That's three groups, fruit and vegetables, meat and fish, and bread and pasta. What are the other two?
Mum: Well, milk products, like yoghurt and cheese, is another group. We need them for healthy bones and teeth. Milk products are the fourth group, and the last group is fat and sugar. Fizzy drinks are sweet because they've got a lot of sugar in them. Sugar gives you energy, but it's got a lot of empty calories. Some fat is healthy. For example, olive oil and fish oil have got healthy fat.

- Mike:** Wow, you really do know about nutrition.
Mum: After all that talk about food, I'm hungry. Let's make dinner!

Unit 2

(page 21)

- Mandy:** Hi, Callum. What are you doing with those telephone books?
Callum: Hello, Mandy. I'm taking them to the recycling bins.
Mandy: No! Don't do that!
Callum: Why? What do you do with old telephone books?
Mandy: Don't you know about the Yellow Woods Challenge?
Callum: No. What's that?
Mandy: It's a competition. Every year, students from primary schools bring their old Yellow Pages telephone books to school. The school with the most Yellow Pages gets a prize of £300.
Callum: But I'm not in primary school.
Mandy: You can give them to any primary school student.
Callum: I don't know any.
Mandy: Oh, Callum. Give them to me. My sister is at Fair Hill Primary School. They want the prize money to plant trees near the school.
Callum: Oh, that's nice. Here they are. But they're very heavy.
Mandy: That's fine. Thanks.
Callum: What happens to the old telephone books? Do people recycle them into cardboard?
Mandy: Yes, they do. But first there's a sculpture competition. Students make sculptures with the old telephone books. Don't you know anything about this?
Callum: No. I didn't know students make sculptures from telephone books.
Mandy: Where were you when we were talking about it in class? Were you sleeping?
Callum: I don't know. Maybe I was dreaming.
Mandy: We discussed this in the ecology lesson and Frank had some photos of last year's winning sculptures. They were amazing. There's also a prize for the best sculpture. Last year it was a £1000.
Callum: Wow! That's a lot of money. Did your sister's school win anything?
Mandy: No, but maybe this year they will.

Unit 3

(page 29)

- Bill:** Hi, Peter. What are you watching?
Peter: Hello, Bill. I'm watching the Tour de France.
Bill: What's the Tour de France?
Peter: It's one of the most important bicycle races in the world. The Tour de France is only for the best cyclists. In other races, the cyclists enjoy riding as a hobby but they've got other jobs. Some are pilots, engineers or bus drivers. For the cyclists in the Tour de France, riding bicycles is their job. The people in this race are professional athletes. They compete all year. They haven't got time to work in other professions.
Bill: How long is the race?
Peter: It's 3,500 kilometres and takes 21 days.
Bill: 3,500 kilometres?! Wow! That's much more than other races. Has anyone ever got lost?
Peter: I don't know.
Bill: Has anyone ever got hurt?
Peter: Yes, but doctors ride in cars behind the cyclists, so they're never far away.
Bill: Has the race always been in France?
Peter: The race always ends in France – in Paris. It's very exciting. Thousands of people wait in Paris to watch the riders finish the race. But the cyclists usually ride through different countries during the race. In 2007, they visited four countries. That was the first time I watched the Tour de France.
Bill: Which four countries did they visit in 2007?
Peter: Well, they started in England, went through Belgium and Spain, and finished the race in France.
Bill: Who is the Tour de France's most famous cyclist?
Peter: Lance Armstrong. He's won the race seven times. He broke the record.
Bill: Well, Peter, maybe I'll watch it with you.

Unit 4

(page 37)

- Heather:** Hi, Jane. What are you reading?
Jane: Hi, Heather. I'm reading a magazine article called "The Trendiest Clothes from the 1950s". I love the way teenagers dressed in the 50s. Look at this photo.
Heather: What's that girl wearing?
Jane: A poodle skirt.
Heather: A what?
Jane: A poodle skirt. A poodle is a dog. Poodle skirts had pictures of dogs on them. They were very in then. Poodle skirts were wide, so they were good for dancing.
Heather: Did anyone wear mini skirts?
Jane: I don't think so. They didn't become popular until the 1960s.

- Heather:** Do you see the blouse on that girl? It's really cute. It doesn't even look old-fashioned.
Jane: Yes, that kind of blouse will never be out. It's white with short sleeves.
Heather: I don't see any pictures of blue jeans. Did girls wear them in the 50s?
Jane: They started to wear them, but a lot of parents weren't very happy about it. They thought jeans were too casual – you know – something a farmer might wear, not a teenager.
Heather: Hey, everyone's wearing black and white shoes.
Jane: Yes, those are called saddle shoes. They were really popular then. I like them. They look more comfortable than high heels.
Heather: A lot of the girls in these pictures are wearing red lipstick. Was that popular in the 50s?
Jane: Yes, red lipstick was very trendy and so was blue eye make-up. Look, she's wearing some.
Heather: Yes, I see. I don't know, Jane. These pictures are fun to look at, but I like today's fashions.

Unit 5

(page 45)

- Announcer:** Hello everyone. Today we're talking to Michelle Brown from the organisation *Teens 4 Good*. *Teens 4 Good* has planted more than five gardens in the city of Philadelphia. Tell us a little more about what you do, Michelle.
Michelle: Well, *Teens 4 Good* wants to make a difference, so we go into poor residential neighbourhoods. We teach teenagers to plant and work in vegetable gardens. We call our gardens "farms" because we grow food there just like farmers.
Announcer: How has the organisation helped the neighbourhoods?
Michelle: First of all, teens from the neighbourhoods learn about agriculture, but they also learn to do something good for their neighbourhoods. Not long ago, there were no green spaces here. But after we planted the garden, everything changed. If you walk past one of our gardens in the afternoon, you'll see a green garden and teenagers watering plants and picking vegetables.
Announcer: What do you do with the vegetables?
Michelle: Well, sometimes we cook with them. We learn about healthy eating. But we also sell them to restaurants. Later today, I'm going to bring tomatoes to an Italian restaurant.
Announcer: Ah... So you make money.
Michelle: Yes, but we don't keep it. We use it to buy things for the gardens.
Announcer: That's great! Are you going to plant more gardens in Philadelphia?

Michelle: I hope that *Teens 4 Good* will plant many more gardens. I also hope more teenagers will join our fantastic organisation and help us to plant our gardens.

Announcer: I hope so too. What do you like most about *Teens 4 Good*?

Michelle: Well, I think *Teens 4 Good* makes teenagers feel important. We make an effort and see the results. But also, teens in our organisation become good friends.

Announcer: Thank you, Michelle. That's all for now.

Unit 6

(page 53)

Grandfather: Karen, can you show me how to use my new mobile phone?

Karen: Sure, Grandfather. Oh, you've got a touch screen.

Grandfather: Yes, but I don't know how to use it.

Karen: On your old mobile phone, you used your keypad for everything.

Grandfather: What do you mean?

Karen: Let's say you wanted to get your messages. You pressed a button on your keypad, right?

Grandfather: Yes.

Karen: You don't have to do that any more. Now a list of text messages appears on your screen. You just have to press the correct one.

Grandfather: Oh, I see. Do you want to take that call, Karen?

Karen: No, I'll get back to them later. They'll leave a message. Let me show you how to use your digital camera. Here, do you see the picture of the camera on your touch screen? It's next to your calendar.

Grandfather: Yes, I see it. Should I take a photo?

Karen: Yes, that's a good idea. Look at the flowers near that bench. Take a photo of them.

Grandfather: OK. Which button do I press?

Karen: This one.

Grandfather: Wow. That was easy. Tell me, Karen. Can I download new ringtones with this phone?

Karen: Yes, you can download them from the Internet, just like you did with your old mobile phone.

Grandfather: But my old phone didn't have an Internet connection.

Karen: Oh, well I'm sure this one does. Wait a minute. I'm going to turn off my phone. There.

Unit 7

(page 61)

Cindy: You're listening to Travel Talk. This week we're in London with tour guide Max Devine. He's going to tell us about one of London's nicest hotels – the Ritz. Hi, Max.

Max: Hi, Cindy.

Cindy: The Ritz Hotel is famous for its afternoon tea, isn't it, Max?

Max: Yes, tea is served every day at 3.30.

Cindy: What's so special about it?

Max: Well, it's very formal. It's served in a place called Palm Court. Palm Court is one of the most beautiful rooms in the hotel. People dress nicely. Jeans and trainers are not allowed.

Cindy: Is food served with the tea?

Max: Yes, each day the chefs prepare cakes, small sandwiches and scones.

Cindy: Scones? What are they?

Max: A scone is a type of bread. Scones are very popular in England.

Cindy: Afternoon tea sounds lovely. But some of our listeners may want to stay at the Ritz. Tell us a little about the hotel, Max. Where is it situated?

Max: In the West End of London. It's east of Buckingham Palace.

Cindy: How old is it?

Max: It was built by C  zar Ritz in 1906. So, it's more than a hundred years old. It was designed by a French architect, Charles Mew  s.

Cindy: Are the rooms as nice as the rest of the hotel?

Max: Yes, they're big and beautiful.

Cindy: The Ritz sounds like the perfect hotel, but is it expensive?

Max: Yes, it is, Cindy. It's very expensive.

Cindy: Don't worry, everyone. Next week our topic will be A Day in London for less than  100.

Unit 8

(page 69)

Sue: Do you sell skateboards?

Mr Tate: Yes, we do. What are you looking for?

Sue: I don't really know. I've never ridden a skateboard before.

Mr Tate: Well, you shouldn't start with our most expensive skateboards. You can always buy a better one in another year or two.

Sue: OK. Do I need a helmet? Does protective gear really make a difference?

Mr Tate: Yes. You need it when you ride at high speeds.

Sue: But I've seen people riding without helmets.



- Mr Tate:** Yes and a lot of them get hurt. I don't understand those people. Have you ever seen a boxer without gloves or a mouth guard? Do ice-hockey players start a game with just a stick and a pair of ice skates? I say – ride safely or don't ride at all.
- Sue:** OK. I'll buy a skateboard, a helmet and protective gear.
- David:** Excuse me. I'm looking for a treadmill.
- Mr Tate:** Then you've come to the right place. Have a look at this one.
- David:** I see a button on the display. What's it for?
- Mr Tate:** It changes the speed. When you run on the treadmill, you'll put it on a high speed. At the end of your run, you'll change the speed and then you can walk slowly.
- David:** Do I need protective gear?
- Mr Tate:** No. Using a treadmill isn't like riding a skateboard. But people *have* fallen off them. Remember this – walk at the beginning. Don't run from the beginning and don't try to break any records on the first day.
- David:** That won't happen. I'm not training for the Olympics. I just want to exercise regularly.

Unit 9

(page 77)

1

- Mum:** Why are you crying, Debbie? Did something happen?
- Debbie:** I'm depressed, Mum. I don't want to change schools next year.
- Mum:** Everything will be OK, Debbie. You'll see.
- Debbie:** But I don't know anyone at my new school. I've got a lot friends at my old school. Now I have to start all over again. Why do we have to move?
- Mum:** We have to move to London because of my job. You know that, Debbie. But listen. You're very friendly and funny. You'll make new friends easily. You know, you can choose to be miserable or you can try to be more positive. (*beep*)

2

- Jim:** Dad, where are my glasses?
- Dad:** I don't know, Jim. Where did you leave them?
- Jim:** Ugh! I'm so frustrated. I've looked everywhere. Maybe I left them at school. Well, I've got no idea where they are. I don't see them in the living room.
- Dad:** Were you using your computer? Maybe they're next to it.
- Jim:** I've already looked there.
- Dad:** Do you want me to come to your room and help you look for them?
- Jim:** Yes.
- Dad:** I'll be right there... Jim, look at your room. What a mess! (*beep*)

3

- Anne:** Are you OK, Mum?
- Mum:** No, Anne, I'm not. Every muscle in my body hurts. I like hiking, but this is too hard!
- Anne:** Yeah, this mountain is higher than I thought it was. But we're almost at the top and there's an amazing cave at the top of the mountain. You'll love it.
- Mum:** A cave? Really? But let's stop for a few minutes, Anne.
- Anne:** Remember, Mum, all this exercise is good for your heart and lungs. Maybe next week, we'll go bungee jumping.
- Mum:** What? Hiking is OK but (*beep*)