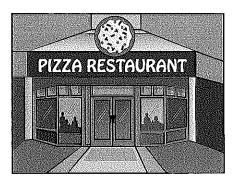
2 You recently went for a meal at your favourite restaurant and something unusual happened.





Write an email to your cousin about what happened.

In your email you should:

- · explain which restaurant you were in and why
- describe what happened
- · say how you felt about what happened.

The pictures may give you some ideas, and you should try to use some ideas of your own.

Your email should be 100–150 words long [Core] or 150–200 words long [Extended]. You will receive up to 6/8 marks for the content of your email, and up to 6/8 marks for the style and accuracy of your language.

Reading, Exercise 1, skimming and scanning

1 Read the text *Hospitality with dates* and answer the following exercises. a What two things are offered to guests in Saudi homes? [1] **b** How many dates does Saudi Arabia produce every year? [1] **c** Where can dates can be seen in Saudi Arabia? Give **three** examples. [2] **d** Apart from the nutritional value, what is another benefit of eating dates? [1] **e** Why are date palms so common in Saudi Arabia? [1] **f** Which illness might the Ajwa date help to avoid? [1] [1] **g** How could eating a date help to relieve a headache? **h** What happens to the vitamin C in a fresh date when it is dried? [1] What is the date palm tree used for, other than as a source of food? Extended only [4] Give **four** examples.

Total: 9 (Core), 13 (Extended)

Hospitality with dates

A visitor to Saudi Arabia will relish the tradition of Arabian hospitality, which is symbolised by a small cup of Arabian coffee, made with lightly roasted coffee beans and cardamom, and served with a variety of fresh dates carefully arranged on a plate. This offering of coffee and dates is a welcome in almost every Saudi home, as well as most Arabian homes in the Arabian Gulf region.

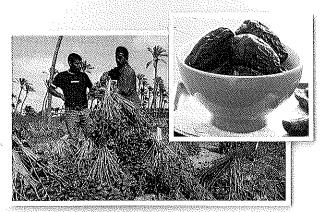
After Egypt, Saudi Arabia is the second largest producer of dates in the world, with an annual output of more than 1.1 million metric tonnes of dates. The Kingdom has considerable experience in date cultivation and it offers a quality selection, including both soft and dried dates. In fact, there are more than 300 types of date in Saudi Arabia, each having its own taste and texture. These different types of date can be seen in shops and markets, but also in oases, where date palm trees stand tall with their branches outstretched towards the sky and their roots anchored deep into the earth. Saudi Arabia has the highest number of palm trees in the world, with more than 23 million trees accounting for 20% of global date production.

But there is much more to dates ... Dates have rich medicinal properties, are highly nutritional, and are considered by many to be one of nature's most perfect foods. Date paims cover 3% of the earth's cultivated surface, giving humans one of the best sources of food, without requiring much effort. Because of this, in Saudi Arabia, palm trees are planted along the sides of every major city street, as well as in every garden and yard. The icon of the beautiful palm tree, representing vitality and growth, is everywhere, including in the national emblem of Saudi Arabia, although it does not appear on the Kingdom's flag.

A number of studies have proved the vital importance of the date fruit in a healthy lifestyle. New research has found evidence that the Ajwa date from Madinah contains active elements useful in the prevention of cancer; furthermore, the fruit contains anti-inflammatory properties, not dissimilar to commercially available painkiller medicines, such as aspirin and ibuprofen. Also, a 100 gram portion of fresh dates is a premium source of vitamin C. However, dates lose their vitamin C content when they are dried. A single date provides about 20 calories and is a good source of carbohydrates, fibre and potassium, as well as some calcium and iron. Dates do not contain significant amounts of fat, cholesterol, protein or sodium and are, therefore, wonderful for normal growth, development and overall well-being.

While everyone appreciates the health benefits of eating dates, let's not forget the date palm itself. The wide branches and leaves provide shade from the strong sun and are also seen as thatching on huts, while the strong trunks are often used as support pillars in buildings as well as for making furniture.

Adapted from 'Hospitality with dates' in Ahlan Wasahlan.



Shellfish in Oman

The diverse riches of the sea have always played a significant role in Oman's economy and the lifestyle of her people. The nation's fishing industry continues to increase in importance, as research into its marine life grows stronger.

An animal that is of enormous importance to the southeastern coast of Oman is the abalone, a shellfish that has become the centre of a multi-million-dollar industry. Once, abalone shellfish were brought to the surface in the hope that the soft tissue contained beautiful pearls. Today, the shellfish are caught for a different reason—restaurant menus! The fresh white shellfish has a distinctive and much admired flavour and is the most highly valued product from Omani waters. It is fished exclusively along the shores of Dhofar.

This distinctive shellfish has only one shell, unlike other shellfish, which have two. The shell is extremely beautiful. Light is diffracted by geometrically arranged crystals within the shell, creating a wonderful shine. The shells of several abalone can be used for decorative purposes, and to make jewellery and buttons.

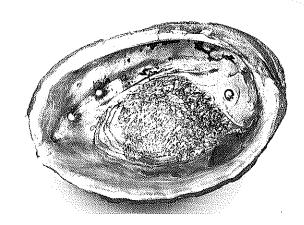
Abalone live in shallow marine waters with rocky-bottom conditions. Young abalone shelter in small groups, holding on to the undersides of medium-sized boulders, whereas the adults live grouped up to a dozen together in rocky cracks. They can only survive successfully in areas where cold, nutritious water rises from the sea bed. There, in the shallow, brightly lit conditions, the abalone shellfish live.

The environmental requirements for cool water conditions are rarely met and, as a result, the geographical occurrence and extent of abalone fisheries worldwide is extremely restricted. Until recently, there was a three-year ban on abalone fishing in Oman and now fishing is only permitted from October 20 to November 15 each year.

The coast of Dhofar in Oman is one of the special environments that support abalone populations. The southern shore of Oman experiences monsoon winds across the surface of the sea from April to September. As these winds skim the surface, the rich cold water from the depths of the Arabian Sea can easily rise and move towards the shore.

Abalone are harvested after the monsoon period, between October and March. Fishermen dive to a depth of 10 metres, assisted only by a face mask and, perhaps, fins. Groups of up to ten men search the sea bed for abalone-encrusted boulders and deftly remove the shells using a knife, before coming up for air. A good diver searches for large adults and will collect up to 600 specimens per day. In order to do this, the diver may have to cover an area in excess of 100 square metres.

Adapted from 'Marketing the molluse' by Dr Karen Millson, in *Tribute*.



2 Read the article 'Shellfish in Oman' and answer the guestions below. Why is Oman's fishing industry continuing to expand? [1] **b** Why was the abalone shellfish originally important? [1] c Where is the only place in Oman that the abalone is obtained from? [1] **d** What health benefit does eating abalone provide? [1] In what way is the abalone different from other shellfish? [1] How do the habitats of young and adult abalone differ? [1] Why is modern diving equipment prohibited? [1] Why are abalone so rare globally? [1] What two pieces of equipment do the abalone divers always use? [1] What type of water do abalone need to live in? Give four examples. Extended only [4] Total: 9 (Core), 13 (Extended)

Cycle safety

[1] ... Cyclists need to concentrate more than other road users, as you are much more vulnerable. Remember that when you are on a cycle, you have absolutely no protection from dangers around you. Using your mobile phone and MP3 player whilst cycling is extremely dangerous, as you need to concentrate on the road and other traffic.

[2] ... Think about your clothes. Are they bright and visible to others on the road? If bright clothes are not suitable for everyday use, fluorescent and reflective jackets (which will identify you to other users) can be worn until you reach your destination. White front lights and red rear lights MUST be used after dark and in poor light conditions. They will also help you to be seen in the rain.



[3] ... You should always wear a helmet, as this can reduce the risk of head injury in a crash.

[4] ... Keep clear of the kerb and do not ride in the gutter. Don't hug the kerb if a car behind you gets impatient. Don't weave between lanes, or change direction suddenly. Show drivers what you plan to do in plenty of time. Always look and signal before you start, stop or turn. Make eye contact with drivers and let them know you have seen them.

[5] ... Is your bike regularly maintained and checked? If not, why not?! Brakes MUST work well in all conditions: dry and wet. Are lights and reflectors clean and in good working order? Are the tyres in good condition and inflated to the pressure shown on the tyre? Are the gears working correctly? Is the chain properly adjusted and oiled? Are the saddle and handlebars adjusted to the correct height?

[6] ... Traffic laws apply to you as a cyclist, as well as other road users. Cyclists MUST obey traffic signals and signs.

Remember: it is against the law for cyclists to:

- jump red lights, including lights at pedestrian crossings unless there's a sign showing that
 cyclists are allowed to do this
- cycle on pavements, unless there's a sign showing that cyclists are allowed to do this
- cycle the wrong way up a one-way street, unless there is a sign showing that cyclists can do so
- ride across pedestrian crossings, unless there is a sign saying that cyclists can do so.

Adapted from http://think.direct.gov.uk

Exam focus

Reading, Exercise 1, skimming and scanning

1 Read the internet article about safe bicycle riding for teenagers, then answer the exercises: a Why do cyclists need to focus more than other people on the road? [1] **b** Why are making phone calls and listening to music hazardous while cycling? [1] [1] c What is the benefit of wearing a fluorescent or reflective jacket? When must cycle lights be switched on? Give **two** examples. [1] Give **five** pieces of advice to help cyclists with their position on the road. [2] How can you let a driver know that you are aware of them? [1] Where can you find information about the correct pressure for tyres? [1] [1] Who do traffic laws apply to? According to traffic laws, what can a cyclist do if they see a sign giving them Extended only [4] permission? Give four examples. [Total: 9 (Core), 13 (Extended)]

(In , Track & Listening, Exercise 1, Part A, short extracts

You will hear four short recordings. Write no more than three words for each detail in your notebooks. You will hear each recording twice.

[1] 1 a What is the name of the cinema? [1] What time does the cinema open on Tuesdays? [1] What does Daniela want to buy? Which is the best place she could go to buy this and why? [1] [1] What job has Jason just started? [1] Who is Jason trying to find? a Apart from visiting the museum and the markets, what else does the [1] speaker suggest the tourists do when they get off the bus? **b** How long are the tourists allowed to be off the bus for? [1]

[Total: 8]

(1) CO3, Track's Listening, Exercise 1, Part B, short extracts

You will hear four short recordings. Write no more than three words for each detail in your notebooks. You will hear each recording twice.

1	a b	Where does this conversation take place? What TWO things does the woman decide to buy?	[1] [1]
, 2	a b	Where did Muna first meet her friend? When was Muna's visit to Bahrain postponed?	[1] [1]
. 3	a b	How long did Ali go away for? How many matches did Ali's team win?	[1] [1]
4	a b	Where does the customer want to sit? What is the problem with the table by the window?	[1] [1]

[Total: 8]

ROBBOOTHOR

How well do you think you can do each of these things now?

Give yourself a score from 1: Still need a lot of practice to 5: Feeling very confident about this

In this unit you:	1	2	3	4	5
watched a video of students talking about holidays, and discussed what they said					
listened to someone talking about aerial tourism in China and answered questions					
read about different types of holiday and shared the information with a partner					
listened to a winter tour organiser and completed notes about what she said					
practised asking and answering questions for the IGCSE speaking test					

Now set yourself a **personal goal** based on your scores for Unit 5.

Exam focus

Listening, Exercise 2, note-making

You will hear a talk by a man who is arranging tours to visit five different volcanoes around the world.

💲 👀 , Treading Listen to the talk and complete the details below. Write one or two words only in each gap. You will hear the talk twice.

Global Vo	olcanoes
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- Volcanoes are powerful, prized, beautiful, [1] Talk is about five volcanoes in Asia, USA, Indonesia,, Europe [1]
- Mount Fuji metres high $\begin{bmatrix} \frac{1}{2} \end{bmatrix}$ Many Japanese hope to reach the top during lifetime
- is $[\frac{1}{2}]$
- Nyiragongo
- f Near Naples, Mt Vesuvius, famous for devastating eruption almost $\left[\frac{1}{2}\right]$ years ago Volcanology research information from visit to $\begin{bmatrix} \frac{1}{2} \end{bmatrix}$
- Crater Lake landscape not seen until you reach edge of crater, and lake is different shades of $\frac{1}{2}$
- Lake surrounded by cliffs and $\left\lceil \frac{1}{2} \right\rceil$ Visitors can drive or hike.

[Total: 8]

Exam focus

Listening, Exercise 4, multiple-choice questions

© construct 28 You will hear Joshua, a student, asking Mrs Karima, a head teacher, for advice about finding his first job as part of a school radio programme. Listen to their conversation and look at the questions. For each question, choose the correct answer A, B or C.

You will hear the talk twice.

- a Why is finding a first job difficult for teenagers?
 - A They don't have the right qualities.
 - **B** They lack the necessary experience.
 - **c** They have too much school work.
- **b** What does Mrs K say must be a priority?
 - A Having summer holidays.
 - **B** Studying at school.
 - **c** Getting job experience.
- **c** Getting a summer job is important because ...
 - A it provides future opportunities
 - **B** it pays good money
 - **c** it includes training.
- **d** What does Mrs K say teenagers should do before their first job interview?
 - A Keep in touch with previous employers.
 - **B** Become a member of a club.
 - **c** Write a résumé or CV.
- e Which personal skills might help a teenager to get a job?
 - A The ability to make money.
 - **B** Having knowledge of computers.
 - C Having many strengths.
- f Why is it a good idea to sell yourself in an interview?
 - **A** To show you are good with people.
 - **B** It helps you to develop yourself.
 - **c** You have more chance of getting the job.
- g How many hours a week can an older teenager work?
 - **A** 16
 - **B** 18
 - **c** 70
- **h** What is the best advice Mrs K has for teenagers?
 - A Leave a job on friendly terms.
 - **B** Remember to have a good work history.
 - **C** Understand the requirements of the job.