

Listening skills practice: Help others, help yourself – answers**Answers to Help others, help yourself – exercises****Preparation**

- | | |
|------|------|
| 1. b | 5. f |
| 2. h | 6. e |
| 3. d | 7. g |
| 4. c | 8. a |

1. Check your understanding: grouping**Debbie**

table tennis

football

cricket

marathon running

Liam

Parkour

skateboarding

kick scooter

BMX biking

Not mentioned

modern dance

tennis

2. Check your understanding: multiple choice

- | | |
|------|------|
| 1. c | 4. a |
| 2. c | 5. b |
| 3. b | 6. d |

Listening skills practice: How false information spreads – answers**Answers to How false information spreads – exercises****Preparation**

- | | |
|------|-------|
| 1. g | 6. d |
| 2. i | 7. e |
| 3. b | 8. a |
| 4. j | 9. f |
| 5. c | 10. h |

1. Check your understanding: multiple choice

- | | |
|------|------|
| 1. d | 4. a |
| 2. d | 5. b |
| 3. c | 6. d |

2. Check your understanding: gap fill

- | | |
|-------------------------------|------------------------------|
| 1. In a nutshell | 4. by any means |
| 2. in no way | 5. spread like wildfire |
| 3. thought nothing more of it | 6. take things at face value |

Answers to How to break into the music industry – exercises**Preparation**

- | | |
|----------|-----------|
| 1. worth | 5. door |
| 2. done | 6. stone |
| 3. worth | 7. struck |
| 4. pulse | 8. tied |

1. Check your understanding: ordering

- | | |
|---|---|
| 3 | Keeping networking as much as possible |
| 1 | Starting to make contacts |
| 6 | How to treat celebrities |
| 2 | Showing music industry bosses that you are worth employing |
| 5 | The different jobs available in the music industry |
| 4 | Using social networks to project the right image to employers |

2. Check your vocabulary: gap fill

- | | |
|--------------------------------|------------------------|
| 1. experience | 5. ask questions |
| 2. meet people / make contacts | 6. image |
| 3. intern | 7. very fast / so fast |
| 4. unique skill | 8. star-struck |

Answers to Living online – exercises**Preparation**

- | | |
|------|------|
| 1. d | 4. f |
| 2. c | 5. a |
| 3. e | 6. b |

1. Check your understanding: matching

- | | |
|------|--------------|
| 1. c | 5. h |
| 2. g | 6. b / d / e |
| 3. a | 7. b / d / e |
| 4. f | 8. b / d / e |

2. Check your understanding: true or false

1. True
2. False
3. False
4. True
5. False

Answers to Man or beast? – exercises**Preparation**

- | | |
|------|------|
| 1. b | 5. c |
| 2. d | 6. e |
| 3. h | 7. f |
| 4. a | 8. g |

1. Check your understanding: ordering

- 4 red deer
- 2 earthworm
- 3 otter
- 6 swift
- 5 fox
- 1 badger

2. Check your understanding: multiple choice

- | | |
|------|------|
| 1. b | 5. a |
| 2. a | 6. b |
| 3. c | 7. a |
| 4. c | 8. c |

Listening skills practice: Sleeping for exam success – answers**Answers to Sleeping for exam success – exercises****Preparation**

- | | |
|------|------|
| 1. d | 5. c |
| 2. h | 6. e |
| 3. f | 7. b |
| 4. g | 8. a |

1. Check your understanding: ordering

- 7 When memory consolidation takes place.
- 5 How the things we learn become part of our long-term memory.
- 3 The ideal amount of sleep at each stage of life.
- 2 The average time students in the class sleep.
- 6 Conditions that improve memory consolidation.
- 1 A personal memory from the past.
- 4 Reasons why the human body needs sleep

2. Check your understanding: gap fill

- | | |
|--|------------------|
| 1. organise | 5. brain |
| 2. short-term memory short term memory | 6. consolidation |
| 3. memory and sleep | 7. reviewing |
| 4. six and eight 6 and 8 | 8. deep |

Listening skills practice: Teens going veggie – answers**Answers to Teens going veggie – exercises****Preparation**

1. a
2. c
3. b
4. c
5. b
6. a

1. Check your understanding: matching

- | | |
|------|--------------|
| 1. c | 5. f |
| 2. g | 6. d / e / h |
| 3. a | 7. d / e / h |
| 4. b | 8. d / e / h |

2. Check your understanding: multiple choice

- | | |
|------|-------|
| 1. b | 6. b |
| 2. a | 7. b |
| 3. b | 8. b |
| 4. a | 9. b |
| 5. c | 10. a |

Listening skills practice: The benefits of sport – answers**Answers to The benefits of sport – exercises****Preparation**

- | | |
|------|------|
| 1. e | 5. h |
| 2. c | 6. b |
| 3. g | 7. d |
| 4. f | 8. a |

1. Check your understanding: multiple selection

- ✓ reduced risk of diabetes
- ✓ lower blood pressure
- X improved muscle tone
- X stronger heart and lungs
- ✓ stronger bones
- X increased feeling of calm and tranquillity
- ✓ improved mood
- ✓ improved concentration
- ✓ increased motivation
- X makes people less competitive
- ✓ improved communication and negotiation skills

2. Check your understanding: true or false

- | | |
|----------|----------|
| 1. True | 5. False |
| 2. False | 6. True |
| 3. False | 7. True |
| 4. True | 8. False |

Answers to The fear factor – exercises**Preparation**

- | | |
|------|------|
| 1. c | 5. h |
| 2. d | 6. b |
| 3. a | 7. e |
| 4. f | 8. g |

1. Check your understanding: grouping**Extract 1**

- b.
- c.
- h.

Extract 2

- d.
- g.
- i.

Extract 3

- a.
- e.
- f.

2. Check your understanding: multiple choice

- | | |
|------|------|
| 1. c | 6. b |
| 2. a | 7. a |
| 3. b | 8. c |
| 4. b | 9. b |
| 5. a | |

Listening skills practice: War's silver lining – answers**Answers to War's silver lining – exercises****Preparation**

- | | |
|------------|------------|
| 1. develop | 4. cause |
| 2. undergo | 5. extract |
| 3. treat | 6. suffer |

1. Check your understanding: ordering

- 3 paramedics
- 5 anaesthetic
- 1 World War I
- 2 X-rays
- 4 blood transfusions

2. Check your understanding: gap fill

- | | |
|--|---|
| 1. positive consequences good consequences positive results good results upsides | 5. the wounded the injured injured people wounded soldiers injured soldiers |
| 2. machine guns | 6. apply first aid give first aid treat people treat soldiers |
| 3. were injured were hurt | 7. unconscious lose consciousness |
| 4. bomb and bullets bullets and bomb bomb and bullets bombs and bullets | 8. blood transfusion indirect blood transfusion |