

1D

Question 1 OK everybody This next exercise is a bit difficult but it's really good for your legs All you do is put your back against the wall place your feet about half a metre away from the wall move your back down the wall so your knees are bent at 90 degrees Now put your hands out straight in front of you right make sure your head is against the wall Now, see how long you can stay like that If you do two minutes, you're doing well.

2C

Question 2 Because of the ski jumping finals we're late finishing so there are some changes to this evening's programmes We won't now show the Nature Programme about the dolphins found near the Florida coast at nine o'clock Instead, Tim Wong's Chinese Kitchen will be at this time an hour later than advertised You can see the Nature Programme at its usual time next week

3B

Question 3 All fans of Peter Robbins should go to the South Street book store tomorrow afternoon where Peter will sign copies of his book Love of Life and answer questions He is expected at a quarter past two and promises to stay until half past three when he has to leave for another appointment Get there as soon as you can because if it's anything like Peter's last visit queues will start to form at quarter to two or even earlier Don't miss this opportunity to meet everyone's favourite writer

4D

Question 4 Here is the weather forecast Today will be very cloudy although it won't rain until the evening The weather tomorrow will be the same as yesterday sunshine and showers But the weekend looks good plenty of sunshine and very little rain

5C

Question 5 Now you won't need any money for the bus or your entrance ticket to the zoo tomorrow because that's already paid for But bring some small change for when you get thirsty and want a drink The only food or drink allowed on the bus is fruit Bring some with you because it's a long trip and you'll get hungry No food or drink must be taken into the zoo And you'll need to bring all your coloured pencils for the work I'm going to ask you to do there.

6A

Question 6 And now for tomorrow's weather The day will start showery and windy Those winds should disappear by late morning but the wet weather will continue until well into the evening Although we might see some bright sunny periods between the showers early on by midday it will be cloudy with temperatures of no more than ten or twelve degrees centigrade.

7A

Question 7 It was really strange going back to Redmond where I used to live Everything has changed so much I went to see my old house It used to have trees in the garden and a hedge in the front Well, the people who own it now have built another bedroom over the top of the garage and removed the trees and hedge so they have more room to park their cars It made me feel really sad because it looked so different.

8B

Question 8 Coming up next on The Science Channel is the latest documentary produced and presented by photographer Daniel Hamilton who made the prize-winning series about African animals which you may have seen last year His latest series is simply called Earth and viewers can enjoy some amazing photography with pictures of the planet shot from cameras in space using the latest satellite technology So sit back, relax and enjoy!

9. D 10. C 11. C 12.A

And today in the studio we have a familiar face on television, Angela Bond the news reporter. Angela, your job has taken you all over the world, hasn't it? Yes. I've reported from a number of countries in Asia and I've just returned from the United States. I must say, it's good to be able to unpack my suitcase now that the job has brought me to Britain for at least six months. Is the travelling what you enjoy about the job? It's certainly interesting, but it can be annoying never knowing where I'm going to be next week! For me, the really exciting thing is being somewhere when a big news story is taking place and seeing it develop. Sometimes that can be quite dangerous, but all jobs have their disadvantages! And travelling gives me the chance to collect souvenirs. What kind of things? Mostly things for my flat. I'm mad about anything Chinese and so when I was in Hong Kong, I got a really nice table and some chairs and in Turkey I spend a lot of money on carpets Then I've got pictures and other bits of art from Thailand and India. The flat's getting a bit crowded! It sounds colourful! Do you have a regular working day? Not really. At the moment I'm one of the team that reads the evening news so sometimes I'm on at six thirty, and sometimes at ten o'clock. But that's at the end of the day. It all starts in the morning at eight thirty when I phone the office to see what has happened and what they want me to go and report on. So you don't have much time for a social life? It's better now I'm in London and can see my boyfriend more often. My sister introduced us. He came round for dinner when I was staying with her a year ago. We have a lot in common. He's a lawyer and I studied law at university. Also we've found that we lived in Hong Kong at the same time, although we never met. What do you like to do in your free time? Well, cooking is something new I'm trying because I can't do it when I'm travelling. But I'm not very good at it yet so I find it a bit

stressful. One of the best things I've bought recently was a boat and when I want to feel calm and peaceful I go for a sail on the river. It never fails! Angela – thanks.

13. B 14. D 15. D 16.B

My guest today is the star of the London Ballet Company, twenty-two-year-old Elena Karpov. Elena you were born in Bulgaria. Did you always want to be a dancer? Well, I was a very lively little girl, so at the age of seven my mother sent me to gymnastics classes. When I was nine, I went on to ballet lessons and from that moment I knew that I wanted to spend my life dancing. Two years later, when I was eleven, I won a place at the New York Ballet School. So you had to move to the United States. Did you miss your family? Oh yes. At first it was difficult being away from home and not knowing a lot of English. But it taught me how to look after myself and not to depend on others. There were other Bulgarian students there and we actually found it quite easy to learn enough English to take part in the lessons with the other students. Tell us about your latest role with the London Ballet Company. I'm going to dance the part of Cinderella. It's a story about a poor girl who marries a handsome prince. My parents used to read it to me when I was little. I'd never seen the ballet before, but I already knew the music really well. I'm sure children will love the ballet. What do you do when you're not practising or performing? Before I joined this company I spent two weeks going round London as a tourist. I don't have time for sightseeing now, but I love trying on the latest fashions with my friends. I'm always buying new jeans and trainers! I'm not too keen on discos and nightclubs I dance enough during the day! You must have lots of fans. Quite a few! They always ask for a photograph of me, but unfortunately I don't have many to give away. I sometimes sign their programmes instead and if I can I give them one of the flowers I've received from the audience. They always

ask for tickets, but of course that's not possible. What's been the best thing that's happened in your career so far? Well, I've been a guest dancer with ballet companies in Moscow and Vienna and I appeared twice on television in Bulgaria and met the president! I shall never forget that! But the most satisfying thing for me is that I'm paid for doing what I really enjoy - dancing! Elena, thank you for talking to us. Thank you.

17. C 18.C 19.A 20.D

Jack Salter is a young Canadian who has just won the young photographer of the year competition. Jack, is that right you started out taking photos of Street signs? That's right. I've been serious about photography for about a year, maybe a year and a half but I've been taking photos ever since I was little. I probably first picked up a camera when I was about seven and went around taking photos of street signs of all shapes and sizes. My mother tells me it was all down to my being attracted to the bright colours. I guess she's right. Can you tell me a little about the winning photograph? It was the first day of dry weather for a while and I decided to go out and play around with some new kit for my camera. I started off in my own yard. There wasn't much to photograph though until this butterfly happened to land on a large flower, and fortunately I was able to get what turned out to be the prizewinning photo. Were you happy with the photograph? I was lucky actually, because on the camera screen the butterfly didn't look terribly amazing. I could see that it was in a great position and the background scene was nice and clear but you couldn't see the pattern on its wings because of the size of the screen. It was only when I saw the picture on the computer that I realized how good it was. What do you think of the other photos from the competition? I've seen the work on display with mine and the standard is hard to believe. There are photos of animals and

plants from all over the world and you can see the work of photographers from places as far apart as Russia and Australia. Has anything changed for you since winning the competition? That's a hard question. Before winning I'd been concentrating mainly on taking photos of people, although after coming to London for the exhibition and talking to all the other photographers I intend to get more into doing shots of landscapes in different countries. Do you have any advice for young people starting out in photography? Don't make excuses. My entry was taken with an excellent camera but that's not everything. My method is just to get out there, and do it and you don't have to go far to get the shot, you'll find something You'll start to love it.

21. C 22. D 23.C

Let's begin our study of Vitamin D. It's something we must have. Among other things, it helps our bodies use the important min-earl, calcium. Calcium makes our bones strong. It also helps our nerves and muscles work the way they should. Let's open our textbooks to page 63. I'd like you to take a look at these pictures. As you can see, these children don't look well at all. The bones in their heads haven't come together as they should. That's why their heads are too big. Their legs curve out. The bones are too soft to stand on These children didn't get enough Vitamin D. Happily, we don't see this often any more. Vitamin D is not in most of the foods we eat. We get it mostly from the sun. Ultraviolet rays from the sun transform something in our skin. It becomes what's called pre-vitamin D3. Inside our bodies, it can change again. It becomes what's called active vitamin D. With active Vitamin D, our bones can make enough calcium to stay hard. Active Vitamin D helps us have enough calcium for our nerves too. This help us feel calm and sleep well. Today, many people need to have strong bones. Many older people's bones, especially, break far too easily. One main reason why is that people don't get

nearly enough sunlight. We close windows to stay warm in the winter. In summer, we close windows for air conditioning. But we ready need time in the sunshine almost every day.

24. C 25. D 26.D 27.D

I did a search on Google yesterday. It was amazing. I typed in “horses” and hit the search button. It less than a second, it showed me more than 32 million websites related to horses. Do you ever wonder how computers can think so fast? Well, I did another Google search, and I found out. Computer chips are based on something called Boolean logic. This is a type of thinking developed in the mid-1800s by George Boole – B-O-O-L-E. Boolean logic maps information into bits and bytes. It begins with seven electronic pathways, called gates. The simplest gate is called a NOT gate. The NOT gate takes one bit of input, which we’ll label A, and produces an output, which we’ll label Q, that is exactly opposite. So, if input, A, is one, the output Q, will be zero. If A is zero, Q will be one. Simple. Next is the AND gate. The idea behind an AND gate is this: if there are two bits of input, say, A and B, and if A and B are both the same, then the output, called Q, should be the same. After the NOT gate and the AND gate comes the OR gate. Its basic idea is, “If A or B is one, or if both A and B are one, then Q is also one”. The next two gates are called NAND and NOR. These two gates are simply combinations of an AND or an OR gate with a NOT gate. Now, next comes...

28. C 29. B 30.B

Let’s begin. Last week, we learned how most fish use their swim bladder to move around in the water. Remember, when the fish breathes oxygen, some of that oxygen goes into its bladder. This causes the fish to rise in the water. When it squeezes some of the gas out of its bladder, it sinks toward the bottom. So, it can

move vertically-go up and down kind of like a hot-air balloon. A shark is more like an airplane. Sharks don't have a swim bladder, so they use their forward movement to control their vertical position. The tail is like the shark's propeller. The shark swings it back and forth to move forward. In an airplane, this forward movement pushes air around the wings. For a sharks, this forward movement pushes water around the fins. On both cases, the forward movement creates lift the airplanes and shark both rise. Sharks have two pairs of fins on each side of their bodies. These fins are about the position as the main wings and tail wings, on an airplane The shark can position these fins at different angles. This changes the path of the water around them and enables the shark to move quickly upward or downward. The shark also has two vertical fins on its back. These are like the stabilizer fin on an airplane. They allow the shark to keep its balance as it moves through the water and help it turn quickly left and right.

31. B 32. A 33.A 34.C 35.C

Hello, I'm Sarah Brown, and I'm here to tell you about my job as a weather forecaster. I've been a weather forecaster for a television company for seven years and two years ago I became the head of the weather department. Now, I divide my time equally between presenting weather forecasting on television and managing the weather department which has a staff of eleven. At thirty years old I'm the youngest ever head of weather and the first woman to do the job Since our news and weather service goes out all round the world, we all take turns to work at night I prefer that to doing the show when I have to get up at four in the morning. I normally work an eight-hour day and in that time I do ten or twelve forecasts. Before doing a weather forecast, I study data on the computer. This is the information I use in my forecasts. There isn't much time to learn what I have to

say but fortunately I've never forgotten my words so I don't get nervous. My husband and I try to have the same free days, but neither of us has a regular pattern of work. He's a pilot on long-distance flights, so although he works hard he has a lot more time at home than I do. We moved to our present house about a year ago, and he's enjoying painting it. I took up flying as a hobby five years ago. I hope to get my pilot's licence this year but because of the job, I haven't been to the flying school for ages. For exercise I swim and ski and I like running. I'm really proud of myself for running in the London Marathon – it's a forty-kilometre race and I never thought I could manage it! My husband plays tennis, and we sometimes play together, but he's better than me so I never win. Because I'm on world news, people sometimes recognise me in really distant places. Once, in an Indian village, an old man took me to have my photo taken with all his family. I get some lovely letters one person wrote to say that my smile made her feel happy all day. People occasionally even write and ask me to marry them!