

### Listening 13: Lesson 4A, Exercise 2

**Speaker 1** We were playing football. I was running towards the goal with the ball when one of the players on the other team came and tackled me. He went to kick the ball, but missed and kicked my leg instead. I had a big black mark on my leg under the knee, and in the next few days it turned all sorts of colours – purple, blue, green and then yellow ... it really hurt, too!

**Speaker 2** I was running down the stairs at home, reading a book – never a good idea – when I tripped and fell over. Fortunately, I didn't fall far, but when I got up, I found that I couldn't walk. I was in a lot of pain, so my mum took me to hospital, but it wasn't serious. They put a bandage on it and I had to sit with my leg up. It got better after about two weeks.

**Speaker 3** What happened was, I was out cycling with a friend and I fell off my bike. I landed on the side of my face. It really hurt! And afterwards it was terribly embarrassing – it all swelled up and it was really badly bruised – it looked like somebody had hit me! I didn't go out for about a week after that because it looked so bad.

**Speaker 4** I was playing tennis with my sister – she's really good you know – and this time I was determined to win. Anyway, I went to serve the ball and suddenly I felt this terrible pain as I hit the ball. Then, I discovered that I couldn't move the top of my arm! The doctors in hospital soon put it back into place, but I couldn't play tennis again for ages afterwards.

### Listening 14: Lesson 4C, Exercise 4

**Presenter** Now, today we're in Cornwall in the south-west of England, a beautiful region on the coast, which is also famous for its excellent food. One of its specialities is the Cornish pasty. Dean Roberts from the Cornish Pasty Association is here in the studio today to tell us more about it. Dean, for those people who've never tried one, can you give us a description of a Cornish pasty?

**Dean** Yes, of course. Um, a pasty is a savoury dish made of pastry, that is, a mixture of flour, butter, water and salt. Inside the pastry we put beef, potato, onion and another vegetable called swede. Then the pasty is cooked in the oven. You can eat them either hot or cold, and if you haven't tried one, you should – they're delicious!

**Presenter** Cornish pasties have been around for a long time, haven't they, Dean?

**Dean** Yes. Cornish people have been making pasties since the thirteenth century. Then later, in the seventeenth and eighteenth centuries, they became popular with miners, because they could eat them in the mine with their hands for lunch when they were working. They didn't need to use a knife and fork.

**Presenter** So, tell me Dean, what's the difference between a Cornish pasty and a normal pasty?

**Dean** Well, our pasties are the real ones – they're made in Cornwall. They're made of a special type of pastry, and they are shaped like the letter D. Our pasties have more meat than the imitations, too – at least 12.5%.

**Presenter** Why is the Cornish pasty so important to the people of Cornwall?

**Dean** Oh, the pasty is really important for the local economy. Thousands of people work in the pasty industry so it helps to create a lot of jobs. The pasties themselves are sold both in Cornwall and in other regions of the country, so it generates a lot of income for us.

**Presenter** Well, thanks very much for joining us Dean.

## Listening 15: Lesson 4F, Exercise 2

- Doctor** Good morning. What can I do for you?
- Patient** Hello, doctor. I've got a problem with my foot. I cut it on a piece of glass and now it's red and very swollen.
- Doctor** I see. When did the problem first start?
- Patient** It was four or five days ago, I think.
- Doctor** Let me have a look at it. Is it painful?
- Patient** Yes. It hurts a lot when I walk.
- Doctor** Right. It is quite red, and it feels very hot. Have you had any other symptoms?
- Patient** Yes. I've got a bit of a temperature.
- Doctor** I think you need antibiotics. You've got an infection. Have you got any allergies?
- Patient** Yes. I'm allergic to penicillin.
- Doctor** Don't worry. I'll prescribe a different antibiotic.
- Patient** OK. Thanks, doctor.

## Listening 16: Lesson 4F, Exercise 3

- Speaker 1** I was running to catch the bus yesterday and I tripped down the kerb and twisted my foot really awkwardly. It was OK at first, but now it's really swollen, and it hurts to move my foot.
- Speaker 2** I've been working really long hours at work. I'm exhausted. This morning when I woke up I felt really dizzy. I couldn't stand up. I thought I might fall over. I've been feeling a bit sick as well.
- Speaker 3** I think I've got an upset stomach. I ate a take-away curry yesterday and I don't think the chicken was quite right – it was a bit pink. Anyway, I've been feeling sick ever since.
- Speaker 4** I think I might be allergic to something. I've got this rash. It's really itchy and the skin is all red.
- Speaker 5** I've just had an accident on my skateboard! I think I hit my head on the pavement, but I can't really remember what happened. I've got a headache and I've been feeling dizzy.

## Listening 17: Get Ready for your Exam 2

**Presenter** Are you feeling stressed and unhappy? Do you have low energy levels? Well, it might be that you aren't getting enough sleep. Lucy Chang is joining us today to give us some tips on getting a good night's sleep. Lucy, why is sleep so important?

**Lucy Chang** Well, you've already mentioned some of the effects of not sleeping, but over time the results can be even more serious. Lack of sleep increases the risk of obesity, diabetes and heart disease too. Getting a good night's sleep is just as important to our health as diet and exercise.

**Presenter** Lucy, are sleeping tablets the best solution for someone who can't sleep?

**Lucy Chang** Well, sleeping tablets are one option of course, but there are other more natural methods you can try if you're having problems sleeping.

**Presenter** For example?

**Lucy Chang** Let's start with lavender. People have been using the flowers of the lavender bush for hundreds of years and recent research shows that the plant really does work. The aroma of lavender flowers has been found to help people sleep better and for longer. One way of using it is to add lavender oil to a bath, and another is to put a few drops on your pillow. Interestingly, lavender seems to work better for women, possibly because they have a stronger sense of smell.

**Presenter** Right. I'm not a woman, so what can I do?

**Lucy Chang** Well, you might like to try some light therapy. As you know, it's light that tells us when to go to bed and when to get up. If you find it difficult to fall asleep, you may need more morning light, so try taking a walk first thing. On the other hand, if you're waking up too early, you might need more afternoon light, so try taking a walk in the late afternoon.

**Presenter** Light therapy. Right. I might try that. Have you got any other tips, Lucy?

**Lucy Chang** Yes. Muscle relaxation seems to work for a lot of people.

**Presenter** Muscle relaxation? How does that work?

**Lucy Chang** Well, studies suggest that this makes you fall asleep more quickly and it can also help you get back to sleep if you've woken up during the night. You have to be lying down for muscle relaxation to work. Start at your feet. Breathe in deeply and sense the weight of your toes. Focus on any tension in them. Now, breathe out and let all the tension leave your toes. Then move on to your feet, calves, knees, thighs, stomach, chest, hands, arms, shoulders, neck, head and face. With any luck, you should be asleep by the time you reach the face, but if not, just start the process all over again!

**Presenter** Thank you, Lucy, for all those tips. And now it's time for ...