

## PROGRESS TEST FILES 1-5

### Listening 1

- Presenter** Today I'm talking to Vicky Lewis, a dietitian. Vicky, tell us about some of these unusual diets that people go on.
- Vicky** Well, I used to try a lot of diets when I was younger, but I've realized that dieting isn't usually a good idea. It's much more sensible to cut out high-fat foods, try to eat smaller portions, and make sure you do some exercise. But the problem is that that doesn't sound very exciting, nobody wants to buy a book called "The Eat Sensibly Diet." Also, lots of strange diets have become popular because of celebrities. One famous actress eats baby food to lose weight and suddenly everyone thinks that that's a good idea!
- Presenter** Can you give us some more examples?
- Vicky** Well, let's start with the caveman diet. You can only eat what people used to eat 10,000 years ago, that is, meat, fish, vegetables, and fruit. You can't eat milk products, salt, or sugar. Not very exciting, you might say. But it's more interesting than the "cabbage-soup diet," which is exactly what it says. If you are thinking of trying this one, you need to know that you shouldn't do it for more than seven days.
- Presenter** Cabbage soup for seven days? Yuck! What about the "Blue Sunglasses" diet that I've heard about?
- Vicky** Yes! The idea there is to make food look uninteresting so you will want to eat less. You put on sunglasses that make all your food look blue. And then there's the "morning banana diet."
- Presenter** What's that one?
- Vicky** You have to eat a banana for breakfast and drink a glass of water – but it can't be cold water. For the rest of the day, you can eat as much as you want!
- Presenter** Is that all you have to do?
- Vicky** Yes, but you *must* go to bed before midnight. Another interesting one is the "reverse diet." This is maybe not as silly as it sounds. You have to eat all your meals in the wrong order.
- Presenter** Yes, well, doctors are always telling us to eat more in the morning and less in the evening.
- Vicky** Shall we finish with the really crazy "air diet," which appeared in a fashion magazine?
- Presenter** What, you eat air?
- Vicky** Well, yes, basically. The idea is that you sit down, use your knife and fork, and move the "food" to your mouth, but you don't actually eat anything except water and salt soup. It lets you join in a nice meal with your friends without putting on any weight!
- Presenter** Well, that's definitely the most ridiculous thing that I've ever heard on this program. So Vicky, what advice would you give ...

## PROGRESS TEST FILES 1-5

### Listening 2

- 1**
- Kate** What was your favorite food when you were a child?
- Rob** When I was five or six, I didn't really enjoy meals. I just ate lots of sweets. My mom used to say my teeth would fall out!
- Kate** And what about now?
- Rob** I really love spicy food, particularly Indian food. I have curry once a week, sometimes more.
- 2**
- Mark** Have you ever won any money?
- Lisa** No. I used to play the lottery every week, but I never won a thing. What about you?
- Mark** Well, you'll never believe this, but I'm actually a very wealthy man! I won over a million dollars last year.
- Lisa** Yeah, right. I don't believe you!
- 3**
- Sue** What's the best vacation you've ever had?
- Paul** Well, it has to be when I went to Iceland.
- Sue** Why's that?
- Paul** Oh, the scenery is the most beautiful I've ever seen. The views are incredible. And I don't like crowded places so Iceland is perfect because when you get outside Reykjavík, the capital, it's really quiet. I cycled around the whole island. The weather wasn't great, but it was a fantastic experience.
- Sue** You biked? Weren't you exhausted?
- Paul** Yes, but I've never been happier in my life.
- 4**
- Mark** When I'm in New York, do I have to tip taxi drivers?
- Anna** People usually do, but it's up to you. It also depends on how much you have to pay for the trip. If they charge a lot, I usually decide that I'm already giving them enough.
- Mark** If you do tip them, how much should you give?
- Anna** Well, I don't think there are definite rules. A lot of people say about 15 per cent, but as I said, it's really up to you.
- 5**
- Claire** Have you heard the news?
- David** No, what's happened?
- Claire** Sam and Alice have broken up!
- David** What! They've been together for years! They were engaged, weren't they? What happened?
- Claire** Apparently, they had money problems and were arguing a lot. Alice has found a new job and is moving to Orlando without Sam.
- David** What a shame!

## PROGRESS TEST FILES 6-10

### Listening 1

**Presenter** It might be a beautiful spring day for some of us, but thousands of young people taking exams won't be able to relax until they hear, "OK, time's up!" Today, I have five top tips to help you through this difficult testing period.

So, number 1:

If you write a study plan on a large piece of paper and hang it up somewhere where everyone can see it, it will be harder to ignore. Making your plans public is a good way to share the responsibility.

Number 2:

Most people are better at studying in the morning. Remember, if you had only set your alarm for an hour earlier, by lunchtime you would have already studied a whole hour more! It's simple math!

Here's number 3:

Try using questions and answers when you take notes. For example, if you write, "What is the past participle of *forget*?" in one column and write *forgotten* in the other, it will make it more memorable, and you'll be able to test yourself later by covering the answer column.

Number four is simple:

Unplug your computer, or at least disconnect it from the Internet! Really! It's too tempting. You can't concentrate with your cell phone on either, so switch that off, too.

And number five:

Study with a friend. Testing each other will help make things easier to remember and be more fun. Studying by yourself can be lonely.

And a final word. Try to relax. Concentrate on what you're studying instead of worrying about the exam.

Just remember, the President, Abraham Lincoln, scientist Albert Einstein, and the inventor of the light bulb, Thomas Edison – none of these people did well on their exams, and they did OK in the end, didn't they?

## PROGRESS TEST FILES 6-10

### Listening 2

1

**Fay**

What would you like to do this weekend?

**Rich**

There's that new science-fiction film playing at the theater – I can't remember the name. They say the special effects are amazing.

**Fay**

Oh, I get so bored with those kinds of movies. It's always so obvious what's going to happen.

**Rich**

OK. Why don't we go out for a meal instead?

**Fay**

Good idea!

2

**John**

If you could live anywhere you liked, where would you choose?

**Lucy**

Oh, I would really love to live in an old cottage in the country with a little garden and a pretty fireplace. What about you?

**John**

I think I'd prefer a modern apartment right in the city center, so I could get to places easily. A friend of mine has a great apartment overlooking the Hudson River in downtown Manhattan. The view is magnificent. And the great thing about living in Manhattan is that he doesn't need a car. Perfect!

3

**Fred**

Have you ever sold anything on the Internet?

**Sally**

No, I haven't, but my sister does it a lot.

**Fred**

What kinds of things?

**Sally**

She sells what they call "vintage clothing," so basically lots of dresses, coats, and hats from the 1950s.

**Fred**

Who on earth buys that stuff?

**Sally**

A lot of people. It's really popular, and she's made a lot of money.

4

**Tom**

So Kate, you're self-employed now, aren't you? How's that going?

**Kate**

I'm so much more relaxed! I was spending too long getting to work every day and I was exhausted. Now I just climb the stairs to my office.

**Tom**

What do you use as an office?

**Kate**

That little room we have on the top floor – it used to be the guest bedroom.

5

**Tess**

When are you going to change your profile picture?

**Rob**

Why? What's wrong with it?

**Tess**

You've used that app that makes faces look strange.

**Rob**

Funny, isn't it! It really makes my friends laugh.

**Tess**

Yeah, but you won't get a new girlfriend looking like that.

**Rob**

I hadn't thought of that.