

UNIVERSIDAD DE MURCIA. SERVICIO DE IDIOMAS

ACREDITACIÓN INGLÉS B2. MODELO DE TAREA DE COMPRENSIÓN AUDITIVA

You are going to listen to a girl talking about her diet. For questions 1-9 choose the correct answer, A, B or C.

<https://www.youtube.com/watch?v=q2yV1Kgcmg4>

1) 80-10-10 is a type of diet based on ...

- a) huge amounts of greens, cereals, nuts and seeds.
- b) almost entirely on fruit and vegetables.
- c) 80% of proteins and carbs, 10% of fat and 10% of fibre.

2) Kristina starts her day by ...

- a) having 3-6 smoothies, depending on the activities of the day.
- b) preparing fruit juices for the day and the following day.
- c) having a couple of 350-calorie juices or smoothies.

3) What does she normally have for lunch?

- a) A meal based on one type of food only.
- b) A lot of different types of energetic, sweet fruit.
- c) A piece of fruit only, so that she won't get fat.

4) What is she having for lunch today?

- a) Some persimmons and some caramel cake.
- b) Around 1500 calories from fruit, more if she gets hungry.
- c) 1 persimon and 1 date because she'll have a huge dinner.

5) What does her dinners consist of?

- a) A lot of sweets and fruit, and a small salad.
- b) Noodles with dressing, salad and organic beer.
- c) Pasta made out of vegetables and a huge salad.

6) What type of dressing does she use for her salad?

- a) The same as her main dish or just lemon.
- b) Sauces she prepares following online recipes.
- c) Whatever she can buy online on rawfullyorganic website.

7) How many calories does she eat a day?

- a) More than 2500
- b) Slightly less than 2000
- c) Just about 1500

8) What sport(s) does she practise?

- a) Yoga and pilates.
- b) Long distance running.
- c) Light running and gymnastics.

9) How can you follow Kristina?

- a) On her youtube, on her webpage or sending her messages.
- b) Watching her videos and at Raw Food Meetings.
- c) At her restaurant and sending her emails.

KEYS

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