

TapescriptNarrator: **Part 3*****Paul is listening to a radio programme.***You now have 30 seconds to study the questions below. *(30-second music)*Now, listen to the radio programme. It will be played two times. When you hear a beep (*beep*), tick the best answer. The programme will begin now.

[Sammy: Good morning. Here we are again with 'Teen Talk', our weekly programme for teenagers. Today we're going to talk about teenagers and exercise — are you getting enough exercise? With me are two teenagers — Mary Tsang who is 18 years old and John Cheng who is 17 years old. Welcome.

Mary: Thank you, Sammy. Thanks for inviting us.

John: Yes, thanks, and hello to all the listeners out there.

Sammy: First, let's talk about exercise. Take my son for example. He tells me he exercises both his brain and his fingers when he plays computer games. He doesn't like to do any sports at all like badminton or football.

Narrator: Question 1: Which age group is this programme for? // (*beep*) (*5-second pause*)

Question 2: What is today's programme about? // (*beep*) (*5-second pause*)

Mary: Walking is an easy way to exercise.

Sammy: Good point. Just yesterday I was on a bus. A young teenager got on the bus and then got off at the very next stop! I was so surprised. Why didn't he walk that short distance? Walking just one bus stop is so easy.

John: Yes. Recently I've heard a doctor on TV say that we should walk 10,000 steps a day. That sounds like a lot, he said, but actually it is quite easy. Just walking around our home or school a few times a day is good exercise.

Mary: Also, walking for just 30 minutes a day is excellent. It makes up for all the time we sit at desks in school or in front of computers.

Sammy: That's true.

John: On weekends and holidays, when we have more time, it's good to go to a park with your family or friends. Everyone can do a lot of walking there.

Narrator: Question 3: Why was Sammy surprised? A teenager _____. // (*beep*) (*5-second pause*)

Question 4: According to the doctor on TV, how many steps should we walk a day? // (*beep*) (*5-second pause*)

Sammy: I must say, Mary and John, you have some very good ideas. But do you really follow them yourselves?

Mary: Ha ha. Good question. Yes, most of the time. But, you know, when we have to study for exams, it is very hard to find time for exercise. However, when I'm studying for exams, I go outside for a quick walk. I make sure I walk for at least 15 minutes.

John: I agree with you. We need a break not only at examination time, but even when we sit too long at our computers.

Sammy: Well, we must take a break now. I want to tell you that our topic for next week is "Music for Teenagers". Thank you, Mary and John. Thank you for listening. Good-bye.

Mary and John: Good-bye.]

Narrator: Question 5: Mary goes for a quick walk. How long is it? // *(beep) (5-second pause)*

Question 6: What does John suggest we should do at examination time? // *(beep) (5-second pause)*

Question 7: What is Sammy going to talk about in the next programme? // *(beep) (5-second pause)*

Listen to the radio programme again and check your answers. The programme will begin now.

Repeat [] the whole conversation without the questions.

This is the end of Part 3.

This is the end of the Listening Test