



**Unit 8 Practice**

Part A

Task 1 (p.31)

Announcer : Part A. Situation.

You are Jenny Wong, a shopkeeper at a health and fitness shop.

You will have a total of three tasks to do. Follow the instructions in the Question-Answer Book and on the recording to complete the tasks. You have two minutes to familiarise yourself with Tasks 1 to 3 before the recording begins.

Task 1.

A customer wants to buy some products but they are out of stock. Listen to the conversation and complete the product order form below.

You now have 30 seconds to study the task. At the end of the task, you will have 1 minute to tidy up your answers.

Simon : Excuse me, can you help me? I'm looking for the exercise bike and yoga set you're advertising, and I've run out of my vitamin supplements, but I can't seem to find them.

Jenny : Let me check... sorry sir, those products are all out of stock. But you can order them and we'll deliver them to your home. The delivery is free.

Simon : That's good. Let's do that.

Jenny : Come this way and I'll get an order form. Now, could you tell me your name, please?

Simon : <sup>②</sup> Simon Wong.

Jenny : <sup>①</sup> Thanks, Mr Wong. Now you said you wanted the exercise bike and yoga set

we're advertising. Is the bike called the Foldable Exercise Bike?

Simon : That's the one in the advertisement, isn't it?

Jenny : We are advertising 2 exercise bikes, one is foldable and the other one is not.

Simon : I want the foldable one.

Jenny : OK. And the yoga set in the advertisement is the Purple Power Yoga Set?

Simon : Mm...let me see... I guess that's right, yes, the Purple Power Yoga Set.

Jenny : So let me repeat all that. <sup>⑥</sup> You want to order the Foldable Exercise Bike and <sup>⑧</sup> the Purple Power Yoga Set. How about the vitamin supplements? Which ones do you want?

Simon : <sup>⑩</sup> B-complex vitamins. That's B-hyphen-C-O-M-P-L-E-X.

Jenny : Oh sorry, the B-complex vitamins are also out of stock. They'll be in...let me check...in 3 days' time. Would you like to order them?

Simon : Yes, please.

Jenny : Do you want us to deliver the products to your home or will you pick them up in our shop?

Simon : <sup>⑬</sup> Please deliver them to my home.

Jenny : OK. I'll tick delivery. Now, may I have your address?

Simon : <sup>③</sup> Flat G, 10/F, Block 36, Oak Mansions. That's O-A-K M-A-N-S-I-O-N-S, Oak Mansions.

Jenny : Thank you. <sup>③</sup> And the district?

Simon : Taikoo Shing.

Jenny : <sup>14</sup> Now, for the delivery date, how about next Tuesday, the 15<sup>th</sup> of May?

Simon : Tuesday...oh, I won't be home that day.

Jenny : Wednesday, then?

Simon : Let me check my calendar. That's the 16<sup>th</sup>, isn't it?

Jenny : That's right.

Simon : Wednesday the 16<sup>th</sup> is OK for me.

Jenny : Great. And your home telephone number?

Simon : <sup>4</sup> Better take my mobile number. <sup>5</sup> That's 6188 2072.

Jenny : 6188 2072. <sup>15</sup> Would you prefer morning, afternoon or evening delivery?

Simon : Oh, afternoon, please. <sup>17</sup> Could you call me before the delivery?

Jenny : Sure, I'll mark that down... 'call before delivery'. Now, let's settle the bill. <sup>7</sup> The exercise bike is \$4,800, <sup>9</sup> the yoga set is \$240 <sup>11</sup> and the vitamins are \$210. <sup>12</sup> That comes to a total of \$5,250.

Simon : Let me check that. \$4,800...\$240 and \$210 is...that's right, \$5,250.

Jenny : And how would you like to pay for that, Mr Wong?

Simon : <sup>16</sup> I'll pay by credit card. Here you go.

Jenny : Thank you. Just a minute. Please sign the receipt.

Simon : OK.

Jenny : Thank you. I hope we'll see you again.

Announcer : This is the end of Task 1. You now have 1 minute to tidy up your answers.

## Task 2 (p.32)

Announcer : Task 2.

Your shop provides ideas for healthy eating. You are designing a leaflet about

a healthy breakfast for customers. Listen to the conversation between you and your colleague and complete the leaflet below.

You now have 30 seconds to study the task. At the end of the task, you will have 30 seconds to tidy up your answers.

George : Hi Jenny, what's up? You look puzzled.

Jenny : Hi, George. I'm trying to design a leaflet about a healthy breakfast for our customers.

George : Good idea. This leaflet can help promote the oatmeal in our shop. What information would you like to include?

Jenny : <sup>1</sup> I'm thinking that a healthy breakfast should include a glass of skimmed milk, <sup>8</sup> an orange and <sup>4</sup> a bowl of oatmeal. Now, I want to search for some nutritional facts for each food.

George : I'll help you with that.

Jenny : Oh thanks. Can you please tell me the nutritional facts of a glass of skimmed milk?

George : Mm... let me check... OK. <sup>3</sup> A glass of skimmed milk provides 1% of fat <sup>2</sup> and 4% of carbohydrates. I mean the percentage of daily intake, of course.

Jenny : OK. How about an orange and a bowl of oatmeal?

George : <sup>9</sup> Concerning the daily intake, the orange provides us with about 7% of carbohydrates, <sup>5</sup> and the oatmeal provides 12%. They give enough energy to start our day. And their fibre content is good as well. <sup>10</sup> The orange provides 18% of fibre and <sup>6</sup> a bowl of oatmeal provides about 30%.

Jenny : Why do we need so much fibre every day? Why is it good for us?

George : That's a very good question. Fibre is very good for your digestion and intestines, and it's been shown to reduce the risk of some kinds of cancer.

Jenny : Mm... 18% from the orange and 30% from the oatmeal...no wonder it is called a healthy breakfast. Next, I want to know about the fat content of these foods.

George : <sup>7</sup> For the oatmeal, the fat content is a bit higher, but still it's only 3%. <sup>11</sup> The orange is fat-free, 0%.

Jenny : So, the total intake of calories from this breakfast is...

George : <sup>12</sup> It's about 442 calories.

Jenny : Thanks. That's all for the healthy breakfast menu. Next, I want to include some healthy eating tips in the leaflet. Any suggestions?

George : <sup>13</sup> I would say 'take your time when you eat'. My mum always tells me not to eat too fast.

Jenny : Good idea! Take your time when you eat... And it's important to chew your food thoroughly.

George : <sup>14</sup> Yes, let's say 'Chew your food thoroughly and enjoy your mealtimes'. <sup>15</sup> We should remind people to slow down and enjoy their mealtimes. Is there anything else to add?

Jenny : Yeah, eating slowly also benefits people who wish to be slim. <sup>16</sup> If they eat slowly, <sup>17</sup> it's easier to know when they are full.

George : That's right.

Jenny : Thanks for your help, George.

George : No problem.

Announcer : This is the end of Task 2. You now have 30 seconds to tidy up your answers.

### Task 3 (p.33)

Announcer : Task 3.

You and another colleague, Kenny, are labelling some new products that have arrived in the shop. Listen to the conversation and complete the information.

You now have 30 seconds to study the task. At the end of the task, you will have 1 minute to tidy up your answers.

Kenny : Hi, Jenny! My boss told me to help you with the new products that have just come in.

Jenny : Hey, Kenny. Thanks.

Kenny : What's in this box? Mighty Bars? Are these energy bars?

Jenny : Yeah, they're some new ones we haven't had in before. I'm just looking at the description now. The first thing I learnt is that it's a very healthy snack.

Kenny : What information does it have on the box?

Jenny : <sup>1</sup> It says they're 70% organic. It seems everything is organic these days. Let's use that on our information card... 70% organic.

Kenny : <sup>2</sup> Then mention 'no trans fats' and 'no processed sugars'. <sup>3</sup>

Jenny : Good. These days, everyone is looking for food without trans fats or processed sugars in it.

Kenny : So, how much does a box of these cost?

Jenny : <sup>4</sup> Let me check the price list...it costs \$9.5 <sup>5</sup> for each bar, and \$100 for a dozen.

Kenny : Really? That's not bad. \$100 for a dozen.

Jenny : Right. Now, grab that box over there. No, the other one, the rectangular one. I think it's cereal.

Kenny : You're right. It's called Healthy Heart Cereal.

Jenny : And what can we put in the description?

Kenny : Well, the ingredients include dried blueberries and almonds.

Jenny : Great, that sounds delicious. <sup>16 17</sup> We can include both dried blueberries and almonds on our product information. Does the package say anything about the taste?

Kenny <sup>18 19</sup> : Yes, it says light, crunchy and sweet.

Jenny : Sounds very nice. Some people feel that breakfast cereals are tasteless. So it's attractive to put 'light, crunchy and sweet'. Next, what about its nutritional value? Anything special?

Kenny : Let me see...yep, here it is. <sup>20 21</sup> Low in fat and low in calories.

Jenny : Good. Let me also add the price which is \$35. Now, let's look at the two new exercise bikes that have just arrived.

Kenny : Wow! Look at that one. It's got a seat with a back and even a screen!

Jenny : Yeah, it's stylish.

Kenny : I bet it can track almost anything.

Jenny : Probably right. <sup>6 7</sup> Hey, there's a tag here...it tracks the calories burnt and heart rate.

Kenny : That's brilliant!

Jenny : It's the first time I've ever seen such a high-tech exercise bike. I don't think many exercise bikes can track calories burnt and heart rate.

Kenny : There must be other selling points for this bike.

Jenny : Yeah, let's say something about the seat and the weight.

Kenny <sup>8</sup> : Hmm...you can put down 'comfortable leather seat'.

Jenny <sup>9</sup> : Got it and the bike weighs 46 kg.

Kenny : And what does something like this cost? It's got to be expensive.

Jenny : Get ready for this. <sup>10</sup> It's \$37,800.

Kenny : That's crazy! Who can afford to pay \$37,800 for an exercise bike?

Jenny : You never know. We only ordered one fortunately.

Kenny : Well, the other exercise bike looks more down-to-earth.

Jenny : Definitely. <sup>11 12</sup> It can track only speed and distance. Let's say something about the seat again.

Kenny <sup>13</sup> : It says it's got a comfortable vinyl seat. Vinyl is a type of plastic material.

Jenny : Good, I'll use that. How do you spell vinyl?

Kenny : V-I-N-Y-L.

Jenny : Thanks... 'comfortable vinyl seat'...

Kenny <sup>14</sup> : And do you want the weight again? It's 22 kg.

Jenny : Yeah, we'll mention the weight. And then the cost. This one is more reasonable. <sup>15</sup> It's only \$1,479.

Kenny : I'd say it's way more reasonable!

Announcer : This is the end of Task 3. You now have 1 minute to tidy up your answers.

### Part B (pp.34-38)

Announcer : Part B. Situation.

You are Freddy Lung. You are an editor for the school magazine. You are preparing information on smoking and drinking among teenagers for the next issue.

You will listen to a radio programme about teenage smoking and drinking habits in Hong Kong. As you listen, you

can make notes on page 1 of the Data File.

Follow the instructions in the Question-Answer Book and on the recording to complete the tasks. You will find all the information you need in the Question-Answer Book, the Data File and on the recording.

You now have five minutes to study the tasks and the Data File.

The radio programme will begin now.

Host : Our guest speaker for the day is Doctor Bernard Ho. Doctor Ho is here to tell us about teenage smoking and drinking habits in Hong Kong. Let's welcome Doctor Ho.

Dr Ho : Thank you very much for having me here today.

Host : It's our pleasure, Doctor Ho. Has the number of teenagers who smoke or drink increased in recent years?

Dr Ho : Yes. The problem is becoming more serious. Before I get into a couple of case studies, I'd just like to get right to the data. First, smoking is on the rise among teenagers in Hong Kong. <sup>T5 ③</sup> According to surveys conducted recently, over 123,000 teenagers smoke. That number has increased 4% from our last survey in 2008.

Host : 123,000! That's a lot.

Dr Ho : <sup>T5 ④</sup> Yes. Of those 123,000 teenagers who smoke, we found that 27% started smoking between the ages of 12 and 15, and <sup>T5 ⑤</sup> 73% started smoking between the ages of 16 and 19.

Host : Oh really!

Dr Ho : Yes. They don't see the harmful effects smoking causes. It not only harms their health, it also affects their physical appearance.

Host : Could you tell us some of the physical effects of smoking?

Dr Ho <sup>T4 ⑦ ⑤ ⑥</sup> : The most common effects include weak gums, bad breath and yellow teeth.

Host : Smoking really causes a lot of problems in the mouth. Weak gums, bad breath and yellow teeth... that's really bad!

Dr Ho <sup>T4 ⑧</sup> : Smokers will also find themselves with more wrinkles.

Host : Young girls should definitely remember that! Actually, no one wants wrinkles, not even boys. I don't understand why teenagers do this since they care a lot about their appearance.

Dr Ho : Many of them think that smoking looks cool.

Host : But they will look bad in the end. So, how about teen drinking?

Dr Ho : The data for drinking is as serious as smoking. <sup>T5 ⑨</sup> We consider teenagers as drinkers if they drink alcohol more than <sup>T5 ⑩</sup> twice a month. <sup>T5 ⑪</sup> The number of teenage drinkers in Hong Kong is 117,000.

Host : That's a large number.

Dr Ho : <sup>T5 ⑫</sup> Indeed. For most of those 117,000 teenage drinkers, 81% started drinking between the ages of 16 and 19. But the trend is getting worse. <sup>T5 ⑬</sup> We found that a growing number of teenagers, 19%, started drinking between the ages of 12 and 15.

Host : Why do they drink?

Dr Ho : I was just going to tell you. Firstly, they probably...

Announcer : That is the end of the recording. You now have 35 minutes to finish the tasks.