

CTO (Comprensió de textos orals) Listening Comprehension - 35 minutes

Name and surnames: _____ B2 Group ____

MARKS ____ / 20	GRADE
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CTO - COMPENSIÓ DE TEXTOS ORALS - (35 minutes)

PART 1. MULTIPLE CHOICE. You are going to listen to a recording about high-achieving teenagers. Choose the option (A, B or C) which best answers the questions according to what you hear. You will hear the recording twice. You have ONE AND A HALF minutes to read the questions.

HIGH-ACHIEVING TEENAGERS

- Many famous and successful teenagers have..
 - used new technology
 - worked from an early age
 - been inspired by YouTube videos
- Some people say Justin Bieber is the most influential person in the world because he..
 - has so many Youtube fans
 - he has so many followers on Twitter
 - he has more friends than Barack Obama
- Tavi Gevinson..
 - became famous when she was younger than Justin Bieber
 - was called a rookie
 - allowed readers to post pictures of themselves
- The blogger..
 - wore bizarre clothes
 - wrote about famous people's outfits
 - found high fashion weird
- Soon, Tavi..
 - gained 300.000 new readers per day
 - met important people in the fashion industry
 - was noticed by Karl Lagerfeld
- When some people didn't believe her age, Tavi ..
 - was sad and angry at first
 - decided to attack them in return
 - completely ignored them and continued working

PART 2. SENTENCE SELECTION. You are going to listen to a talk about how the weather affects us. Decide which sentences are TRUE (✓) and which are FALSE (X) according to what you hear. You will hear the recording twice. You have ONE minute to read the sentences.

	TRUE	FALSE
1. Evidence shows we are kinder on warm days.		
2. People only catch colds when it is below 5° C.		
3. Arthritis can occur due to a lack of physical activity.		
4. Ten percent of people feel depressed in cold, wet weather.		
5. The speaker recommends moving to Australia.		
6. The countries where people have the longest lives are all warm and sunny.		

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PART 3. SENTENCE COMPLETION. You are going to listen to an interview about children and Vitamin D. Fill in the gaps with ONE or TWO words you will hear in the recording. You will hear the recording twice. You have TWO minutes to read the text.

CHILDREN AND VITAMIN D

The journal *Pediatrics* claims that (1) _____ of people under 21 don't get enough Vitamin D.

Dr Michal Melamed says that Vitamin D is known for making (2) _____ / _____.

Vitamin D is better known as the (3) _____ vitamin.

Children nowadays barely have the chance to (4) _____ / _____.

The use of (5) _____ becomes a problem if you want to get enough Vitamin D.

If you get 10 to 15 minutes of sun a day, you have enough Vitamin D to last for the next (6) _____ / _____.

Kids with low vitamin D levels had higher (7) _____ / _____, higher blood sugars and lower HDL cholesterol levels.

Fatty fish is a natural source of Vitamin, but children don't normally like (8) _____.

8

ANSWER KEY

PART 1.

1. A 2.B 3.A 4.A 5.B 6.A

PART 2. 1. T 2 F 3 T 4T 5 F 6 F

PART 3.

1. 70% / 70 percent
2. strong bones
3. sunshine
4. go outdoors
5. sunscreen
6. 24 hours
7. blood pressure(s)
8. sardines

Scripts

Part 1

Presenter: Next on the programme we have an interview with someone who has been writing a book about high-achieving teenagers. Welcome, Louise Hardy.

Louise: Hi, it's lovely to be here.

Presenter: Louise, many of these teenagers who have achieved success and fame early on have done so through using new technology, haven't they? Through blogging or using YouTube or Twitter?

Louise: Absolutely, and the greatest example of this is Justin Bieber. As I think everyone on the planet knows, he started off by posting videos on YouTube at the age of 14 and was spotted by a talent scout who worked with the R&B singer Usher. After that he very rapidly became a worldwide sensation.

Presenter: I heard that last year he was said to be more influential than Obama!

Louise:(laughs) Yes, that was because he is number one on Twitter. He has over 35 million followers. There's a new one every two seconds. A company that analyses social media called Klout said that he is the most influential person in the world because of that. But whether he's really more influential than Obama, well ...

Presenter: Mmmm. All this exposure has negative consequences for young people too, doesn't it?

Louise: Yes. Although millions adore Justin, a lot of people don't. One of his videos was the most disliked ever. And he has a big problem with privacy. He's followed everywhere by the paparazzi, and that's bad for anyone, never mind a teenager.

Presenter: OK, let's turn to a very different teenager. Tavi Gevins on was even younger when she began, wasn't she?

Louise: Yes, she was only eleven years old when she started a fashion blog called Style Rookie. By the way, for British listeners, "Rookie" is an American word used for a person who is new to something.

Presenter: Thanks.

Louise: On her blog she posted photos of herself wearing unusual combinations of clothes and wrote about them.

Presenter: Some of them were quite weird.

Louise: Well, yes, I suppose a lot of high fashion is weird. Anyway, she quickly built up a huge following, up to 300,000 readers per day, and many of them were adults. Serious fashion magazines interviewed her and sent her to fashion shows in Europe and to meet top designers, like Karl Lagerfeld.

Presenter: Some people didn't believe she was as young as she was, did they?

Louise: No. One magazine printed an article saying the writer didn't believe Tavi was only 12, and that upset her. But she bounced back and continued blogging. Then, as she grew older, Tavi became interested in other things besides fashion. In 2011, when she was 15, she started Rookie Magazine, an online magazine for teenagers. In less than a week it had one million readers.

Presenter: I've seen it. It's very impressive, isn't it? All teenage girls listening, check out Rookie Magazine.

Louise: Yes, I think it's fantastic and Lady Gaga called Tavi "the future of journalism"! She employs about 50 writers and photographers – both adults and teenagers – on Rookie, but she is the editor with overall control.

Presenter: And all this time she's continued to lead a normal life, hasn't she?

Louise: Oh yes. She lives a very normal life in a small town and goes to school and so on. She's not even twenty yet. But I think writing and editing are very different from being a performing artist. There's a lot less pressure from fans and the press. Although some actors, like Emma Watson, seem to manage a private life and getting a normal education.

Part 2

(0:00) Everyone knows how the weather can affect our mood. On a glorious sunny day, we want to be (0:07) out and about with friends, while dark, stormy days make us want to stay in and curl up on the sofa. (0:14) Research backs this up, showing that people tend to be nicer to each other in warmer weather, (0:19) and we're more likely to get upset and argue on rainy days.

(0:24) Of course, winter is the time for colds and flu, so there must be some relationship between (0:29) colder weather and getting ill. But is it really because of the lower temperatures? (0:35) It's true we're more likely to develop infections when it's below 5 degrees Celsius, (0:40) but we seem to get more colds even when there's only a mild drop in temperature. (0:45) This is probably due to the fact we spend more time indoors.

Put simply, (0:50) we're closer to other people, so there's a greater chance of catching something. (0:55) At the same time, the less we are exposed to natural sunlight, (0:59) the

lower are our levels of vitamin D, which helps protect us from illness. (1:05) Another physical condition made worse by cold weather is arthritis.

Nearly 70% of (1:11) sufferers say that symptoms, such as swollen joints, tend to increase when it's damp and cold. (1:17) However, research suggests it may not be the weather conditions, (1:21) so much as increased air pressure, which causes the pain. (1:25) As with the other illnesses I've described, the fact we tend to stay indoors may also play a role.

(1:31) The simple fact of doing less exercise is likely to contribute to stiff, swollen joints. (1:38) Apart from physical illnesses, the weather also seems to be responsible for some mental (1:43) health problems. A commonly reported side effect of poor weather is feeling depressed, (1:48) with 1 in 10 people saying that they feel down during chilly, rainy spells.

(1:54) Even the changes of season, from summer to winter, can have a negative impact on some people. (2:00) A common treatment for this condition is to spend 30 minutes a day in front of a lamp, (2:05) which replaces the natural light from the sun. (2:07) This, of course, suggests that sunlight is necessary for keeping us in good health.

(2:14) The evidence we've heard so far suggests that we might be better off moving to a hot country. (2:20) However, hot, sunny weather can also affect us negatively, as anyone who has had sunburn knows. (2:27) For many people, as little as 30 minutes in the sun can cause sunburn (2:32) and even increase the chances of skin cancer for some people.

(2:36) It's probably no surprise then that Australia is the country with the highest skin cancer (2:41) rates in the world. We therefore have to be extremely careful in the sun (2:45) and try to stay in the shade as much as possible. (2:49) Not only do we have to be aware of the dangers of the sun's rays, (2:53) the heat itself can be a problem too.

We all know that the hotter it is, (2:58) the more irritable we get, and now there are figures to support this. (3:02) Studies by different police forces have shown that crime rates surge as the weather gets hotter. (3:08) This is particularly true of violent crime.

Interestingly, crime rates tend to drop in (3:14) rainy weather, presumably because criminals, like everyone else, don't want to get soaked. (3:20) On the whole, it seems that the warmer the weather, the more positive the effect on our health. (3:26) Indeed, research does seem to show that people in warmer climates live longer, healthier lives.

(3:32) The list of countries where people live longest includes Japan, (3:36) Singapore, Australia and Spain, all of them usually warm and sunny. (3:41) Nevertheless, Iceland is also near the top of that list, (3:45) and as the name indicates, it's not a particularly hot or sunny place. (3:50) This suggests that weather is not the only factor which affects our well-being.

Part 3

GWEN IFILL: Finally tonight, new concerns about whether children are getting enough Vitamin D. Two studies in the journal *Pediatrics* found that **70 percent (1)** of those under the age of 21 fall short and linked low levels of Vitamin D to high blood pressure, low blood sugar, and other complications.

Dr. Michal Melamed of the Albert Einstein College of Medicine is the lead author for one of the studies, and she joins us now. Welcome, Dr. Melamed.

DR. MICHAL MELAMED, Albert Einstein College of Medicine: Thank you. Good evening.

GWEN IFILL: So, tell us, what is the value of Vitamin D?

DR. MICHAL MELAMED: So, Vitamin D -- it's important to know that Vitamin D is actually not a vitamin. It's a hormone. And so it actually plays a very important role in the body. Vitamin D is known classically for making **strong bones (2)**, so people who have Vitamin D deficiency -- and kind of the ultimate Vitamin D deficiency is rickets -- have very weak bones, and that can lead to deformity. The kids with rickets have bowed legs, and that can lead to easy fractures.

GWEN IFILL: You make an interesting point. Vitamin D was known as the **sunshine (3)** vitamin. Why isn't it just found in sunshine? How could there be a deficiency if you're getting outdoors?

DR. MICHAL MELAMED: So we actually -- one of the things that we looked at in our study were kids who spent more than four hours a day either watching TV or playing on their computer or watching or playing video games. And actually about 25 percent of the kids in the study spent more than four hours a day. And so if you think they go to school for eight hours and then spend four hours a day watching TV, there's really not that much time to **go outdoors (4)**.

GWEN IFILL: OK, so there is a **dilemma** here, which is that we say that children have to be covered in **sunscreen (5)**. We all have to be covered in sunscreen before we go outdoors, and now you're telling us, however, we're not getting enough sun. How do you balance that out?

DR. MICHAL MELAMED: Right. So, the recommendations for sunscreen are very good recommendations, but 10 to 15 minutes a day is really all a person needs in order to make enough Vitamin D to last for the next **24 hours (6)**, and that's more so in light-skinned people. Darker skinned people need a little more time in the sun.

GWEN IFILL: So what happens if adults or children don't take these supplements or for some reason remain deficient? Are there other diseases which can arise from this?

DR. MICHAL MELAMED: Yes. So, the diseases that have been linked to low Vitamin D levels are actually many. Low Vitamin D levels have been linked to diabetes, to high blood pressure, to all different types of cancer, including colon cancer, and breast cancer, and to cardiovascular disease. So most of these studies were done in adults. And our two studies that came out today actually looked at it in kids in adolescence. And what the two studies showed was that the kids with the low Vitamin D levels actually had higher **blood pressures (7)**, higher blood sugars, which, you know, is a precursor to diabetes, and had lower HDL cholesterol levels, which is the good cholesterol.

GWEN IFILL: Is there...

DR. MICHAL MELAMED: And all of these...

GWEN IFILL: I'm sorry. Pardon me. Is there a diet -- is there a solution to be found in diet?

DR. MICHAL MELAMED: So it's actually very hard to get enough Vitamin D from diet. The natural sources of Vitamin D in diet are fatty fish. And as we probably know, a lot of kids don't like to eat **sardines (8)**. Milk is fortified with Vitamin D, but to get the current 400 international units that's recommended by the American Academy of *Pediatrics*, a child would actually have to drink a quart of milk every day, which, you know, is a lot for kids. And then there are other sources in the diet, but they don't provide very much.

GWEN IFILL: Well, I'm with them on the sardines. Dr. Michal Melamed, thank you so much.

DR. MICHAL MELAMED: OK. Thank you.

