

Task 1

Number 0: It's that time of year, you know, the sneezing, runny nose, fever and headache time of year. That's right full season and like most illnesses it's better to try and prevent it than to try to treat it once you're sick. There really is nothing that works quite as well as getting a flu shot. Doctor.... an infectious disease specialist at Mayo Clinic says a shot doesn't guarantee you won't get the flu but if you do...

Number 1: It's true, after you donate blood at the American Red Cross you get cookies and juice and it just may be the most satisfying snack you've ever had. That's because patients in 23 hospitals across north-west Ohio and South-East Michigan depend on generous people like you to get the life-saving blood products they need. And when you do, we promise, you'll feel good.

Number 2:

People in the south of England are healthier and likely to live longer than their counterparts in the north. That's according to a new government study released today. Men in northern countries die on average 2 years earlier than their southern equivalents. That's probably due to high levels of obesity and smoking related disease. Manchester has one of the highest rates of premature death through smoking, due to some smokers, and drinkers in Manchester. The government figures also reveal that the UK has the highest obesity rate in Europe. Karol Sikora is professor of cancer medicine at Hammersmith hospital. He says poorer diet is contributing to the problem. It all comes from education. It comes from education in schools and also education by primary care nurses in general practice, by the receptionists in general practice. Every health carer encountered, for a mother or a child, is an opportunity for education and it's not you. We live in a target dream, culture, with...

Number 3: If you enjoy exercising in the great outdoors, you should know the answer to this question: when does your body need more water, when working out in the winter or in the summer? Actually, it's a trick question. Your body needs just as much water in the winter as it does in the summer. Begin drinking water about two hours before any type of exercise and continue throughout your workout. A reminder from Medical Mutual...

Number 4: Health workers from across the UK have been marching on Parliament in show of opposition to the Government's handling of the NHS. Campaigners travelled to Westminster to demonstrate over NHS cuts and privatizations. Doctors, nurses, midwives, cleaners and other support staff were among the marchers. Michael Wilks is the chairman of the British Medical Association. He says one floor in the government strategy is to focus on offering patients more choice: "People who are ill do not necessarily want to make choice and won't have the information to make viable choices, what they want is

a good local NHS that provides their health care locally. One of the examples in the competition area is that the Government is saying... well... health care can be like ... like a supermarket... you know... we'll drive prices down and we'll drive quality up... you don't buy health care like you buy apples or pears...

Number five: Every year thousands of patients have their wisdom teeth removed. But if so many need to be removed, have you ever wondered why we have them?

Doctor: The purpose thousands of years ago was you needed them cause you lost other teeth.

Doctor ... is an oral and maxillofacial surgeon at Mayo Clinic. He says that as our diet evolved to include softer, highly processed food, life for our teeth became easier. We don't lose them like we used to but that's the problem. Our wisdom teeth are still there and often there's not enough space to accommodate them.

Doctor: Whether they are completely impacted or partially erupted, they can cause problems, and those problems can range from annoying problems to very serious ones.

If you do need your wisdom teeth removed, it is better to do so when you're young, typically between the ages of 15 and 25. The difficulty of surgery and the rate of complications increase in older patients.

Task 2

EXTRACT 1

It's incredibly important to me if I can learn another language. I was learning even 15 years ago, the teacher gave back homework with red pen all over it, covered in red pen and we were very demotivated. I even remember when I applied for university to study French, I had to write an essay as part of the application and my teacher gave that back to me with red pen all over it and I felt terrible, really humiliated. He told me do you think you're good at French? You're not! Look at this! And I felt horrible. Yeah, no encouragement. Not at all, no! And ... and I completely agree. That it's very important for us, as language teachers, to give students that feeling that they can learn because I believe everyone can, and the main reason why people don't succeed is because they are made to feel they can't while teachers who were doing what I consider the wrong thing. So, yes! I think that's a huge part why everyone could learn very good English or any other language.

You mentioned Hungarian, tell me about that.

As I said, my original plan was to study French and Russian at university. And in the end, I decided to study Russian with Hungarian, mainly because... haha.. cause Hungarian is very difficult and it's considered a big challenge. So when I went for my interview, they said you can study Russian, and for example, Romanian which will be very easy for you, if you have studied French, or Czech, which is very close to Russian or Polish, which is close to Russian, or Hungarian, which is not close to anything that you speak at the moment, which is very difficult and nobody really wants to learn it and I said, I'll have Hungarian, please. That sounds like fun. I like a challenge.

Have you been to Hungary?

I have. I studied there as part of my university degree six months and I lived there for 2 years after I graduated. I worked in a small town as a language teacher and loved it, absolutely loved it.

Can I just finish then Philippa with asking you, do you have any top tips for... for learners of English who may be listening to us now? Do you have any particular strategy or advice that you would give people?

I think two. The first one goes back to what we were saying before. You must believe that you can do it because everybody can, so have confidence have faith in yourself. And the second thing is very easy to do if you try and that is to make English a part of everything in your everyday life. If you listen to the radio and you normally do that in Arabic, change to an English radio station, listen to

it in English. And if you are in Spain and listening to a Spanish radio, turn to the English radio. Exactly, do the same with magazines, with DVDs, with chatting to your friends, do everything you possibly can in English, and then you'll change your environment into an English language speaking environment. That is, I think, the way to succeed.

EXTRACT 2

Hello everyone, I'm just here today to say a few words about my experience as a mother and as a teacher. I think children do enjoy a lot of freedom these days and things have changed a lot since... since we were children. I think problems are generally arising from the fact that pa...both parents, are out working and there isn't somebody at home to take care of the child full time. They are being taken care of by neighbours, by grandparents... and there is not somebody, you know, permanently at home to take care of the child. Also I think problems generally tend to arrive from separations where one parent may be more permissive the other parent may be a bit stricter and there isn't, you know, equilibrium there between how the child is treated. Things have definitely changed from when we were children, but generally there was always... either father went out to work and the mother was at home and we were...I think it was a lot more stable, yeah, children need guidance, they need to be guided by, you know, by both parents and they really need somebody at home full time to look after them. That's not possible these days because both parents have to be out working. I think my childhood is different, in that sense, to my daughter's childhood because both my husband and myself we have to go to work and after school... well... I have the fortune enough to be with her but sometimes when I can't thankfully I have her grandparents to look after her. I think as regards television ...times have changed a lot again since we were kids. And there wasn't that much variety on TV as... when we were children as there is now. There are...the cartoons can be a lot more violent and some of them are definitely not suitable for younger children. I think parents need to be very strict about that and to be more vigilant about what their children watch on TV. As teachers, as a teacher myself I can see what children are watching, what they've been allowed to watch at home because in the playground they can be a lot more...there can be...they are playing violent games, you know, they're more, more...their behaviour can be a bit more aggressive and parents need to be very vigilant about what they watch at home. As regards the latest toy and what's fashionable for kids, I think parents need to be very very careful here and not give their required present or the latest fashionable toy straight out; children need to, you know, to learn the value of these toys, children need to learn the value of, you know, to appreciate what they have, and it shouldn't be given to them straight off, they need I think, you know, as maybe as a reward for good behaviour or a reward for good results at school.

EXTRACT 3

She's a fashion icon, Emmy nominated TV host, actress and mother of three. We're talking about one of the most recognizable faces in the whole wide world: Heidi Klum! She's joining us today from a *Victoria's Secret* store in Los Angeles to share some of her favourite Mother's Day gift ideas from *Victoria's Secret*.

'Hi, Heidi!' 'Hi, good morning!' 'Good morning! It's great to see you today.' 'Thank you. Thanks for having me!' 'So, congratulations! You have another baby on the way?' 'Absolutely! Yes, we're very excited.' 'Do you know what the baby is?' 'No, not yet. It's still too early to find out, but I think I'm gonna find out.' 'Okay, so we're hearing that this will be your final pregnancy, is this true?' 'I think so, I mean... Who knows? You never know... We kind of go one baby at a time and see, you know, how we all are as a family, every time when we have an addition to the family. But I think, you know, from my gut feeling I think this will be probably the last one... We'll see!' 'But you enjoy being pregnant and I know your husband Seal enjoys you, when you're pregnant, too. He likes the way you look, right? Yeah, I know, he's... he's great, we always gives me lots of compliments, even though when I feel like I'm a whale, especially in the end, when everything is kind of schlep, and you waddle around and when you sleep... everything is a little bit more difficult, but he always says, "you look beautiful, babe!" 'You do. You look beautiful, pregnant or not pregnant, you don't have a problem in that department. [Oh, thank you!] I wanna talk to you about *Project Runway*. The show has finally been greenlighted to air on lifetime, so... How do you feel about that?' 'Yes. Er, we're very excited because, you know, we filmed the show a few months ago already, and then we were kind of in this limbo on where we gonna be airing finally, and, you know, we're back on. It's starting in August, and we're very very excited.' 'So what can we expect from the upcoming season of this show?' 'Er, we have absolutely amazing designers, really really talented people. We have great guests on the show as well, a lot of celebrities on the show this year. We filmed *Project Runway* for the first time in Los Angeles, so it was very easy to get big-name celebrities, because they just kind of rolled out of their bed onto our sets, so that was pretty fantastic, so for all the fans that have been waiting it's gonna be an amazing season.' 'Now, you're a fashion icon, a tv show host, actress, mother of three, you clearly wear lots of hats these days. Do you have a favourite?' 'I don't have a favourite, you know, my job is very very interesting, still after fifteen years of being in the business, I love it, I mean, that's what makes, you know, my life very very exciting, apart from my beautiful family, of course, but I love always having different hats on, otherwise I would get bored. I love doing tons of different things.' 'You certainly have a... '

Task 3 - ORDINARIA

PRESENTER: Weekend edition's food commentator Bonny Wolf lives in the Capitol Hill section of Washington. Her home is only a few steps away from the Eastern Market, a block long one storey brick building where you can buy fresh fruits, flowers, vegetables, fish, poultry, ice cream even penny candy. Although the merchants have come and gone over the years, the market pretty much looks the same as it did when it opened in 1873. Bonny Wolf goes there most days to find the ingredients for her recipes. A collection of Bonny Wolf's recipes and essays have now been published in her new book "Talking With My Mouth Full" :Crab Cakes, Bundt Cakes, and Other Kitchen Stories. And much of the chapter "Market Pleasures" is devoted to "Washington's Eastern Market".

Bonny, why is the Eastern Market your Mecca?

BONNIE: I moved to Capitol Hill probably twenty years ago and one of the reasons I never left was because of the Eastern Market. It is absolutely the centre of the community and in many ways sort of personifies the way I feel about community and food and um... it's a meeting place for... for everyone in the neighborhood. It's... I actually come with my friend Stephanie every Saturday morning, we've come for twenty years and we go early because by ten o'clock there're so many people here. And you know them all, then you don't get your marketing done...

PRESENTER: Do you remember the first time you came in here?

Bonnie: I do. I had moved to Washington, this neighborhood in the summer and at that time the market is just overflowing with produce and flowers and people and I walked in and I thought I was in Europe. It had a feeling unlike other cities that I had been in, that I had grown up in. I moved here from Texas and I had lived in New Jersey and I grew up in Minnesota, and none of them had markets like this.

Presenter: Do you think there's been a size mixed shift in the way that Americans think about food, their attitude about food and places like this?

Bonnie: Huge!. When I was... and I think it's largely my generation. I'm fifty-six. I'm part of the baby boomer generation and when we graduated from college the domestic arts were not um... something we wanted. We weren't particularly interested in, it tied us into being housewives. But now I think the pendulum has completely swung the other way and people are so interested not only in what they're eating but in where it's grown and how good it is. I mean, it goes along with interest in health and um... natural things, and I think there's a whole artisanal movement., everybody, I don't know if that's the word but, people like farmhouse cheeses and some of it's a bit much but um... I think it's a wonderful thing that people are so connected with their food because a lot of people, you know, thought it grew on the grocery store, I think in the 1950s.

Presenter: How do you think food connects us as a community?, I mean, your recipes come from your family, this market is a place where you know every vendor, everybody that seems to walk by, but they all seem to be connected by food.

Bonnie: I think eating is a very intimate way to connect with people. You sit across a table from people, you share your food. Um... cooking is a loving act, it's a very giving, sharing thing to do. You comfort people with food, you celebrate with food...

Task 3 - INCIDENCIAS

Interviewer: And with me is Graham, who comes from Edinburgh, so we're going to talk about the Edinburgh Festival. Hello, Graham.

Graham: Hello!

Interviewer: So, tell me, what is the Edinburgh Festival?

Graham: Well... it's the biggest arts festival in the world. It takes place in August, when artists, musicians and dancers, and comedians come from all over the world and descend on Edinburgh for about three weeks. And they put on shows everywhere, every stage, every hall, every club, every bar, everywhere. There's always some sort of show going on... from morning, noon and night.

Interviewer: Wow! So, how many people do you think come to Edinburgh for the festival?

Graham: Certainly in the millions.

Interviewer: In the millions?

Graham: Yeah!

Interviewer: Wow! What about you? What do you like to see at the festival? What events do you go to?

Graham: Well, ummm... I like the fact there's always a lot of small things, mmm individuals coming up or small theater companies that are just starting out ... so I really like going out and taking a chance. The tickets are relatively cheap so you can go out and, you know, pay a few pounds for a ticket and you can see a new talent. For me it's the sense of experiencing things for the first time, which I really like...

Interviewer: Ok, so, and do you like to see plays or comedians or what other things do they have?

Graham: Well, they have dance, but they also have a jazz festival, which I quite like.

Interviewer: All right!

Graham: I like theatre, I saw a very nice Shakespeare there in the Botanic Gardens once, mmm, and the comedians are always funny as well, I like them.

Interviewer: And the other thing I've heard about Edinburgh is the Edinburgh Fringe Festival, is that... is that the same or different?

Graham: Mmmm, well, really when people talk about the... the Festival these days, normally they actually mean both, mmm the Edinburgh Festival and the Edinburgh Fringe. Mmmm the actual Festival itself is actually a smaller part. There was the original part, originally, and the Fringe was built and wrapped around it. But the Edinburgh festival tends to focus on more well-known, established arts in big theatres, opera, ballet, mmmm well-known companies or established theatre companies coming up, whereas the Fringe is, well, it's all the other little companies, you know, the little theatre, amateur dramatic companies, universities, even schools, mmm, all of the new groups coming up, putting on shows at the same time. But, you know, generally, these days if we talk about the Festival, they mean both of them together.

Interviewer: Ok, so the Fringe is outside the festival... and it's not just comedy, cause I thought the Fringe was just about comedy.

Graham: Ummm, well, there is a big comedy festival which is part of it, ummm, but now there's everything, I mean, mmmm, last year I went to see a production of Macbeth with motorcycles, which was quite strange.

Interviewer: Sounds like fun.

Graham: There's infinity of things, you know, fairly different.

Interviewer: So, when's the start again? What part of the year?

Graham: It's in August, normally about the second week up to the end of August.

Interviewer: And, and are you going this year?

Graham: Hopefully, if I can, yeah, definitely.