



Health and Fitness

Task 2: Smoking

Activity 1: Listening

Welcome to a practice listening for the ISE 1, listening task 2.

You are going to hear a short talk about **smoking**. You will hear the talk twice. The first time, just listen. Then I'll ask you to tell me in a few words what the speaker is talking about. Are you ready?

The task will play once

Now tell me in a few words what the talk was about.

Give the candidate some blank paper

Now listen to the talk again. Write down some notes about what you hear if you want to. Then I'll ask you to tell me six pieces of information about **smoking**. Are you ready?

Now tell six pieces of information about **smoking**.

Now let's go over the potential questions. Remember, the examiner can ask you up to 4 additional questions after you say the six pieces of information that you heard.

This is the end of listening task 2.

Audio Script

You **might** be aware that smoking is a very serious health problem that many countries **have taken** actions against **since** they have become aware of the serious health problems that it causes. This wasn't always the case though. Around thirty years ago, the tobacco industry did its best to promote the social benefits that smoking could bring. They made it sound as though people **needed to** have it **in order to** relax and de-stress. They sold smaller packs and **were claiming** them to be safer and non-habit forming. This, of course, was ridiculous and not true. These days, younger people are more likely to be social smokers than in the past, even though they are better educated and more affluent than other smokers. You **must** consider that **a lot of** them do this because they want to be accepted among their social group. However, some social smokers think that they do not have much risk from smoking. So, **if you are a social smoker, you have** the risk of smoking-related respiratory disease, heart attack, stroke and cancer. Furthermore, **because of** smoking, a social smoker only **has to** have one to four cigarettes and they will triple their risk for heart disease and lung cancer. The good news is that social smokers can quit easier than regular smokers. Usually social smokers **are seeing** if their second-hand smoke is affecting non-smokers more than regular smokers and they often consider this in their **next** social gatherings. In addition, they are also not as addicted to nicotine as a regular smoker is, which **will probably** make it easier for them to quit. Something else is that drinking alcohol typically promotes social smoking. So

by not drinking, or drinking less, this can help them quit too. If you are a smoker and you quit, you will see that in the first six hours your heart rate decreases and blood pressure drops, as well as most of the nicotine is eliminated from your body on the first day. Within a week, you will improve your sense of taste and smell, and your lungs will begin to clear. Throughout the first year, some symptoms like coughing and wheezing will continuously get better. Lung cancer risk will decrease after ten years and the risk of heart attack and stroke will lower after fifteen years. This is why many people prefer not to smoke. Wouldn't you rather be healthy and not smoke either?

Questions & Answers:

1	Promote the social benefits of smoking	What did tobacco industries do in the past?
2	relax and de-stress	What benefits did the tobacco industries claim that smoking gave?
3	sold smaller packs / safer and non-habit forming	What did the tobacco industry do? / How did the tobacco industry try to make smoking sound?
4	younger, better educated and more affluent than other smokers and often smoke to gain acceptance among their social group	Who are often more likely to be social smokers these days?
5	smoking-related respiratory disease, heart attack, stroke and cancer	What risk do social smokers have?
6	one to four cigarettes	How many cigarettes can triple your risk for heart disease and lung cancer?
7	second-hand smoke affecting non-smokers	What are social smokers more concerned about than regular smokers?
8	Drinking alcohol	When going out, what usually encourages smoking?
9	Heart rate decreases and blood pressure drops / most nicotine is eliminated on the first day.	What happens in the first six hours from quitting smoking?
10	(Within) a week	When does the taste and smell improve and the lungs begin to clear?

Marks: +_ / +6



Used grammar in the listening task.

Gese 5

- Present Perfect Simple (for / since / ever / never / just)
- because
- because of
- will for future possible uses (will probably / likely / surely)
- Adverbs of quantity: a lot / much / many
- Expressions of preferences: prefer to / would rather

Gese 6

- zero conditional
- first conditional
- Present Continuous for Future use
- Past Continuous
- Must
- Might
- Need to
- Have to
- Infinitive of Purpose: in order to / so as to