

1

Technology:



TOPIC

health and technology

LISTENING FOCUS

how to approach listening tasks: understanding instructions, paraphrasing, cueing, and distraction

Exam task

multiple-choice questions

SPEAKING FOCUS

talking about personal information

Exam task

Speaking, Part 1

LISTENING

- 1** Work in pairs. Look at the photos above. What impact can using technology have on our health? Think about positive and negative effects.
- 2** Read Shona_7's post. What do you know about the Cambridge First Listening questions?

10 comments ▼



Shona_7

Hey! I'm taking the Cambridge First exam. Can anyone give me any general tips about how the questions are worded in the Listening test and what I should watch out for? Thank you!

[Reply](#) | [Like](#) | [Posted April 1st at 3.12pm](#)

life-saving or soul-destroying?

 The First Listening test has different task types, which include multiple-choice questions, sentence completion and a multiple-matching task.

3a Read these instructions from different parts of the Listening test. Which task type (multiple-choice questions, sentence completion and multiple-matching task) does each one introduce?

- 1 You will hear people talking in eight different situations. For questions 1–8, choose the best answer (A, B or C).
- 2 You will hear a health expert called Marj Jackson, who is talking about the effect of screens on eyesight.
For questions 9–18, complete the sentences with a word or short phrase.
- 3 You will hear five short extracts in which people are talking about their use of Smartphones. For questions 19–23, choose from the list (A–H) what each speaker says. Use the letters only once. There are three extra letters which you do not need to use.
- 4 You will hear part of a radio interview with a man called Steve Spencer, who is talking about texting and back problems. For questions 24–30, choose the best answer, (A, B or C).

3b Work in pairs. Read the instructions again and answer these questions for each task where possible.

- How many people will you hear?
- Who is / are the speaker(s)?
- What are they going to talk about?
- Who do you think they are talking to?
- What do you think the context is?




Take note of the information given in the instruction (e.g. numbers, topic, task type) – it'll help you anticipate what you're going to hear.

4a  **2** Read this Part 1 question, then listen and choose the correct option.

What attitude does the speaker express about the way he works?


- A** concern about the difficulties of doing his job **C** anger about not being provided with the correct equipment
B regret about not looking after himself better at work

4b  **2** Listen again. Does the speaker mention the words *concern*, *regret* or *anger*? Which words or phrases express the same feeling as regret?

5a  **3** Read these Part 2 sentences. Then listen and complete them.

One reason for eye problems is that Smartphone users fail to (1) frequently enough.

Exposing yourself to blue-violet light can cause blindness, affect (2), and give us headaches.


5b  **3** What do you think the Part 2 text is about? Listen again. Which cues are given in the recording that indicate that the answer for the next question is coming up?

6a  Read this Part 3 question. Then listen and choose the correct option.

What does the speaker say bothers her most about the use of Smartphones?

- A the reliance on search engines for information
- B the difficulty people have in leaving them aside
- C the effect using phones has on concentration
- D the way people ignore their surroundings
- E the effect phones have on the ability to learn

6b  Listen again. Which words give you the answer to the Part 3 question? Which other options does the speaker refer to?

7a  Listen to a question from an interview, similar to the kind of question you may hear in Part 4. How do you think this might be rephrased on the question paper for candidates to answer?

- 1 What does Steve think is the reason why people use technology on the move?
- 2 What does Steve say about the injuries his teenage children have had?
- 3 What does Steve suggest about injuries related to technology?

7b  Read this Part 4 question, then listen and choose the correct option.

What does Steve suggest about injuries related to technology?

- A They are easily preventable.
- B They have similar effects to sports injuries.
- C Governments should bring in new laws to prevent them.



Watch out! The speaker also mentions parts of the other options, but only one option answers the question correctly.

8 Have you ever suffered any health problems as a result of using technology?


7 WAYS to SMASH! the First Listening test

Remember...

- 1 ... to read the **instructions** and **options** carefully, so you answer the question in the right way.
- 2 ... you'll always hear a **'cue'** which will tell you when the next part of the text is about to start. This is your signal to move on to the next question.
- 3 ... you probably won't read exactly the same questions or phrases that you hear in the recordings. Think about **the meaning!**
- 4 ... speakers may use some of the same words that you see on the question paper – make sure you don't choose an option just because you hear a word from it – it might be the wrong answer!
- 5 ... you have **time** to read the questions and options before you listen.
- 6 ... you will hear each recording **twice**. If you don't hear the answer first time round, you have another chance ...
- 7 ... and if you still don't know the answer after the second time of listening – **guess!**

EXAM PRACTICE



1  Listen and answer the questions about how technology in sport can have a positive effect on health.

- | | |
|--|---|
| <p>1 You hear an ice-skater talking about injury in the sport. How does he feel about it?</p> <p>A surprised by the effect jumping has on the body</p> <p>B annoyed that injuries frequently interrupt his work</p> <p>C excited by the prospect of better safety in the sport</p> | <p>3 You hear two friends discussing swimwear. What do they agree about?</p> <p>A the positive impact of swimwear on performance</p> <p>B the attractive appearance of the swimwear</p> <p>C the cost-effectiveness of the swimwear</p> |
| <p>2 You hear part of an interview about safety helmets used in sport. What inspired Gino to carry out research in the field?</p> <p>A He had suffered sports injuries himself.</p> <p>B He was asked for information about helmets.</p> <p>C He didn't think the brand he used was effective.</p> | |

2 In which other ways can technology be used to improve our health or performance? Discuss in pairs.

SPEAKING

SPEAKING FOCUS

talking about personal information

Exam task


Speaking, Part 1



1 Work in pairs. You have **two minutes** to find out as much personal information about your partner as you can.

2 Read Harv3's post. Do you think he's right?

2 comments ▼



Harv3
 OK, my first time on this forum. First question – Speaking Test, Part 1. This is when we get asked a couple of personal questions, right? I guess this is the easy part, I can't see what you can do wrong here. Or am I missing something?
[Reply](#) | [Like](#) | [Posted](#) June 4th at 6.43pm

3 Listen to part of a podcast by a Cambridge First interlocutor talking about Part 1 questions. Decide if the statements a-f are true or false and correct the false ones.

- a** The questions are a mixture of personal and abstract. T / F
- b** Candidates might have to ask each other questions. T / F
- c** It's an opportunity for candidates to show how good their language is. T / F
- d** The examiners only want short answers in this part. T / F
- e** Preparing short speeches is not recommended. T / F
- f** Candidates should practise how to speculate for this part of the test. T / F

4a Work in pairs. Listen and read candidates' answers to a Part 1 question about sport. What do you think the question was?

A Yes, I do because I want to be fit.

B Yes, I am doing a few sport every week. I like play football with some of people, they are my friends. We go train on Thursday and sometimes we have match on Saturday.

C Yes, I do. I think it's important to keep fit and I also enjoy competing, so I play ping pong matches every weekend at a local club and during the week I often go skateboarding after work.

D Yes, I really enjoy sport. Every week I go swimming with my friends three or four times. In winter when it's cold I go swimming more often, but during the summer I prefer to spend some time outside and I go walking in the countryside and also I do some riding. We have stables near us and I get cheap lessons. One day I'd like to have my own horse but they're really expensive to keep. My dad plays a lot of golf and I sometimes go with him ...

E I like sports a lot. I started to play tennis when I was five because my parents thought it was good for my health and fitness. It's a cool sport. I have also been in several tennis competitions and I was junior champion at my primary school.

4b Listen and read again. Which answer is good? What have the other candidates done wrong? Why?

5 WAYS to

SMASH!

Speaking, Part 1:

short conversation

1 Don't worry too much because the part 1 questions are all about YOU and you know all the answers!

2 Make sure you get your basic grammar right for questions you know might come up:

I come from Italy and I live in a small village in the north.

I am coming from the Italy and I am living in the small village on the north of.

3 Don't prepare long, detailed answers to questions that you think might come up.

I come from France. I was born in a small town on the northern coast.

This town is called L'Etretat and it's a very beautiful town. We get a lot of tourists every summer and there are some lovely hotels to stay in. The sea is quite wild ...

4 Don't give a short answer but expand with one or two sentences.

5 Speak clearly and directly to the interlocutor. You can glance at your partner to include him / her but you won't need to ask or discuss anything directly with your partner at this stage of the test.

EXAM PRACTICE

1a Work in pairs. Take turns to ask and answer questions about the two topics.

Sport and exercise

- Tell us about a sports event you've been to or watched recently.
- Do you do any sports regularly? Why / Why not?
- What are your first memories of doing a sport as a child?
- Are you going to do any sport or exercise next weekend?



Food

- Do you usually eat a healthy diet?
- Do you ever cook? What sort of things?
- Do you enjoy watching food and cookery programmes on TV? (Why / Why not?)
- Tell us about an enjoyable meal you've had recently.



1b In pairs, write another two questions for each box. Swap with another pair and ask and answer their questions.

GET CHATTY

Play a game with a friend. Write a topic on different cards. Take turns to turn up a card and think of a personal question to ask your friend.

