



IELTS Practice Test Volume 6

Listening Practice Test 2

HOW TO USE

You have 2 ways to access the listening audio

1. Open this URL <https://link.intergreat.com/LMRDT> on your computer
2. Use your mobile device to scan the QR code attached



Questions 1-2

Choose the correct letter from A- C for each answer.

Example: Why is Peter tired?

A The exam was long.

B He got up early this morning.

C He studied until late the previous night.

1 Why can't Peter relax over the three-week vacation?

A He needs to earn some money.

B He's worried about next semester.

C He can't afford to go away.

2 What does Crystal plan to do on the holidays?

A She's going to visit her family.

B She's going to get a job.

C She hasn't got any idea.

Questions 3-5

Listen to the directions and identify the place names of Questions 3-5 on the campus map below.

Choose your answers from the list of place names in the box.

NOTE: there are more place names listed than you will need

List of Place Names:

Drag your answer



3

4

5

Questions 6-7

Complete the sentences below.

Use **NO MORE THAN THREE WORDS OR A NUMBER** for each answer.

First, Peter and Crystal must have a/an 6

Peter and Crystal arrange to meet at 7 on Friday.

Questions 8-10

Complete the table below.

Use **NO MORE THAN ONE WORD OR A NUMBER** for each answer.

	Surname	Contact Phono Number	Student Number
Peter	8 <input type="text"/>	9 <input type="text"/>	B 723466
Crystal	LU	~	10 <input type="text"/>

Questions 11-13

Choose the correct letter from A-C for each answer.

11 The main aim of the festival spokesperson at the gathering is to

- A welcome visitors to Brisbane.
- B give away some tickets to the Brisbane Festival.
- C provide information regarding the Festival.

12 The program for the Brisbane Festival includes performers from

- A local and international destinations.
- B Australian, Asian and European destinations.
- C Australian and international destinations.

13 The Brisbane Festival will schedule activities and performances

- A at indoor and outdoor venues.

- B over 290 days.
- C in traditional performance centres around the city.

Questions 14-20

Complete the table below.

Use **NO MORE THAN THREE WORDS OR A NUMBER** for each answer.

Type of Activity	Date	Time	Name of Event	Venue
Music	8 Sept	8 p.m.	Israel Philharmonic Orchestra	Performing Arts Centre
Drama	14 _____	6:30 p.m.	Monkey	Power House
15 _____	11 Sept	8 p.m.	Sumi Jo with Queensland Orchestra	Performing Arts Centre
Music	Wed - Sat	~	16 _____	City Gardens
Visual Arts	From 17 _____	~	Asia-Pacific Triennial	Art Gallery
Drama	15 Sept	6 p.m.	Slava's Snowshow	18 _____
Music	20 Sept	8 p.m.	Barbara Fordham in concert	19 _____
Poetry	From 22 Sept	~	Poetry Festival	~
Writing	4 Oct - 6 Oct	~	Writers' Festival	~
Music	6 Oct	6 p.m.	Opera 20 _____	City Gardens

Question 21

Choose the correct letter from A - C for each answer.

21 Who are Nancy and Jenny?

- A students from Singapore and Malaysia

- B students who have travelled to Singapore and Malaysia
- C students who have researched Singapore and Malaysia

Questions 22-24

Complete the table below.

Use **NO MORE THAN THREE WORDS AND/OR A NUMBER** for each answer.

COUNTRY PROFILES

	Singapore	Malaysia
Area of land:	630 square kilometres	22 _____ square kilometres
Population:	23 _____	Under 24 million
Approximate ethnic mix:	24 _____ Chinese 14% Malay 9% Indian	65% Malay (Bumiputera) 26% Chinese 8% Indian

Questions 25-30

Complete the sentences below.

Use **NO MORE THAN THREE WORDS** for each answer.

Australia's relationship with Singapore has been 25 _____

Trade between Singapore and Australia is 26 _____

Singapore and Malaysia share US and 27 _____ as their top trading partners.

There has been an increase in 28 _____ between Australia and Malaysia.

Nancy found that the government in Singapore invested a lot in 29 _____

Nancy and Jenny thought that Malaysia has a good balance of 30 _____ customs.

Questions 31-32

Complete the notes below.

Use **NO MORE THAN THREE WORDS** for each answer.

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For 31 _____ there have been vegetarians.

True vegans will only eat food which 32 _____

Questions 33-34

Choose **TWO** letters from A-E for each answer.

Which two reasons are **NOT** given in the lecture for adopting vegetarianism?

- A religious beliefs
- B environmental reasons
- C peer pressure
- D cost
- E social acceptance

Questions 35-36

Choose **TWO** letters from A-E for each answer.

Which two health issues are **NOT** used in the lecture to promote vegetarianism as healthy?

- A reduced heart disease
- B lower risk of contracting cancer
- C reduced blood sugar levels
- D fewer weight-related problems
- E lower risk of stomach ulcers

Questions 37-39

Complete the following table.

Use **NO MORE THAN THREE WORDS** for each answer.

VITAMIN AND MINERAL INTAKE

	Available to non-vegetarians in ...	Available to most vegetarians in...	Available to lacto-vegetarians and vegans in . .
--	-------------------------------------	-------------------------------------	--

Iron	meat	spinach, prune juice or 37 <input type="text"/>	~
B12	meat, fish and dairy products	dairy or soy products and 38 <input type="text"/>	vegetable margarines, soy products and some 39 <input type="text"/>

Question 40

Complete the sentence below.

Write **NO MORE THAN THREE WORDS** for your answer.

The website address given for the UK Vegetarian Society is 40



Solution:

Part 1: Question 1 - 10

- | | |
|-------------------|------------------------------------|
| 1 A | 2 B |
| 3 I Block | 4 C Block |
| 5 Student Canteen | 6 have an interview/be interviewed |
| 7 2 p.m. | 8 PASTEL |
| 9 041298735 | 10 BI 690011 |

Part 2: Question 11 - 20

- | | |
|-----------------------|---------------------------|
| 11 C | 12 C |
| 13 A | 14 9th September |
| 15 music/opera | 16 Festival Club |
| 17 14th September | 18 Performing Arts Centre |
| 19 City Football Club | 20 Under the Stars |

Part 3: Question 21 - 30

- | | |
|-----------------------------------|--------------------------|
| 21 C | 22 329,758 |
| 23 about/over/more than 3 million | 24 75%/3/4 of population |

25 friendly and warm

27 Japan

29 education and technology

Part 4: Question 31 - 40

31 thousands of years

$\frac{33}{34}$ C,E

37 dried fruit(s)

39 cereals

26 continuing to grow/growing

28 tourism/number of tourists

30 Eastern and Western

32 has (been) grown

$\frac{35}{36}$ C,E

38 seaweed

40 www.vegsoc.org

SECTION 1

You will hear two friends talking outside an examination room about working over the vacation period.

First, look at Questions 1 to 5.

[SHORT PAUSE]

You will see that there is an example already done for you. For this question only the conversation relating to the example will be played first.

Crystal: Hi Peter - I'm so pleased that exam's over!

Peter: Me too Crystal - I'm exhausted. **Example** I stayed up late studying last night and then got up early this morning.

Crystal: Well, you can rest now - we're on holidays for three glorious weeks.

Peter said he stayed up late studying last night, so C is the correct answer.

Now we shall begin. You should answer the questions as you listen because you will not hear the recording a second time.

Now listen carefully and answer Questions 1 to 5.

Crystal: Hi Peter - I'm so pleased that exam's over!

Peter: Me too Crystal - I'm exhausted. I stayed up late last night studying and then got up early this morning.

Crystal: Well, you can rest now - we're on holidays for three glorious weeks.

Peter: That is a nice thought. Unfortunately though, I'm broke and if **Q1** I'm going to have **enough money** to get through next semester, I'll have to get a job over the holidays.

Crystal: Yes, I've been thinking the same thing myself. As much as I'd like to go home to see my family, I think **Q2** I'll have to get a job as well. Have you got any ideas or contacts?

Peter: Well, as a matter of fact, I'm going to go to the Student Employment Office. Do you want to come with me?

Crystal: Sure, if you don't mind. Where is it?

Peter: Let me see - (TAKES OUT PAPER) - I've got a map here of the campus. It's up here in Y Block.

Crystal: Oh, boy - we're a long way away from there! We've just come out of N Block - here we

are here.

Peter: Yes, N Block. Well, we can turn right and follow Circular Drive around but that's the long way. What's the building opposite us?

Crystal: That's the International Centre - I learnt English there before starting my Bachelor of Business.

Peter: Oh right - I see, **Q3** it says I Block. I guess I stands for International. Well, let's cross Circular Drive and walk up to the right -

Crystal: No, there's lots of trees and gardens there - we'd better go to the left of the building. You can't get through otherwise.

Peter: OK - we'll head past D Block, go between B and **Q4** C Blocks and then across the sports fields to Y Block.

Crystal: OK, but I'm really hungry. How about going to the **Q5** student canteen before we get to Y Block? It's just on the other side of A Block - near the main entrance.

Peter: Good idea - I didn't have breakfast this morning. I'm starving! Let's go.

Peter and Crystal arrive at the Student Employment Office and the receptionist meets them.

As you listen to the rest of the conversation., answer Questions 6 to 10.

Before the conversation continues, read Questions 6 to 10.

[SHORT PAUSE]

Receptionist: Good morning - can I help you?

Peter: Good morning - yes, we'd both like to find some vacation work.

Receptionist: Right - for this vacation period?

Peter & Crystal: Yes. Mm - hmm.

Receptionist: Have you registered with us?

Peter & Crystal: No.

Receptionist: Oh - you have left it a bit late. Students usually register with us around midsemester.

Peter: - Really?

Receptionist: Yes, but never mind. You will need to register, but before you do that, you'll need to **Q6** be interviewed by one of our consultants.

Peter: Oh - I thought you would just give us a list of job vacancies and we would contact those places directly.

Receptionist: No, we don't give out contacts until after you've been interviewed and registered.

Peter: I see.

Receptionist: Would you like to make an appointment to have an interview?

Peter & Crystal: Yes, please. Yes - as soon as possible.

Receptionist: Let me see - today's Thursday 11th. Our consultants are here tomorrow but they are going on a Staff In-service from next Monday to Wednesday. So, it's either Friday - that's tomorrow or next Thursday.

Peter: Couldn't we see one of them this afternoon?

Receptionist: No, they are fully booked I'm afraid. End of semester is the busiest time for job placements, as you can imagine. There has been a cancellation for tomorrow morning at 9:30 or you can come after **Q7 2 tomorrow afternoon.**

Peter: Can we be interviewed together?

Receptionist: Yes, I'm sure that would be OK.

Peter: Crystal, is 9:30 all right with you?

Crystal: Yes that suits me. Actually, I'm going to the dentist tomorrow - let me check the time. (LOOKS UP DIARY) Hang on, the dentist is at 9, so could we make it at 2?

Peter: No problem.

Receptionist: OK - that's for 2 o'clock then. What's your surname?

Peter: **Q8 Pastel.** P-A-S-T-E-L. Peter's my first name.

Receptionist: Thanks - and yours?

Crystal: My surname's Lu. L-U. My first name's Crystal - that's C - R - Y - S - T - A - L.

Receptionist: Right - a contact phone number please?

Peter: My mobile is **Q9 0412 987 35.**

Receptionist: Thank you and I'll need your Student Number as well, so I can access your files.

Peter: Mine is B (for Business) 7 2 3 4 double 6.

Crystal: And mine is **Q10 B (for Business as well) | 6 9 double zero, double 1.**

Receptionist: That's B169 double 0, double 1 for you Peter and...

Crystal & Peter: No, that's mine - Wrong way around.

(ALL LAUGH)

Receptionist: Oops! - it's B169 double zero, double 1 for Crystal, and B7234 double 6 for Peter.

I'll just put an arrow next to your names to show what I've done wrong! Right then -see you both.

Peter & Crystal: Bye. Thanks a lot.

That is the end of Section 1, You now have 1/2 minute to check your Answers,

[PAUSE]

Now turn to Section 2 of your Listening Question Booklet.

SECTION 2

You will hear a speaker from the Brisbane Festival talking to some international visitors in Brisbane, Australia.

As you listen to the talk, answer Questions 11 to 20.

Before you listen, look at Questions 11 to 20.

[SHORT PAUSE]

SPEAKER:

Good evening - umm, I've been asked to tell you all about the Brisbane Festival which is being held here in Brisbane from September 8th to October 6th. You are all of course, welcome to come along to the various activities that we have planned while you're visiting our city. We're happy to announce that we have some free tickets which I'll hand out later.

The Brisbane Festival is held every year in a number of venues around Brisbane, not only to show off our own local talent but also to celebrate the incredible talent that we have in the Australian and the South-East Asian region. It's a great time for us to catch up with our interstate and international friends and we're thrilled that this year we have a record number of performances from South-East Asian participants. We have seen an increased amount of interest from European and American artists in recent years and we welcome them as well.

Our goal is to bring people together through art by making art accessible to everyone.

Q11 The Brisbane Festival aims to promote cultural understanding and interaction.

Right. Well - as you experienced today, we have a wonderful climate here in Brisbane - our average temperature is about 24° Celsius and we have something like 290 sunny days a year. Naturally we want to take advantage of this - so **Q13** we've scheduled performances in public places such as Southbank Parklands and the City Gardens as well as the more traditional indoor venues **Q12** - the Performing Arts Centre, Brisbane Convention Centre, the Brisbane Power House and some of our university campuses.

I'll hand out a copy of the program shortly but I'd like to tell you about some of the highlights of the program and encourage you to enjoy as many of them as possible. I can also give you

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details on how to get to these venues.

The first event that I'll be seeing is the Israel Philharmonic Orchestra at the Performing Arts Centre tomorrow night - **Q14** that's September 8. It starts at 8 p.m. and because there is one performance only, you should get there well before 8 p.m. - say 7:30 at the latest. And then for something completely different, MONKEY which is a play - is showing at the Powerhouse at 6:30 on the following night. So you will have two late nights in a row but they are such different performances that I think you have to see both of them. MONKEY is based on a 16th Century Chinese story - you might have seen the television series ... I can't wait for that one.

We also have plenty of music on the itinerary-for those of you who like to hear arias, world-renowned soprano Sumi Jo is performing with the Queensland Orchestra on September 11th. She will be starting at 8 p.m. - if you can't make it then, though, she will be performing some **Q15** opera at later performances. And talking about music, **Q16** Festival Club is going to be held every evening from Wednesdays to Saturdays at the City Gardens - Festival Club features music from around the world. I'm sure this will be very popular with the younger members of our group and you'll feel very relaxed in the cool, spring Brisbane evenings under the stars ... The City Gardens is one of our most popular venues.

For those of you who are interested in Visual Arts, from September 13 - no, I'm sorry **Q17** September 14 -the Art Gallery will be displaying works in the Asia-Pacific Triennial. There are details of that display in the handout.

If you like drama, you'll have to see Slava's Snowshow the next day, at the **Q18** Performing Arts Centre. It is a Russian production which has been wowing audiences from Moscow to London. It starts at 6 - again, don't be late because I'm sure that will be very popular and the Performing Arts Centre has limited seating.

Barbara Fordham will be performing a series of concerts at the **Q19** City Football Club from September 20 -she has the most wonderful voice and you won't want to miss one of her concerts particularly if you like blues music. Concerts start at 8 - as I said at the City Football Club.

We also have a Poetry and Writers Festival happening in Brisbane if you're into that. The Poetry Festival starts on September 22th and the Writers Festival will be on from October 4 to October 6.

And if you don't go to anything else, you simply must go to the Opera Under the Stars at City Gardens. This will be the grand finale on October 6th - it really will be fantastic and I expect there will be fireworks and all sorts of exciting things going on. So remember that one, Opera **Q20** Under the Stars -starting at 6 on October 6.

OK - that's it from me. I really hope that you take the time to join in whenever you can with the Brisbane Festival celebrations. If you want any more information please come and see me -

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the information booklets and tickets are at the front door. Have a good night everyone and enjoy your time in Brisbane.

That is the end of Section 2. You now have 1/2 minute to check your answers.

Now turn to Section 3 of your Listening Question Booklet.

SECTION 3

In this section you will hear two students presenting a tutorial on two Asian countries, Singapore and Malaysia.

First, look at Questions 21 to 30.

[SHORT PAUSE]

Now listen to the two students and answer Questions 21 to 30.

Tutor: **Q21** Nancy and Jenny are presenting the first of our profiles on Asia today. You looked at Singapore and Malaysia, didn't you?

Nancy: Yes, and we found lots of similarities between the two countries.

Tutor: Did you follow the outline that I gave you?

Jenny: Yes, we did. Um, first of all the total land area of Singapore is 630 square kilometres, whilst Malaysia's was **Q22 329,758** square kilometres. Obviously Malaysia is a much larger nation with a bigger population - almost 24 million. It is bigger than Australia's population, in fact - we have 19,700,000. Um, Singapore has just **Q23 over 3 million.**

Tutor: Did you look at their population mix?

Nancy: The population of both Malaysia and Singapore are multi-racial - they each have a mixture of Malays, Chinese, Indians and other ethnic groups as well, who all live quite harmoniously together. The breakdown of the population is different though. In Malaysia, the Malays or Bumiputeras as they are called, outnumber the Chinese and the Indians. They make up about 65% of the population. **Q24** In Singapore, three quarters of the population is Chinese with only a few hundred thousand Malays and Indians. English is widely used in Malaysia as well as in Singapore.

Jenny: Yes, they all study compulsory English at school and adults use English a lot in their daily lives. For many years, Singaporeans have been sending their children abroad to study in English-speaking countries. And in recent years, Malaysians are also studying overseas and getting overseas work experience.

Tutor: Australia has had a fairly stable relationship with Singapore over the years - can you briefly talk about that?

Nancy: Umm, yes. Singapore and Australia have always maintained a **Q25** friendly and warm relationship. As Jon said, many students come to Australia to study here and often they stay here to work. Similarly, lots of Australians live and work in Singapore. Singapore was one of the first Asian countries to really take advantage of its geographical location and the technological advances that were made at the end of last century. It has a strong economy.

Jenny: Singapore and Australia signed an expanded trade accord in February which covers all sorts of subjects from education through to customs procedures at the airports! It's accepted that this accord will really strengthen ties between the two countries.

Nancy: So, trade between Singapore and Australia is **Q26** continuing to grow but we're not one of Singapore's top three trading partners. They're the US, **Q27** Japan and Malaysia.

Jenny: Yes, and interestingly but not surprisingly I guess, Malaysia's top three trading partners are the US, Japan and Singapore.

Tutor: Yes, Singapore and Malaysia are neighbours so you would expect that. What did you discover about the relationship between Malaysia and Australia?

Jenny: Well, um, it hasn't been as stable as Singapore and Australia's friendship. Malaysians and Australians get along well on a personal level - there have been an increasing number of **Q28** tourists travelling between the two countries. So, it isn't just the students who are coming here. Historically, Australia and Malaysia and for that matter Singapore as well, have a lot in common - you know, with the British Colonialists. Malaysia, now, doesn't want to blindly follow western ideas, which is fair enough.

Tutor: Yes -this is something that we'll talk about later in the semester - Australia's international relations in the region.

Jenny: There do seem to be misunderstandings and disagreements between Malaysia and Australia, but diplomats say that these are exaggerated by the media.

Tutor: Yes, we all know the power that the media has. Was there anything else?

Nancy: Well, um, yes - what I found was that Singaporeans are generally regarded as well - educated, well-travelled - knowledgeable. They enjoy a quality of life that is envied in other countries - especially in other Asian countries. The Singaporean government is spending a lot of money on **Q29** education and technology.

Tutor: Is this going to continue - did you look at the government's agenda for the future?

Nancy: They are developing a knowledge-based economy. Unlike other South-East Asian countries, Singapore hasn't been dependent on the production and export of commodities. They intend to be IT driven with a highly skilled economy.

Tutor: I see and how did this differ in Malaysia?

Jenny: Well, the Malaysians are very enterprising people. They're well-educated and highly

skilled too. Like the Singaporeans, they've got a strong work ethic. We both felt that of the two countries, Malaysians were much more Asian in their way of thinking, although they seem to mix **Q30 Eastern and Western** traditions easily. This could be one of the reasons that tourism is doing so well in Malaysia. The economy once relied almost solely on the export of raw materials, but that's changed a lot. All the experts say that Malaysia has a huge future.

Tutor: You have obviously enjoyed your research. I'm sure you'll enjoy learning more about the region as we continue on with the other overviews.

That is the end of Section 3. You now have 1/2 minute to check your answers.

Now turn to Section 4 of your Listening Question Booklet.

SECTION 4

You will hear an introductory lecture about vegetarianism being given by a nutritionist.

First, look at Questions 31 to 40.

[SHORT PAUSE]

Now listen to the lecture and answer Questions 31 to 40.

LECTURER:

You will all have a vague understanding of what being a vegetarian is all about. Vegetarianism has been practised for **Q31 thousands of years**. The simplest definition is someone who doesn't eat meat; of course - but does abstaining from eating meat include seafood and chicken? The fact of the matter is that people adopt the label "vegetarian" but still eat meat, at least to varying degrees. Within true vegetarianism, that is where a vegetarian is someone who doesn't eat any meat at all, there are three sub-groups. A lacto-ovo-vegetarian eats no meat but does consume dairy products and eggs. The second sub-group, lacto-vegetarians, also don't eat meat but while they will consume dairy products, they don't eat eggs. And then of course there are vegans - people with a strict vegetarian diet that don't eat any animal product or by-product including honey. In fact, they don't even wear woollen, leather or silk garments. So just keep in mind that there is an obvious sliding scale here when people talk about vegetarianism - there are those that perhaps like to think of themselves as vegetarian just because they don't eat red meat right through to those strict vegans who will only eat vegetables, fruit, beans or pulses - that is, food that **Q32 has been grown**.

For our purposes today, we'll be talking about vegetarians as those people who don't eat any form of meat at all - red meat, fish or poultry - but do use dairy products and eggs. Lacto-vegetarians and vegans are not the majority anyway.

With that definition in mind, **Q33 Q34 let's review the myriad of reasons given for adopting a vegetarian diet**. These include all sorts of preposterous theories that claim all humans should be

vegetarian simply because it's natural or that humans are naturally vegetarian because biologically we resemble plant-eaters! In the real world, vegetarians generally speaking, accept that humans are omnivores - they are capable of eating both plant and meat foods. Statistics show that the majority of vegetarians have adopted a vegetarian diet because of their religious beliefs as in the case of Hindus and Buddhists for example, or because of health-related concerns - that is, they see vegetarianism as a healthier alternative.

Look - that's not to say there aren't other reasons - some people just don't like the taste of meat and others simply can't afford to buy it. A significant number of vegetarians are animal liberationists who are against the killing of animals for human consumption. These vegetarians have taken the step of refusing to eat meat and in doing so, show that they don't condone those killings. They see the whole industry as barbaric. In the past, at least in my social circle, such a cause was seen as noble and many of us held vegetarians in high regard-they lived up to their beliefs. In more recent times, as we see the disastrous impact of introduced hooved animals on lands and the amount of resources used to feed stock at the expense of using arable land for crops, their noble cause has been ecologically justified as well. Land resources and arable lands in particular, are scarce and becoming scarcer. Perhaps it is wrong to allocate these resources to raising those animals which provide us with a food source that we can live without.

But is this the case? **Q35 Q36 Can we live without meat in our diet and is living a vegetarian lifestyle indeed more healthy as advocates would have us believe?** Vegetarians claim that a well-balanced vegetarian diet will supply all the essential nutrients we need to be healthy. In Western societies, as late as 20 or 30 years ago, there were many myths about vegetarianism. Those switching to vegetarianism would be warned about serious vitamin deficiencies.

Statistically, though, the vegetarians are supported in their claim that vegetarians are healthier than meat-eaters. The incidence of heart disease and cancer for example, are significantly lower in non-meat-eaters. In fact, it's claimed that the risks from certain cancers are reduced by up to 40% in a vegetarian diet. And let's face it, in modern Western society with our concerns regarding obesity, you don't see too many overweight vegetarians, do you? Vegetarians consume less fat and protein than we do and the fat that they do consume is in the main, unsaturated - which is what has been recently labelled "good fat". On the other hand, animal fats tend to be saturated and an increased intake of saturated fats can lead to high cholesterol. Respiratory problems too, seem less common in vegetarians but this is also the case with meat-eaters who include a lot of fruit and vegetables in their diet. The UK Vegetarian Society's website quotes medical research has shown that on average, a lifelong vegetarian visits hospital 22% less than a meat-eater.

The fact that the number of practising vegetarians has almost doubled in the last fifteen years, speaks volumes about the way our concerns for healthy living have changed. The reasons given for this increase has been according to a recent survey, 94% due to the perceived health

benefits associated with a vegetarian lifestyle. Doctors and nutritionists and responsible groups like the Vegetarian Society are rightly concerned that those adopting the vegetarian diet do so in an informed way. There are health benefits to be gained by turning vegetarian, but there are also guidelines that need to be followed - Vitamin B12 for instance and recommended amounts of iron are not easily found in a vegetarian diet, and yet they are vital for healthy living.

So, where can such vitamin and mineral replacements be found in the vegetarian diet? Well, for the average vegetarian, good sources of iron are spinach, prune juice or **Q37** dried fruit. Vegetarians are advised to eat these foods with fruit juices which will increase the amount of iron absorbed. B12, on the other hand, is not as readily available because it is only found to all intents and purposes in meat, fish and dairy products. This vitamin is one which vegetarians find difficult to replace. However, as I said, low amounts of B12 can be found in dairy products as well as soy products or **Q38** seaweed. For the stricter lacto-vegetarian and vegan, B12 can be obtained from foods that have been fortified with the vitamin. Vegetable margarines, some soy products and breakfast **Q39** cereals are the most common sources.

The key to a healthy vegetarian diet is the same as any other diet - eat a wide variety of foods including grains, fruit and vegetables, beans, pulses and nuts. Vitamins and minerals must be included in the vegetarian diet, just as they have to be included in a non-vegetarian diet. You can argue all you like about vegetarians being healthier, but I'd suggest that you consider a well-balanced diet first and foremost. Whether or not you include meat is up to you. A good vegetarian diet closely matches the dietary recommendations for a healthy meat-eating diet. There's an excellent website which I suggest you look at if you want further information on vegetarianism - it's **Q40** www.vegsoc.org.

That is the end of Section 4 and the end of the Listening Test.

You now have 1/2 minute to check your answers.

[PAUSE]

You now have 10 minutes to transfer your answers to your Answer Booklet.