**Section 1 Questions 1-10**

***Questions 1-4***

Complete the notes below

Write **NO MORE THAN TWO WORDS AND/OR A NUMBER** for each answer.

|  |
| --- |
| White Cloud Adventures  Tour details  ***Example Answer***  ***Tour name: Dolphin Watch*** |
| Length of tour: 1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Maximum group size: 2.Up to \_\_\_\_\_\_\_\_\_\_\_\_\_ on the boat  Next available tour date: 3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Hotel name: The 4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Choose **TWO** answers from the list and write the correct letter **A-E** next to questions 5 and 6.

Which two things are included in the price of the tour?

1. Overnight accommodation
2. Evening meal
3. Drinks and lunch
4. Use of kayaks
5. Sauna and gym

***Questions 7-10***

Complete the sentences below

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

7. For a booking of three or more, per person the tour costs……

8. A …… deposit is required.

9. The coach leaves at ………

10. The booking number is……….

**Section 2 Questions 11-20**

***Questions 11-13***

**Complete the summary below**

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

|  |
| --- |
| Mediterranean-style food has been proven to be good for health and can increase likelihood of a longer life by (11)\_\_\_\_\_\_\_ . As our lifestyles are hectic, it can be difficult to find time for the gym or (12)\_\_\_\_\_\_\_\_\_. However, keeping active is important and experts claim we should aim to take 10,000 (13)\_\_\_\_\_\_\_\_\_\_\_ every day. |

**Questions 14 and 15**

Choose **TWO** letters **A-E**

What **TWO**benefits to practising yoga are mentioned?

1. It protects the heart
2. It lowers blood pressure
3. It detoxifies the body
4. It helps to prevent disease
5. It strengthens the mind

**Questions 16-18**

Which factor in our lifestyle is related to the following effects?

Choose your answers from the box and write the correct letter **A-F** next to questions 16-18

|  |
| --- |
| 1. Can have a negative impact on other parts of our lives 2. Significantly increased risk of death from a prominent disease 3. Increases cancer risk 4. May cause problems with immune system 5. Speeds circulation 6. Is the most significant contributor to ill health |

16. Lack of sleep \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

17. A negative attitude \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

18. Work-related stress \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions 19 and 20**

List the **TWO** possible reasons why people living in the countryside in the UK live longer.

Write **NO MORE THAN THREE WORDS** for each answer

19.\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 20.\_\_\_\_\_\_\_\_\_\_\_\_\_\_