



Audio scripts and Answer Key - Sample worksheets for Class IX Listening Test

Worksheet 1 Class IX

Task 1

You will hear some tips on improving memory. Read the notes below, then listen to the teacher's tips and complete the notes with one or two words only. You will hear the recording twice.

Teacher: Now I know you are all trying to prepare for the examinations, so let me give you some tips on how to improve your memory! Ready?

- Use crossword puzzles and chess and so on to exercise your brain
- worry makes you forget things so try to reduce stress in your day-to-day life
- Create memorable images in your mind to help you remember the important facts
- Repeat things you need to learn out loud several times
- When you need to remember things it can help if you try to put them altogether into groups.
- Try meditation.

If you follow these simple tips you will improve your memory and do better in your examination.

Task 2

You will hear a girl talking to her father about yoga. Read the statements below, then listen to the conversation and choose five of the options A–H which are correct. You will hear the recording twice.

Which five of the following statements are true?

Father: You said were going for a yoga class today. Tell me about your experience.

Meera: My friends in class said they heard of a new yoga method that warms the body the same way sunlight does.

Father: This sounds so interesting. And what is it actually known as?

Meera: It's called hot yoga.

Father: Is it a new concept? I don't recall reading or hearing about this.

Meera: Hot yoga is not a new concept. The most well known version is called Bikram.

Father: That's an Indian name.

Meera: Yes indeed, it was founded in California in 1976 by a living yoga master Bikram Choudhury.

Father: Tell me more about the technique. Does it have many poses?

Meera: Imagine, Dad, it consists of 26 poses. They are called asanas. His original series of 26 poses are now practised in studios around the world.

Father: And what happens? Does the body temperature rise?

Meera: Yes, the human body gets heated to a sweltering 40 degrees C with 40% humidity.

Father: That is very high heat to deal with –I would find it very uncomfortable.

Meera: Yes, Dad, we were told that while the health benefits of Bikram are widely recognized, some find the heat too much and complain of feeling dizzy or sick during the class.

Father: I read of another place today called Triyoga Chelsea.

Meera: That sounds so unique, please tell me about it.

Father: Triyoga Chelsea is a beautiful, clean and airy space opened by lawyer-turned-yogi Jonathan Sattin.

Meera: He must be very passionate about yoga.

Father: I suppose so. He creates a warm space with infrared panels on the ceiling that heat up your body rather than just the air around you – much like the feeling of lying in the sun.

Meera: What would the temperature be, Dad?

Father: I guess about 34 degrees Celsius.

Meera: That seems more comfortable for the human body.

Father: It seems you do an hour of poses ranging from breathing exercises to static postures. And in that time you will work up a sweat and leave feeling balanced and recharged.

Meera: I'm told that yoga has many natural benefits for the human body.

Father: Yes, of course–hot yoga benefits are amazing–they are able to offer benefits like increased flexibility, reduced stress, weight loss and the release of toxins.

Meera: I recall reading that hot yoga also leaves you with glowing skin. In a way, you could even think of it as a facial and workout in one.

Task 3

You will hear five short extracts of people talking about healthy eating. Read the statements below, then listen to the extracts and match each statement A-G to each speaker 1-5. There are two statements you do not need. You will hear the recordings twice.

1. Healthy eating is not about strict diets, staying very thin, or stopping yourself eating the foods you love. Rather, it's about feeling great, having more energy, calming your mood, and keeping yourself as healthy as possible. The majority of people think of 'healthy eating' as a diet with 'more vegetables,' 'less fat', 'more fruit', 'more fish', and 'more lean meat'.

2. A healthy diet is one that helps maintain or improve general health. It is crucial for lowering many serious health risks, such as obesity, heart disease, diabetes, high blood pressure and cancer. A healthy diet involves eating the right amounts of all essential nutrients and drinking enough water. A healthy diet needs to have a balance of fats, proteins, and carbohydrates.
3. Teenagers believe that healthy eating involves moderation, balance, and variety. Despite this knowledge, they find it difficult to follow healthy eating recommendations and often consume foods that they know are unhealthy. Reasons for unhealthy eating include a lack of time, limited availability of healthy foods in schools, and a lack of concern about following healthy eating recommendations.
4. Health psychologists have focussed on the relationship between the way we buy things and unhealthy eating. Impulse buying is strongly associated with a snacking habit. Impulse buying, though in itself a pleasurable activity, seems to be caused by feelings of boredom. Boredom has a direct link to overeating.
5. Programmes to avoid unhealthy eating in young people should include parents along with their children. Parent–child relationships at the time when children are becoming teenagers are important for these programmes to work with older children and young adolescents. An approach which includes both generations must consider the many great changes experienced by young adolescents as well as the challenges faced by their parents.

Task 4

You will hear a speech about joint families. Read the questions below, then listen to the extracts and choose A or B or C for each question. You will hear the recordings twice.

A nuclear family consists of husband, wife and their children. The concept of joint family where all the family members like aunt, uncle, cousins and grandparents live together contrasts with the idea of a nuclear family. There are many countries where you would traditionally find many joint families but at the same time the concept of nuclear families is catching on. We often forget that there are many advantages of a joint family.

The most important advantage that attracts people to nuclear families is that the couple can have their privacy in their own home. People can live their own way and can do whatever they want to. There are no boundaries set by the elders to follow. In a joint family, the elders restrict youngsters not to do certain things because they think it is not good for them. But today's generation is very smart. They know what is good and bad for them and have enough analytical power so they don't like to restrict themselves. Instead, they want their freedom so that they can do and achieve whatever they want in their life.

The advantages of joint families are many. You get the complete support of family members whenever needed. You don't have to ask for help from others if all family members are living together. Your children will not be left alone at home when you go to a job. Many burglaries take place during the daytime because nobody is present in the home, so if there is a joint family, burglary cases also decrease. You can share your joys and sorrows with them. Each and every member of the family shares their opinions and the family take a decision together. One member is not burdened with the responsibility of decision and it becomes a joint responsibility. The basic pillar of a joint family is to have healthy and selfless moral values for all members.

In a joint family, one always gets guidance from older people. They are more experienced. They can take care of grandchildren rather than depending on outside help. In a joint family, the elders are always there to guide and encourage us in every decision we take and their experiences makes us grow wiser and become a better person. But again, it revolves around how considerate we are—how we listen to others' points of view before considering our own. Keeping an open mind, accepting our faults and moving ahead is the best way to make a joint family an ideal family.

Key**Task One**

- 1 exercise
- 2 stress
- 3 out loud
- 4 groups

Task Two

A, C, D, E, G, H

Task Three

1. E
2. B
3. G
4. F
5. C

Task Four

1. a
2. a
3. c
4. b
5. a
6. a



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Worksheet 2 Class IX

Task 1

You will hear an advertisement for a travel company. Read the notes below, then listen to the advertisement and complete the notes with one or two words only. You will hear the recording twice.

ERA TOURS AND TRAVELS

Welcome to the wonderful & charming land of India. **Era Tours & Travels** is a one-stop shop offering a variety of **India tour packages**. Our motto is value for money & complete satisfaction. We offer a wide range of travel and tourism services with an emphasis on quality and economy. Our services include:

Hotel reservations in India

- .. Travel reservations
- .. Package tours of India
- .. Specialist tours
- .. Business tour package
- .. Travel guides fluent in many languages

All this at very reasonable prices. So come & join us to make your holidays in India meaningful & comfortable.

Task 2

You will hear a man talking to a woman about a quiz-show called **Mastermind**. Read the statements below, then listen to the conversation and choose five of the options A–H which are correct. You will hear the recording twice.

Which five of the following statements are true?

Man: Hello Priti, how are you?

Woman: I'm great, Amit. I haven't seen you for a long time. What's going on?

Man: I'm preparing for 'Mastermind'.

Woman: 'Mastermind?' What's that?

Amit: It's a quiz show and is also known as 'the battle of minds'. It's a British quiz-show, well known for its challenging questions and for being quite serious.

Priti: What's the format of the quiz? Is it something like the KBC?

Amit: No, it's different. It is played in 2 halves. In the first half, each of the four participants gets to answer a number of questions on a topic of his choice. The second half is based on general knowledge.

Priti: How are they marked?

Amit: You have 2 points for every correct answer and zero if it's wrong or you pass on a question. If there is a tie, the one who has the least passes wins.

Priti: Oh! That sounds interesting! Who was the winner last time?

Amit: Ramanand Janardhan, a 22 year old software engineer from Pune.

Priti: How are you preparing for it?

Amit: I'm not doing anything special. Just following what Janardhan did—just reading the newspapers and magazines, watching informative programmes on tv, and testing my memory.

Priti: Don't you think that programmes like KBC are responsible for quizzing being popular with the youth?

Amit: Yes, today it has really become big in schools and colleges especially in their festivals. It is the highlight. Today there are so many professional quizzers too.

Priti: What do you mean by that?

Amit: What I meant was that there are some people who have made this their profession and they participate in all kinds of quiz competitions for money.

Priti: That's news for me. I had never heard of anything like this.

Amit: Don't worry. I had also not heard till I started preparing for Mastermind and did some research on it.

Priti: What do you think are the qualities a good quizzier should have?

Amit: Curiosity is the most essential quality of a good quizzier. One also needs to have a fantastic memory and the ability to instantly recall. Then for something like Mastermind, the choice of subject is also very important because if you are good at that you can gain a good lead in that round which can also help you to win, as was the case for Janardhan..

Priti: All the best Amit and may you be successful.

Task 3

You will hear five short extracts of people talking about their lifestyles and keeping fit. Read the statements below, then listen to the extracts and match each statement A–G to each speaker 1–5. There are two statements you do not need. You will hear the recordings twice.

SPEAKER 1

People are always talking about fitness. I mean, here I am in the gym with all these machines. But there's very little time. You see, I open up at seven, the executives are earliest then I teach the elderly how to tone up their muscles. I grab 2 bread pakodas for lunch, and the day just ends—no gym time for me.

SPEAKER 2

Every year I am asked to collect brochures on all the gyms in the area. Let's face it, she could ask anyone to do that! It's ridiculous, because three weeks later all the brochures are piled up, and a week after that, they end up in the dustbin! It's not my job to see that others are fit!

SPEAKER 3

It's a lifestyle thing, I suppose. But I'm mostly travelling, spending a lot of time sitting around. If I know I've got a long day of meetings and presentations to clients, I force myself to go for a run round the park. Last year I joined a great gym, I paid so much money but had no time to go.

SPEAKER 4

The fact is that by the time I've got up, taken my son Ram to school, been to my studio, done some work on my ongoing show, picked Ram up from school and got home, there's very little time for me to concentrate on keeping fit. At least in my everyday routine, fitness is far away. I'm quite content.

SPEAKER 5

All my life I've been listening to people giving me their opinions on keeping fit. I've heard it all. I must say I just listen politely and I don't care anymore. As far as I'm concerned, it doesn't matter whether the latest is yoga or scrubs or vitamin supplements. I think at my age, diet and exercise are more important.

Task 4

You will hear a speech about joint families. Read the questions below, then listen to the extracts and choose A or B or C for each question. You will hear the recordings twice.

A nuclear family consists of husband, wife and their children. The concept of joint family where all the family members like aunt, uncle, cousins and grandparents live together contrasts with the idea of a nuclear family. There are many countries where you would traditionally find many joint families but at the same time the concept of nuclear families is catching on. We often forget that there are many advantages of a joint family.

The most important advantage that attracts people to nuclear families is that the couple can have their privacy in their own home. People can live their own way and can do whatever they want to. There are no boundaries set by the elders to follow. In a joint family, the elders restrict youngsters not to do certain things because they think it is not good for them. But today's generation is very smart. They know what is good and bad for them and have enough analytical power so they don't like to restrict themselves. Instead, they want their freedom so that they can do and achieve whatever they want in their life.

The advantages of joint families are many. You get the complete support of family members whenever needed. You don't have to ask for help from others if all family members are living together. Your children will not be left alone at home when you go to a job. Many burglaries take place during the daytime because nobody is present in the home, so if there is a joint family, burglary cases also decrease. You can share your joys and sorrows with them. Each and every member of the family shares their opinions and the family take a decision together. One member is not burdened with the responsibility of decision and it becomes a joint responsibility. The basic pillar of a joint family is to have healthy and selfless moral values for all members.

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Key

Task One	Task Two	Task Three	Task Four
1 one stop	B, C, E, F, H	Speaker 1----F	1. a
2 satisfaction		Speaker 2----A	2. a
3 business		Speaker 3----D	3. c
4 guides		Speaker 4---B	4. b
		Speaker 5----G	5. a
			6. a



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Worksheet 3 Class IX

Task 1

You will hear an advertisement for a study package for students taking an examination. Read the notes below then, listen to the advertisement and complete the notes with one or two words only. You will hear the recording twice.

Welcome to the Fast Learn Study Package For Class VIII! This is a complete kit for the students of class VIII. It consists of four parts. The first part deals with techniques for taking the Written Examination. This is followed by the section on Mental Ability Test. Next is the Verbal Test section. The Non Verbal Test has also been included in the book and is followed by the Scholastic Ability Test. The sections from A to G cover topics on Science, Social Science, and Mathematics. The focus is on the MAT segment for which the solutions have also been provided. The text is straightforward and simplified.

Task 2

You will hear a manager talking to a worker about the issue of reporting late to work. Read the statements below, then listen to the conversation and choose which five of the statements A–H are true? You will hear the recording twice.

Which five of the following statements are true?

Man: Jesse, I've been wanting to talk to you. Do you have a second?

Jesse: Sure sir, what's the matter?

Manager: Let's go back to the office and sit down before you get into the uniform for your shift.

Jesse: OK!

Manager: I was just checking the attendance for the last month and I noticed that you signed in more than 15 minutes late on 3 out of your last 6 shifts. Are you having a problem getting here after school?

Jesse: Well, yes, I have been having some trouble with my maths class which is last period and sometimes I have to stay a few minutes after class to be sure I understand the homework assignment. That causes me to miss the first bus so I have to wait for the next one and that is what is causing me to be late.

Manager: I'm sorry you are having problems with your maths class but you have to understand that I have a business to run and when you show up late it is an inconvenience to the other workers who sometimes have to stay overtime until you get here. What do you suggest we do to try to solve this problem? The basic thing is I need you here and ready to work when your shift starts.

Jesse: I guess I will just have to forget about maths and rush out as soon as the bell rings so I can take that first bus. I'm sorry for being late a few times. I really need this part time job so I won't let it happen again.

Manager: Why not see if your teacher is available at lunch or before school so you can get your questions answered then. Maths is an important class for anyone like yourself who is thinking of going into business. We want you to be successful at school and at work, OK?

Jesse: Yes, I've got to make some adjustments, so I can get here on time and not inconvenience my co-workers and let you down. Thanks, Sir, for talking with me, instead of just firing me.

Task 3

You will hear five short extracts of people talking about advantages of internet. Read the statements below then, listen to the extracts and match each statement A-G to each speaker 1-5. There are two statements you do not need. You will hear the recording twice.

Well, you know, record albums are so expensive nowadays, but on the Internet it's so cheap that it's virtually free. I look for a song I like and listen to it. I can also download it and copy it onto a CD. This way I can take it with me and enjoy it whenever I want.

1. In the past I would have had to spend hours in the library and live in the town where I was doing my degree, but I'm a busy housewife with three small children to bring up and that's just not practical. Now, over the Internet, I have access to the documents I need from any university library in the world. So I can continue my studies and look after my family at the same time.
2. I work in a busy press office, and in the past I had to search through paper after paper for relevant articles. It was very boring. But nowadays, it's so much easier, as I just use the search engines of the national daily newspapers and the article or news item I am looking for comes up immediately
3. I never imagined five years ago that I'd be doing this, but it's wonderful. You know, when something breaks down in Germany, or Poland, or somewhere, they e-mail me. It can be at any time of the day or night, and I simply send them instructions over the internet so that they can put it right and get back to work. Managing business in a foreign country has become so much easier.
4. I live in a small town and I am taking a course in English Language. It's really not practical for me to travel into a city, just for a couple of lessons a week. I mean, the journey's not very easy. Anyway, luckily, I heard about these online courses run by the university, and it's such a pleasure to be able to do everything from home.

Task 4

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Key

Task One	Task Two	Task Three	Task Four
1 kit	A, C, F, G, H	1 D	1. a
2 four		2 A	2. a
3 techniques		3 E	3. c
4 topics		4 G	4. b
		5 B	5. a
			6. a