

Tape script 1

A: Were you sporty as a child?

B: No, I always felt sick and weak. I had allergies too, so I always had a runny nose, and itchy skin.

A: When did that change?

B: My friends started doing sports. I wanted to, too. My sports instructor said "Do more exercise, or continue to feel sick. It's up to you!"

A: Was it easy?

B: No! It was hard. I did more exercises, so my body ached. But slowly I felt better.

A: What do you do now?

B: I do triathlons around the world. It's a tough competition. You have to swim, run, and ride a bike. I use around 6500 calories in one event!

A: How do you prepare?

B: Three great things to do before the race are: eat more healthy food, sleep more, and do more exercise. Then you'll be ready.

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Tape script 2

Street painting - or street art - is an old type of art. In the 16th century artists began to draw on the pavement using chalk. Today, you can see street painting events everywhere. They attract many people who come to enjoy and take part in them. Many of them are free too. So join in and become an artist yourself! One of the largest events in the United States is the Lake Worth Street Painting Festival. It began in 1994 and now occurs every February with the support of artists and volunteers. It is free for everyone. About 100,000 visitors come to enjoy it. About 600 artists work on the pavement to make the street a huge art gallery!

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| 1- | A | 2- | C | 3- | C | 4- | B | 5- | A |
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