



Listening Sample Answers

Listening Monologue - Hydration

1. What does the speaker drink in the evenings?

- a) coffee
- b) tea
- c) wine**
- d) water

2. What was the main reason the speaker started drinking more water?

- a) advice from friends**
- b) listening to podcasts
- c) the warm weather
- d) feeling tired

3. How does the speaker feel about drinking tea?

- a) They drink too much compared to coffee.
- b) They feel it is healthier than coffee.
- c) They think it is not as useful as water.**
- d) They think tea makes them thirsty.

4. The speaker mentions how water made them feel less tired after a walk.

- a) True
- b) False**
- c) Not mentioned

5. The speaker warns about drinking too many energy drinks.

- a) True
- b) False
- c) Not mentioned**

6. What advice does the speaker give?

- a) listen to your body**
- b) check the weather
- c) drink energy drinks
- d) avoid coffee

**7. What best describes the speaker's overall experience?**

- a) Small changes don't give big results.
- b) Habits are often difficult to change.
- c) Not all habits are bad.

d) Small changes can be meaningful.

8. What is the audio about?

- a) getting exercise
- b) doing work
- c) playing sports

d) drinking water

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