Listening Sample Questions

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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