

ISE II

Sample Independent listening task – Tea

Examiner rubric

You're going to hear a talk about tea. You will hear the talk twice. The first time, just listen. Then I'll ask you to tell me generally what the speaker is talking about. Are you ready?

The task will play once.

Can you tell me in one or two sentences what the speaker was talking about?

Give the candidate some blank notepaper.

Now listen to the talk again. This time make some notes as you listen, if you want to. Then I'll ask you to tell me some of the advantages and disadvantages associated with drinking tea in the past and present. Are you ready?

The task will play once.

Now tell me some of the advantages and disadvantages associated with drinking tea in the past and present. You have one minute to talk.

Audio script

Long stressful days at work, lack of exercise, too much convenience food that is high in fat and sugar but low in fibre, are all having an effect on our modern lives. For some a tea break is the best way to relax, but can it do more to help maintain a healthy lifestyle? Tea drinking began in China. According to legend, the Chinese emperor was sitting beneath a tree, while his servant boiled drinking water, when some leaves from the tree blew into the water. The tree was a *Camellia sinensis*, and the resulting drink was what we now call tea. But it wasn't until the 17th century that the British began drinking tea with an enthusiasm that continues to the present day.

At first tea was too expensive to be widespread among the whole population. Nevertheless, in the 18th century the first arguments began about whether tea drinking was good or bad for the health. Wealthy businessmen worried that too much tea drinking among workers would lead to weakness and depression, and therefore have an impact on business production. However, they didn't worry so much about the effect on the rich. The debate continued on into the 19th century, when a new generation of wealthy businessmen realised the value of tea drinking to the temperance movement. The movement wanted to discourage workers from drinking alcohol. So, to encourage the working classes not to drink, tea was offered at meetings instead of alcohol. And it seems that the benefits of tea drinking are back in the forefront again.

Doctors are now saying that drinking tea is a really good way to get the water you need to consume every day. It's actually better for you than drinking water because it contains antioxidants, which help fight disease. In fact, studies from around the world are finding that some of the ingredients in tea may help towards maintaining a healthy heart. A study of women in Saudi Arabia showed that tea drinkers were 19% less likely to suffer from heart disease than non-tea drinkers. Tea is also a great natural source of fluoride which strengthens your teeth and prevents gum disease. Added to benefits in weight loss and improvements in concentration and performance it seems that there is no end to the advantages of drinking tea. So perhaps instead of worrying about your hectic life and your health you should just sit down, relax and have a cup of tea.

Answers

Main point/gist: People have been drinking tea for many years and discussing if it is good or bad for health. It is now considered to be very good for you (any broadly similar formulation is acceptable).

| | Advantages | Disadvantages |
|---------|--|--|
| Past | <ul style="list-style-type: none"> ▶ Stops people drinking alcohol | <ul style="list-style-type: none"> ▶ Makes you weak and depressed ▶ Bad for business ▶ Too expensive for everyone |
| Present | <ul style="list-style-type: none"> ▶ Provides necessary water ▶ Good for your heart ▶ Good for your teeth ▶ Helps you concentrate ▶ Gives you time for a break ▶ Helps weight loss | |