

## TEIL A Hör- und Hörsehverstehen

Ein zweisprachiges Wörterbuch in Printform ist **erlaubt**.

### Part 1 – Task 1

(Audiotrack: QR-Code rechts / Hörtext S. 1)



**There are three parts to the test. You'll hear each part twice. At the end of each part you'll have some time to complete the task.**

**Dominik Maier from Germany is calling Mr Morgan, an English farmer.**

**Listen to the dialogue. There is ONE mistake in each sentence. Write the correct information on the line. There is an example (0) at the beginning.**

**(0) Dominik found the ~~address~~ on the farm's homepage.**

***telephone number***

**(1) He is interested in working on the farm for a few months.**

**(2) Dominik wants to find out more about commercial farming.**

**(3) Dominik's preferred date to start is August 1<sup>st</sup>.**

**(4) Dominik will be 15 years old by the time he arrives.**

**(5) The farm provides working gloves and head- and eye-protection.**

**(6) The Morgans need help in the kitchen and restaurant at the weekend.**

6 P

### Part 2 – Task 2

(Audiotrack: QR-Code rechts / Hörtext S. 1)



**Dominik is about to start working on Morgan Farm. Mr Morgan is talking to the new staff.**

**Listen and fill in the missing information. There is an example (0) at the beginning.**

**(0) Mr Morgan runs the farm together with Emily, his *wife*.**

**(1) Mr and Mrs Morgan bought the farm in the year \_\_\_\_\_.**

**(2) They \_\_\_\_\_ most of the animal waste on the farm.**

**(3) They grow a range of different \_\_\_\_\_.**

**(4) The farm sells most of its products to \_\_\_\_\_ in the area.**

- (5) The workers' rooms are in the \_\_\_\_\_ .
- (6) After \_\_\_\_\_ , they always have a quick meeting.
- (7) Workers who return late in the evening should \_\_\_\_\_ the gate.

7 P



### Part 3 – Task 3

(Audiotrack: QR-Code rechts / Hörtext S. 2)

**It's Saturday. Dominik is working in the farm shop.**

**Listen to his conversation with two customers and answer the questions. Write short answers when possible. There is an example (0) at the beginning.**

**(0) Who have the customers invited to the barbecue?**

*some friends*

(1) Which vegetable does Mrs Harris grow in her garden?

\_\_\_\_\_

(2) How many chicken breasts do they buy?

\_\_\_\_\_

(3) Why shouldn't Harold eat carrots?

\_\_\_\_\_

(4) How long will the cheese stay fresh in the fridge?

\_\_\_\_\_

(5) How much do the customers pay?

\_\_\_\_\_

5 P

## TEIL B Sprachgebrauch

**1. Read the following text about healthy eating.**

**Fill each gap with ONE suitable word. DO NOT CHANGE THE TEXT.**  
**There is an example 0 at the beginning.**

More and 0 more people keep an eye on their eating habits – living well means eating well. In a recently published online study, adults 1 \_\_\_\_\_ followed a balanced diet for eight weeks had a reduced risk of heart disease, felt better and were more active. You will find 2 \_\_\_\_\_ of information and blogs about diets, food and more. According to the experts, adults should have a consumption of around 2,000 to 2,500 calories a day. For children and teenagers it should be 3 \_\_\_\_\_ 1,200 and 2,200 calories a day. We all know "An apple a day..." – but the quantity of vitamins you really need depends 4 \_\_\_\_\_ your age, height, weight and other factors. The best way to fill up your reserves is to eat at least two

portions of fish per week as it contains so (5) \_\_\_\_\_ vitamins and minerals. Although meat is also important, you have to be careful with the types of meat you cook (6) \_\_\_\_\_ some of them are high in fat. And children under the (7) \_\_\_\_\_ of eleven should have less fat than adults. However, a healthy diet alone is not the key to living a longer life. No cigarettes, a healthy weight, regular exercise and not too much alcohol could help you (8) \_\_\_\_\_ up to 14 years longer. Even if you only make a (9) \_\_\_\_\_ of these changes, you will lengthen your life. Is that not worth a second thought?

9 P

## 2. Read the following text about urban gardening.

Fill in the gaps using the words in brackets in the correct form. **DO NOT CHANGE THE TEXT.** There is an example (0) at the beginning.

Gardening, an old-fashioned and nearly (0 FORGET) forgotten hobby, is experiencing a surprising revival at the moment, even in the cities. Indeed, urban gardening (1 BE) \_\_\_\_\_ around for a long time. It probably began as a (2 SOLVE) \_\_\_\_\_ when there was not enough food in Germany after the war. From rooftop gardens to (3 COLOUR) \_\_\_\_\_ hanging baskets – there are no limits to creativity. Gardening on the top of the roof or on balconies is (4 TRADITIONAL) \_\_\_\_\_ used to grow vegetables and plants. The so-called “Container Gardeners”, with only small balconies, use all sorts of containers to put their plants in. Hanging baskets are just as (5 SUIT) \_\_\_\_\_ for growing vegetables as they are for flowers. It is a great way for people living in cities to get their (6 DAY) \_\_\_\_\_ supply of fresh vegetables and fruits. Recently, urban gardening (7 EXPERIENCE) \_\_\_\_\_ a revival. One of the most important things for urban gardeners is watering. If the plants get too much water as a result of enthusiastic watering, they (8 NOT, BE) \_\_\_\_\_ able to breathe. The urban gardening community often (9 PRODUCE) \_\_\_\_\_ more than it needs. The extras are often shared among friends, family and neighbours. So urban gardening has not only a practical benefit but a social aspect, too.

9 P

## TEIL C Leseverstehen: Text

### Fitnessrends – move for your life

1

When we talk about fitness most people think that it is a relatively modern idea but physical fitness used to be a human necessity. Thousands of years ago, long before we started running for fun or fame, our ancestors ran for their lives. They had to be fit in order to survive. In early civilized populations like those of ancient Greece and Rome young men had to do physical training to prepare for the military.

2

Once the industrial revolution began to change the way all people work and live, physical fitness and staying healthy became more optional and a matter of private choice: the beginning of modern fitness culture. Throughout the past decades numerous fitness hypes have come and gone. Some of them have even returned, for example hula-hooping, which was very fashionable in the 1950s. “Vibrating belts” became popular in the 1960s and made people believe that they could jiggle away unwanted fat.

Bodybuilding was a way to build up muscles through weight-lifting and got really popular in the 1970s and 1980s as fitness clubs and gyms started to pop up everywhere. Other activities like yoga focused not only on physical fitness but also on the mental aspect – a healthy mind in a healthy body.

3

- 15 More and more companies have realized that they can make huge profits by promising fast and easy ways to become and stay fit. But why are people prepared to spend a lot of money to achieve this although there are many proven and simple ways to stay fit like jogging, swimming or just doing push-ups which are all free of charge? The answer is: trend-setting. With clever and costly advertising, the big companies manage to convince consumers that their way of getting fit is the best – maybe even the only – one. Thus, people would rather pay a monthly fee to run on a treadmill in a fitness club than run outside and enjoy  
20 their natural surroundings. The companies try to connect their brands to specific lifestyles and values in order to sell their courses, equipment or clothing.

4

- Although companies have used famous people to advertise for their products in the past, this concept has taken on a new dimension with the rise of social media. Influencer marketing has become one of the most effective marketing tactics. Nowadays  
25 consumers follow the tips and the example of influencers. They admire these people and their lifestyles and trust them because they see them as advisors, rather than advertisers. This makes them invest in the protein foods and drinks, gyms, fitness machines, gadgets and clothing that influencers promote as part of their own fitness ‘journey’.

5

- Social media also puts great emphasis on appearance: everything you do is based on how you look, and how everyone else  
30 compares to you. It is not only influencers who post about their healthy lifestyles, even normal people use social-media platforms to display their amazing bodies, healthy routines and their stylish outfits. Some of them constantly track their body functions and behaviours with the help of new technology like fitness apps and smart watches and share their progress online. For some it has become an obsession and physical exercise is reduced to performance and achievement.

6

- 35 There is always a new trend or gadget around the corner. The industry is constantly looking for new ways to keep their customers interested. Online games and consoles have long been a big part of younger generations’ lives. So it was only a matter of time until these aspects found their way into the fitness world. Virtual reality sports, for example, is one of the up-and-coming trends as well as online fitness platforms where you can compete with others while cycling on your own bike at home. The future of fitness trends will be full of surprises, that is for sure. What matters in the end is that you find a fitness routine  
40 that helps you to gain strength and does not drain energy. So listen to your body, it knows best what you need – far better than any social-media influencers.

## TEIL C Leseverstehen

1. Read the text “Fisnesstrends – move for your life” on pages 3 and 4.

Match the titles (A – H) to the paragraphs (1 – 6).

Write the correct letter in the boxes below.

Use each letter only once. There are two extra titles.

There is an example (1) at the beginning.

- A A billion-dollar industry
- B An outlook
- C Fitness role-models
- D Risky developments
- E Self improvement
- ~~F~~ **The roots of fitness**
- G The secret to staying fit
- H Trends through the years

1	2	3	4	5	6
F					

5 P

2. The following words have different meanings. Which of the meanings below is the one used in the text „Fitness trends – move for your life“ on pages 3 and 4? Tick ( ) the correct meaning. There is an example (0) at the beginning.

(0) like (line 4)

- ☐ mögen (Verb)  
☐ ähnlich (Adjektiv)  
☐ Gleiches (Nomen)  
☒ **wie** (Konjunktion)

(1) once (line 7)

- ☐ früher (Adverb)  
☐ ehemalig (Adjektiv)  
☐ einmal (Adverb)  
☐ sobald (Konjunktion)

(2) physical (line 7)

- ☐ physikalisch (Adjektiv)  
☐ Untersuchung (Nomen)  
☐ technisch (Adjektiv)  
☐ körperlich (Adjektiv)

(3) rather (line 19)

- ☐ ziemlich (Adverb)  
☐ recht (Adverb)  
☐ lieber (Adverb)  
☐ fast (Adverb)

(4) display (line 31)

- ☐ Bildschirm (Nomen)  
☐ darstellen (Verb)  
☐ entwickeln (Verb)  
☐ an den Tag legen (Verb)

(5) share (line 32)

- ☐ Aktie (Nomen)  
☐ Anteil (Nomen)  
☐ teilen (Verb)  
☐ gemeinsam benutzen (Verb)

5 P

3. Answer the questions using information from the text “Fitness trends – move for your life“ on pages 3 and 4. Short answers are possible. There is an example (0) at the beginning.

(0) For what purpose was physical training required in early civilized populations?

(to prepare for the) military

(1) Which fitness trend from the past has become popular again?

\_\_\_\_\_

(2) Which fitness trend concentrates on both physical and psychological well-being?

\_\_\_\_\_

(3) Why are influencers very effective as promoters for products?

\_\_\_\_\_

(4) What technology enables sports people in different locations to do sports together?

\_\_\_\_\_

4 P

4. Tick ( ) the correct ending for each sentence according to the text "Fitnesstrends – move for your life" on pages 3 and 4. There is an example (0) at the beginning.

(0) Thousands of years ago humans ran for

☒ their lives.

☐ fame.

☐ fun.

☐ money.

(1) Since the industrial revolution, staying fit and healthy has become ...

☐ a matter of survival.

☐ a personal decision.

☐ expensive.

☐ necessary.

(2) Bodybuilding, vibrating belts and hula-hooping became popular between ...

☐ the 1940s and the 1960s.

☐ the 1950s and the 1980s.

☐ the 1960s and the 1980s.

☐ the 1970s and the 1990s.

(3) Because of advertising many people choose to ...

☐ go jogging outside.

☐ spend time in their natural surroundings.

☐ pay for the gym.

☐ go swimming.

(4) The author believes that ...

☐ you need gaming experience to understand the new fitness software.

☐ future fitness software will not really help you get fit.

☐ you should design your fitness training according to the way your body responds.

☐ you should look on bloggers' and influencers' sites for individual fitness guidance.

4 P

## TEIL D Sprachmittlung: Text

### BAREFOOT RUNNING – A NEW TREND

Barefoot running is not a new concept but one that in recent years has slowly but steadily become popular. Even many professional runners have taken part in races without traditional footwear.

Before you go on your first barefoot run there are some important facts you need to know. We have gathered some of them together for you here.

5 When running, most runners with shoes land on their heels first, which is not the case with barefoot runners. They land on the front part of the foot. This different running style reduces the impact on their feet and ankles. At the same time barefoot newcomers might experience problems when they start running because their feet are not used to immediate contact with the ground, especially when it is extremely hot in summer or frozen in winter.

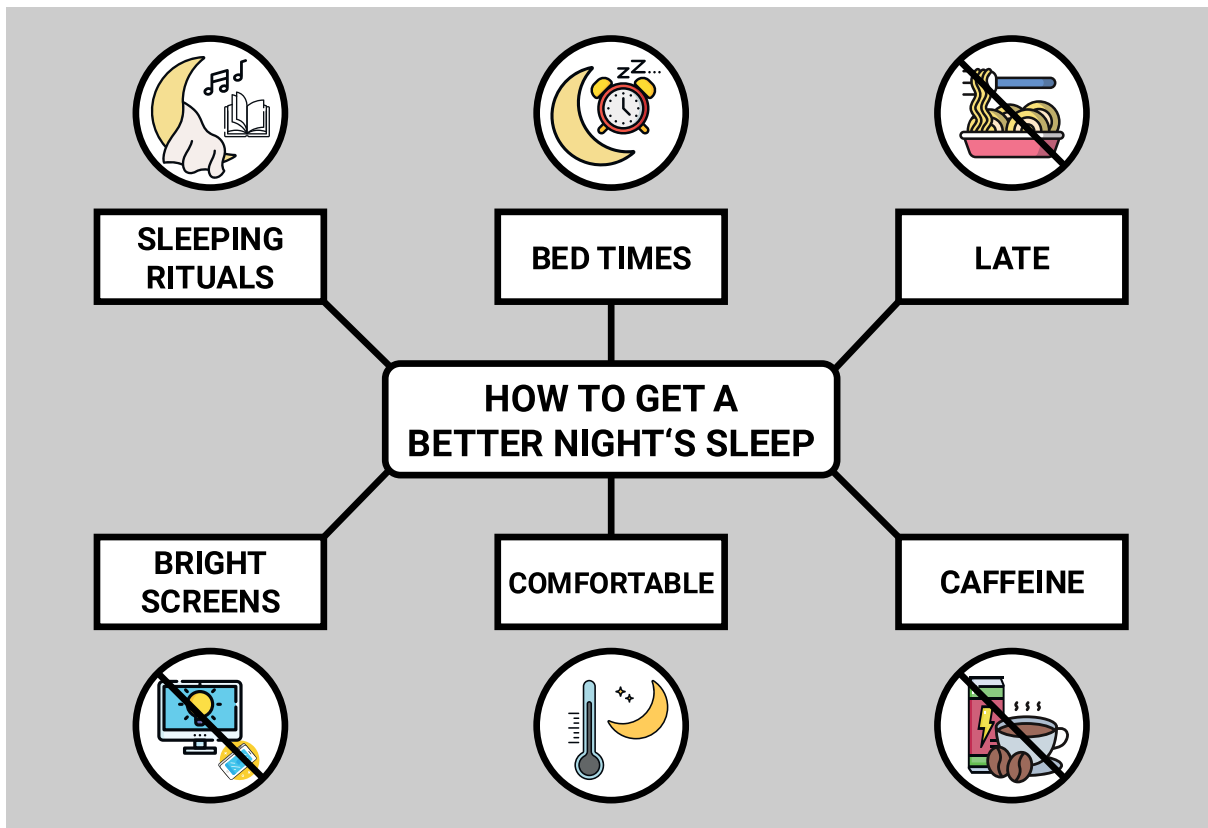
Furthermore, this barefoot style increases the strength of the muscles in the feet, ankles and lower legs. In the beginning, running without the familiar stability of running shoes can be quite dangerous, though. It is important that the beginner starts with barefoot walking before easing into jogging short distances. But as soon as a runner gets used to running on uneven ground, his or her whole body will get a better sense of balance. In addition, when running without shoes, a runner can enjoy the feeling of direct contact between the soles of the feet and the ground. However, beginners have to be careful and should start on a soft surface like grass or sand until the soles of their feet have hardened up. On 10 hard surfaces they might land on sharp objects such as stones or even bits of broken glass and cut their feet.

Barefoot running is a very interesting trend but to make sure you get your new running experience off to a good start you will need to prepare your feet properly and be patient.



## TEIL E Text- und Medienkompetenz: Text

### HOW TO GET A BETTER NIGHT'S SLEEP





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## 9

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## TEIL F Schreiben

Wähle eine Aufgabe:

Correspondence: E-MAIL (Seite 10)

oder

Creative Writing: PICTURE STORY (Seite 11)

20 P

### E-MAIL

Während eines Auslandsaufenthaltes findest du folgende Anzeige eines Fitnessstudios:



Du interessierst dich für eine Mitgliedschaft. Schreibe eine E-Mail auf Englisch an die zuständige Ansprechperson. Gehe dabei auf folgende Punkte ein:

- ▶ Stelle dich kurz vor und schildere knapp die Gründe für deinen Auslandsaufenthalt.
- ▶ Gib an, wo du die Anzeige gefunden hast.
- ▶ Schreibe, dass du dich für eine Mitgliedschaft interessierst.
- ▶ Mache Angaben, weshalb du ins Fitnessstudio gehen möchtest.
- ▶ Frage nach einem möglichen Probetraining.
- ▶ Erkundige dich nach den Kosten.
- ▶ Bringe mögliche Rabatte in Erfahrung.
- ▶ Hole Informationen zu den täglichen Öffnungszeiten ein.
- ▶ Bitte um eine baldige Antwort.

Schreibe eine E-Mail von ungefähr 100 Wörtern auf ein gesondertes Blatt.  
Achte auf eine ansprechende äußere Form und eine gut lesbare Handschrift.

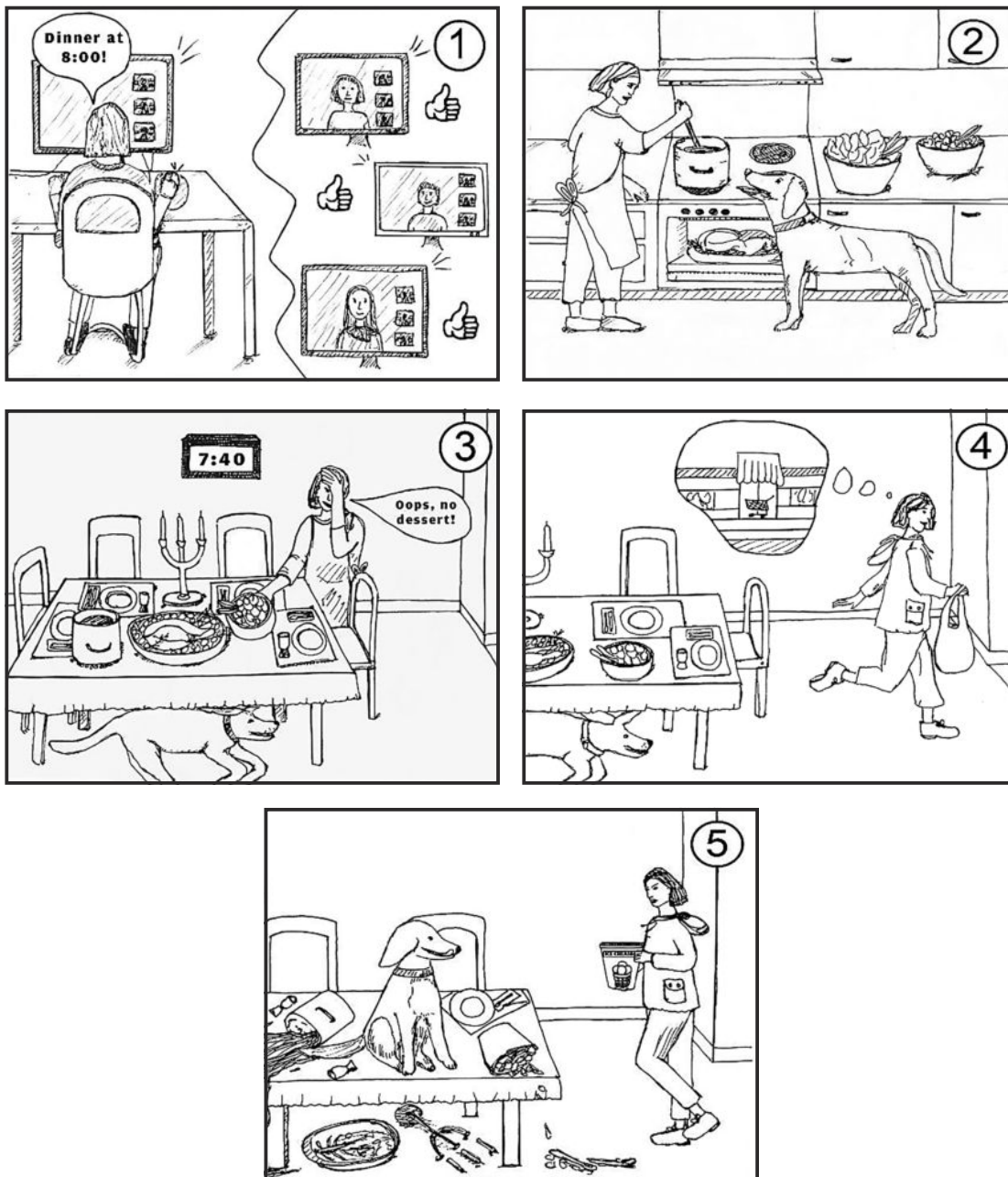
## PICTURE STORY

Betrachte die Bilder und schreibe eine Geschichte auf Englisch.

Beginne wie folgt:

*Dinner for Brutus*

Last week Pat was in a video call with sports friends ...



Schreibe eine Geschichte von ungefähr 100 Wörtern auf ein gesondertes Papier.  
Achte auf Struktur und Sorgfalt.

Hinweis: Die in der Prüfung verwendeten Illustrationen wurden erstellt von: Franziska Trescher, Steffi Duske



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