

TEIL A Hör und Hörsehverstehen

Part 1 – Task 1

- (1) weeks
- (2) organic
- (3) (the) 15th
- (4) 16
- (5) ear
- (6) (farm) shop

Part 2 – Task 2

- (1) 1996
- (2) recycle
- (3) vegetables
- (4) restaurants
- (5) main building
- (6) breakfast
- (7) lock

Part 3 – Task 3

- (1) lettuce(s)
- (2) four
- (3) (He's) allergic (to carrots)
- (4) (up to) two weeks
- (5) 34 pounds 50 / £34.50

TEIL B Sprachgebrauch

1. Fill each gap with one suitable word.

- ① who / that
- ② lots / tons / plenty / pieces
- ③ between
- ④ on
- ⑤ many
- ⑥ because / as / since
- ⑦ age
- ⑧ live
- ⑨ few / couple / number

2. Fill in the gaps using the words in brackets in the correct form.

- ① has been
- ② solution
- ③ colo(u)red / colo(u)rful
- ④ traditionally
- ⑤ suitable
- ⑥ daily
- ⑦ has experienced / has been experiencing
- ⑧ will not be / are not
- ⑨ produces

TEIL C Leseverstehen

1. Match the titles to the paragraphs.

1	2	3	4	5	6
F	H	A	C	E	B

2. Tick the correct meaning.

- (1) ☒ sobald
- (2) ☒ körperlich
- (3) ☒ lieber
- (4) ☒ darstellen
- (5) ☒ teilen

3. Answer the questions using information from the text.

- (1) hula-hoop / hula-hooping (has become popular again)
- (2) (that's) yoga
- (3) (consumers) follow the tips and the example of influencers. / (Consumers) admire these people and their lifestyles. / (Consumers) trust them because they see them as advisors
- (4) virtual reality sports / online fitness platforms

4. Tick the correct ending.

- (1) ☒ a personal decision.
- (2) ☒ the 1950s and the 1980s.
- (3) ☒ pay for the gym.
- (4) ☒ you should design your fitness training according to the way your body responds.

TEIL D Sprachmittlung

Hallo liebes Team, hier die Informationen zum Thema Barfußlaufen:

Beim Barfußlaufen kann nicht nur der direkte Kontakt mit dem Boden genossen werden, es hat noch viele weitere Vorteile. Es schont nicht nur Füße und Knöchel, sondern stärkt auch die Muskeln. Zudem wird durch das Barfußlaufen die Haltung des Gleichgewichts verbessert. Die Gefahren des Barfußlaufens dürfen aber auch nicht unterschätzt werden. Ohne Schuhe ist die Gefahr sich zu verletzen sehr hoch. Es könnten zum Beispiel kleine Steine oder Glasscherben auf dem Boden liegen. Außerdem kann der Boden im Winter sehr kalt werden und im Sommer sehr heiß. Das ist beides ebenfalls schmerzhaft für die Füße. Deswegen sollte man verschiedene Sachen beachten, wenn man mit dem Barfußlaufen beginnen möchte. Zunächst sollte man sich einen weichen Untergrund suchen, zum Beispiel Gras oder Sand. Dort sollte man erst gehen, danach laufen ohne Schuhe üben. So können die Füße langsam auf das Barfußlaufen vorbereitet werden. Wichtig ist es, geduldig zu sein und in kleinen Schritten anzufangen.

TEIL E Text- und Medienkompetenzen

Hello to all my night owls out there,

Sleep is super important for our health. Here's some advice on how to get a better night's sleep. First of all there should be sleeping rituals like soothing music or reading a little before going to sleep. You should also know when it's the best time for you to go to bed. Furthermore you shouldn't eat a big meal too late. In the evenings you should only enjoy a light dinner. Another aspect is that there shouldn't be any bright screens because they can interrupt your deep sleep. The temperature in your sleeping room should always be comfortable. Not too hot and not too cold. Last but not least don't drink any caffeine before going to bed as it has an energizing effect on your body. All that's left for me to say is: Sleep tight, don't let the bed bugs bite. If you like my blog, please like and subscribe. 😊

TEIL F Schreiben

Correspondence: E-Mail

Dear Mr Power,

my name is John and I'm from Germany. At the moment I'm spending a year abroad here in London as I want to improve my English skills. I'm 16 years old and I'm interested in getting fit with you.

Your ad was on the internet and when I found it I felt like contacting you right away. Becoming a member would make me really happy. At the moment I'm attending a school here in London. I'm sitting all day long and I definitely want to be more active. Is it possible for me to get a trial training? How much will it cost? Are there any discounts for students? When is your gym opened? I'm really looking forward to getting an answer in the near future.

Yours sincerely

John Klein

Creative Writing: Picture Story

Dinner for Brutus

Last week Pat was in a video call with sports friends. As she wanted to see her friends in real life she asked for dinner at 8 p.m. and her friends were ok with that. A few minutes later she went to the kitchen and started cooking a delicious meal. Her dog Brutus was watching her. At about 7:40 p.m. she set the table and suddenly she thought: „Oops, I don't have any dessert!“ She put on her jacket and ran to the supermarket to buy some pudding for her friends. Unfortunately she forgot that Brutus was lying under the dinner table. When she arrived back home Brutus had a terrible surprise for her. He was sitting on the table and had eaten everything. Pat was shocked and shouted „Brutus you are a bad boy!“ In the end her friends arrived, they ordered some pizza and they had a lot of fun.



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