

TOEFL Sample Test

Section One: Listening Comprehension

1. (A) He can have more than four guests at his graduation.
(B) His brother isn't going to graduate this semester.
(C) He didn't know that Jane wanted to be invited.
(D) He's going to invite Jane.
2. (A) Listen to the traffic report on the radio.
(B) Take a later train.
(C) Run to catch the next train.
(D) Check the weekend schedule.
3. (A) Relive the notebook to Kathy.
(B) Find out where Kathy put the notebook.
(C) Ask Kathy to explain the chemistry notes.
(D) Ask Kathy for the man's notebook.
4. (A) The walk is shorter than the woman thinks it is.
(B) The lecture has already started.
(C) They won't have a problem getting seats.
(D) The lecture may be canceled.
5. (A) The woman should have studied French in Paris.
(B) He didn't study French in high school.
(C) Living in Paris helped improve the woman's language skills.
(D) The woman must have had a good French teacher.
6. (A) Apologize to his roommate.
(B) Give the notes to the woman.
(C) Call the woman tonight.
(D) Take the woman's notes to his roommate.
7. (A) She doesn't have time to talk to Dr. Foster.
(B) She needs the additional time to finish her paper.
(C) Dr. Foster hasn't finished grading the papers.
(D) She wants the man to help her with her paper.
8. (A) Phone the Cliffside Inn for a reservation.
(B) Ask her parents to come a different weekend.
(C) Call local hotels again in a few days.
(D) Find a hotel again in a few days.
9. (A) Mail her some information about the conference.
(B) Drive her to the conference.
(C) Attend the conference in her place.
(D) Collect her mail while she's at the conference.
10. (A) The man should stop by the bookstore on the way to class.
(B) The man can return the books he doesn't need.
(C) The man should have bought his books earlier.
(D) The man won't need books on the first day of class.
11. (A) Help the man with his essay.
(B) Ask Sue to rehearse with her.
(C) Wait to rehearse until the man has finished his essay.
(D) Memorize her lines by herself.

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ML Morrison



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 to 2 2 grams of protein per kilogram of weight should be consumed throughout the day with 0 4 to 0 55 grams per kilogram
 of weight per meal depending on your desired weight you would need to consume 3 to 6 meals per day

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 glass of milk 11 a m grilled chicken breast or thigh broccoli a cup or more of brown rice with olive oil and nuts 3 p m

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web although the goal is to gain maintain weight with a high calorie meal plan try to eat quality nutrients the majority of the
 time and limit foods such as fried food processed foods sugary packaged pastries alcohol etc examples of low calorie foods to
 limit include the following thin bread tortillas wraps

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per kilogram of body weight per day for an athlete weighing 90 kg 200 pounds that is a total of 126 180 grams of protein a day

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