ENGLISH FILE PRE-INTERMEDIATE 4TH EDITION

FOLLOW-UP TEST
(UNITS 5 & 6)

READING

Read and select 'true' or 'false'

Do dreams predict the future?

For hundreds of years, people have thought gods or spirits communicate with us through our dreams. Even today, many people can remember a time when they saw an event, place or person in their dream and then, later, the dream came true in real life. But it's probably just a coincidence when a dream event is followed by a real-life event that's similar to it, especially if the subject of the dream is something that happens often in everyday life. Most people have four to six dreams every night after the age of ten. That's as many as 2,000 dreams per year. So, by the time they reach 80 years old the average person might have had 140,000 dreams. Even if we forget 95–99 per cent of our dreams, we will still remember a few thousand of them. And, of course, we probably choose to forget the thousands of times we dream about events but they don't happen.

Are dreams just recycled thoughts?

Around the 18th and 19th centuries two main ideas about dreams became popular. One was the idea that the things we see in our dreams are things our conscious mind is hiding from us. However, the opposite idea said that while we're asleep, the brain organises memories and events from the day. Dreams are just a random collection of these thoughts, but we try to make a story from them when we wake up.

Are dreams messages from our brains?

But perhaps the truth about dreams lies somewhere in the middle of these two ideas. Dreams might be made from the thoughts we have during the day, but they appear in dreams with symbolic meaning. When we're awake, we mostly think in words, like we're having conversations with ourselves. But when we're asleep, the part of our brain that controls language becomes less active, while the part that controls feelings becomes more active. So, maybe we experience our thoughts as feelings and symbols instead of words with clear meanings.

So, if you can understand the symbols in your dreams, you have a window into your subconscious. Common dreams like being able to fly or falling, or having no clothes on in a public place, probably mean something similar in most people. But to understand exactly what they mean to you, you have to connect them to the events and feelings of your daily life.

How can you understand the messages?

One way to help you do this is to keep a dream diary. As soon as you wake up, write down whatever you can remember about your dreams. Use pen and paper, not your phone or

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computer as the light might wake you up and you'll forget faster. Be quick, as the memories will be gone in seconds. Some days you'll write with your eyes not even fully open and the result will be almost impossible to read, or it might not even make sense.

Now you can connect your dreams to the events and feelings in your daily life. Think about the people and place where the dream happened as they might have a meaning too. How were you feeling in the dream? That dream about having no clothes on in public might mean you are anxious about something you have to do, or you're not feeling confident in a certain situation or with certain people.

Can you control your dreams?

Some people think writing your dreams down can open your mind to lucid dreaming. In lucid dreams, you know you're dreaming and you can change your own plot. Instead of just working out the meaning of your dreams, you'll be creating them. That could be a lot of fun, but you might want to continue having some dreams that allow your subconscious to send you messages!

Nicola Prentis

1. We don't know for sure if dreams mean something or not.

True False

2. Dreams speak to us in words and pictures.

True False

3. You can't learn much from dreams because they're totally random.

True False

4. It doesn't matter what method you use to keep your dream diary.

True False

5. Every detail of a dream might reveal something about how you're feeling about your life.

True False

6. Lucid dreams tell us the most about our subconscious.

True False

GRAMMAR

Write A, B, or C to complete the sentences.

1 I'm not very hungry, so I don't want to eat _____ food.

A too much ☐ B too many ☐ C too ☐

2 Do you play the piano as _____ as your brother?

A best ☐ B better ☐ C well ☐

3 My new teacher isn't _____ nice as my old one.

A more ☐ B as ☐ C the ☐

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4 It's the _____ city in the world.

A crowded ☐ B most crowded ☐ C more crowded ☐

5 You're _____ at work than I am.

A busy ☐ B busier ☐ C more busy ☐

6 I need to go to the gym. I don't _____ exercise.

A do enough ☐ B too much do ☐ C enough do ☐

7 This is the _____ holiday we've ever had!

A worse ☐ B bad ☐ C worst ☐

8 My parents drive _____ than I do.

A more slowly ☐ B more slow ☐ C more slower ☐

9 They haven't studied enough. They _____ pass the exam.

A won't ☐ B will ☐ C am to ☐

10 I _____ think she'll like this film. She prefers romantic stories.

A won't ☐ B am not ☐ C don't ☐

11 What _____ you doing when I called last night?

A were ☐ B did ☐ C are ☐

12 He's very lazy. He _____ any homework this weekend.

A doesn't do ☐ B isn't do ☐ C hasn't done ☐

13 _____ we going by train or by bus?

A Do ☐ B Will ☐ C Are ☐

14 _____ we help you with the washing up?

A Will ☐ B Shall ☐ C Are ☐

15 My cat _____ like milk. It only drinks water.

A does ☐ B doesn't ☐ C didn't ☐

16 **A** _____ to Australia?

B Yes, in 2012.

A Went you ever ☐ B Do you ever go ☐ C Have you ever been ☐

17 What time _____ you get up this morning?

A did ☐ B do ☐ C were ☐

18 **A** These books are really heavy!

B I _____ you carry them, if you like.

A 'm helping ☐ B 'm going to help ☐ C 'll help ☐

19 I _____ the answer to your question.

A don't know ☐ B 'm not knowing ☐ C haven't known ☐

2O This car isn't _____. We need a larger one.

A enough big ☐ B big enough ☐ C too big ☐

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VOCABULARY

Write A, B, or C to complete the sentences.

1 This city has a _____ of around 250,000.

A population ☐ B people ☐ C tourists ☐

2 The market was too _____ so we found a place with fewer people.

A empty ☐ B modern ☐ C crowded ☐

3 That part of town is _____. These streets are safer.

A empty ☐ B dangerous ☐ C noisy ☐

7 Doctors give good _____ and we need to listen to them.

A health ☐ B advice ☐ C effects ☐

8 Kwame is worried about his _____ pressure.

A blood ☐ B heart ☐ C bones ☐

9 Fizzy drinks, like Coke, can damage your _____.

A heart ☐ B muscles ☐ C teeth ☐

1O **A** I'm really cold. Can I borrow a sweater?

B Of course. Just _____ it back next time I see you.

A lend ☐ B take ☐ C give ☐

11 Sam's out at the moment, but I'll ask him to _____ you back later.

A answer ☐ B call ☐ C send ☐

12 This camera doesn't work! I'm _____ it back to the shop.

A taking ☐ B bringing ☐ C carrying ☐

13 I can lend you £20, but please _____ me back this weekend.

A spend ☐ B borrow ☐ C pay ☐

14 Has Imani _____ those yellow trousers back yet? Maya says she'll have them.

A come ☐ B sent ☐ C paid ☐

LISTENING

Choose the correct option to complete the sentences.

Amazing Facts about the Human Body

Only about one tenth of the cells in your body are ...
alive.
really you.
bacteria.

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Bacteria are mostly ..

really helpful.
bad for humans.
neither good nor bad.

Animals need bacteria to ...

fight diseases.
provide energy.
digest food.

You have _____ cells in your body.

7 million
7 trillion
7 octillion

Most of the atoms are ...

tiny cubes.
not used.
empty space.

You probably have mites in your ...

hair.
ears.
eyelashes.

Mites are very small creatures that are about ...

3 millimetres long.
a third of a millimetre long.
0.03 millimetres long.

Mites eat ...

dead skin.
your eyelashes.
tiny insects.

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