

MOVERS: READING LISTENING

1. Read the text and choose the correct answer to each of the five questions.



Do you skip breakfast? Millions of people do, and if you are one of them, you are putting your ability to think and learn at risk. Skipping breakfast can cause you to be hungry, tired, and crabby by the middle of the morning. Why is that? First, when you wake up, you have not eaten for about eight hours. Your body's fuel, called glucose, is low. Eating breakfast raises the level of glucose in your brain. Your brain requires a constant flow of glucose to do mental work.

So eating breakfast will give you a mental edge at school. What if you don't have enough time for breakfast or if you are not hungry when you wake up? Having something for breakfast is better than nothing. Drink some milk or juice. Then catch a nutritious snack later on in the morning. Yoghurt, dry cereal, cheeses, or fruit are good choices. What if you don't like breakfast foods? Then eat healthy foods you do like. Even cold pizza or a fruit smoothie can power your morning. Any way you look at it, there's no reason to skip this essential meal.

1. When can you feel tired and hungry if you skip breakfast?

- a. In the morning.
- b. In the afternoon.
- c. In the evening

2. What does eating breakfast do to your brain?

- a. makes you think better
- b. wakes up your brain
- c. fuels your brain

3. What advice does it give if you don't have time for breakfast?

- a. skip it and wait for lunch
- b. have a drink at home and then a snack at school.
- c. make a sandwich to eat at school

4. What advice does it give if you don't like breakfast?

- a. have some fast food
- b. have a sugary fruit drink
- c. choose any healthy food

5. Why has someone written this text?

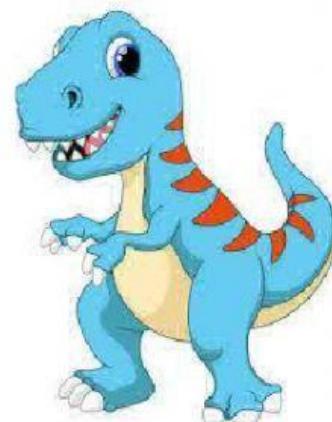
- a. to answer questions about skipping breakfast
- b. to tell people about the benefits of having breakfast
- c. to make people know what people breakfast habits

2. For each question, choose the correct word.

Nobody has ever seen a dinosaur. The last dinosaur died about 60 million years ago, a long time (1) there were any people on the earth. Nobody knows for sure why they all died. The nearest (2) relatives of dinosaurs are birds.

Dinosaurs didn't all look the same. There were more (3) 5000 kinds. Some were very small, but others were giants. The largest ones were bigger than any other animals ever lived (4) land.

The Brontosaurus, for example, was twenty metres long, and it (5) plants. The Tyrannosaurus Rex was not as big, but it was stronger. It had sharp teeth for eating meat, and it could also run fast (6) it had long back legs.



3. Read the text about each of the teen bloggers and then choose the correct answer to the questions.

Josh

I started writing my popular music blog because I love music. I like it when readers send me reviews by email about a new band or concert they've seen, and I put these on my blog for everyone to read. I'm still at school, so I'm careful about spending too long on my blog, which is difficult as writing well takes time. I don't think I'll write it for much longer. I'm busy, and it takes time to post regularly.

Isabella

I began writing for my school magazine. I stopped last years because of exams, but I missed it, so I started writing it again. I'm still writing for it now! The blog's new to me, and I write about local events. I get ideas from friends when I can't decide what to write about – we always think of something interesting that happens in our town. At first, almost nobody visited my site, but now more so, I've had some lovely comments.

Emma

Last year, I used to write for my school magazine, which I found really interesting. I don't think it's hard to write a good blog. Mine is about things from daily life that happens at our school. My older sister also has a blog, but we're writing about fashion. We don't discuss what we're planning, but we read each other's blogs sometimes. I like giving advice to students who write in asking for it – it's good to know I've helped.

1. Who writes both a magazine and a blog?
2. Who says that studying and writing a blog at the same time can be hard?
3. Who answers questions from other people who read their blog?
4. Who plans to stop writing their blog soon?
5. Who didn't have many people reading their blog in the beginning?
6. Who asks friends to help them write their blog?
7. Who says writing a blog is easier than some other types of writing?

4. Complete the email. Write ONE word for each space.

A Big Snowstorm

Dear Yuki,

Yesterday we had a big snowstorm. When I woke in the morning, I looked out of my bedroom window and saw that everything was white.

It was a school day, so I checked my emails. The headmaster sent a message to say the school was closed due to the snowstorm.

I phoned my friends, and we met at the park. There was a lot of snow, so we had snowball fights. When I got home, I was freezing and tired. I taking a hot bath and then went to bed.

you have any snow yesterday?

From,

Paul



5. Listen and complete each question. You will hear the information twice.

Trip to art gallery

Important information:

Wear: comfortable shoes

Arrive at school: in the morning.

If you arrive late, telephone:

Homework: Write about favourite

Mustn't use: Cameras or

Eat lunch:



6. Listen to Sarah and Mike talking about food and drink for a picnic. What is each person going to take to the picnic? For questions 1–5, write the letter A–H next to each person. You will hear the conversation twice.

People

1 Mike

2 Margaret

3 John

4 Andrea

5 Eric

Food and drink

A apples

B biscuits

C cakes

D cola

E hamburgers

F ice cream

G sandwiches

H strawberries



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