

# Optimise B1

Student name \_\_\_\_\_

Group/Class \_\_\_\_\_

Date \_\_\_\_\_ Score \_\_\_\_\_

## LISTENING

1 Listen to Vicky talking to her friend Mike about her preparations for a camping trip. For each question, choose the correct answer.  Unit 5 Listening

- 1 Why isn't James going camping?
  - A He doesn't like camping.
  - B He isn't well enough.
  - C He thinks it will be too cold.
- 2 Vicky says that she
  - A is happy with the first-aid kit that she has bought.
  - B is not sure about the size of the bandage she should take.
  - C is making her own first-aid kit.
- 3 Vicky and Mike agree that
  - A sun cream would be a good thing to take on the trip.
  - B wearing a large hat would give enough protection from the sun.
  - C they both have skin which is very sensitive to the sun.
- 4 According to Mike, Alex and Nina
  - A have been camping before.
  - B don't know first aid.
  - C went on a course with him.
- 5 What has Vicky already packed?
  - A a torch
  - B scissors
  - C a phone
- 6 What does Vicky ask Mike to lend her?
  - A his tent
  - B his backpack
  - C his torch

Score: /6

## VOCABULARY

**2 Choose the correct word (A, B or C) to complete the dialogue.**

**Doctor:** How can I help you?

**Patient:** I had an accident playing tennis. I fell over and (1) \_\_\_\_\_ my leg.

**Doctor:** Let me have a look. Oh, I see. There's a little (2) \_\_\_\_\_. If I touch here, do you feel any (3) \_\_\_\_\_?

**Patient:** Ow! Yes!

**Doctor:** It doesn't look like the (4) \_\_\_\_\_ is broken so don't worry, you won't need a/an (5) \_\_\_\_\_. I'm just going to clean the area where the (6) \_\_\_\_\_ is. We don't want you getting an (7) \_\_\_\_\_. Then I think we are going to put a (8) \_\_\_\_\_ on to protect it.

**Patient:** Thanks, Doctor.

1 A ached	B pained	C hurt
2 A pain	B blood	C ache
3 A ache	B pain	C infection
4 A bone	B shoulder	C chin
5 A operation	B medicine	C prescription
6 A ache	B cut	C flu
7 A ache	B operation	C infection
8 A bandage	B medicine	C dress

Score: /8

**3 Complete the text with a phrasal verb from the box. There are two phrasal verbs which you do not need to use.**

cooldown cut down cut up eat up give up go off live off warm up

My mum says that I (1) \_\_\_\_\_ cakes and chocolate. I don't want to (2) \_\_\_\_\_ eating sweet things completely, but I do agree with my mum that it's not very healthy. So, I have decided to (3) \_\_\_\_\_ on sweet things. I will try not to (4) \_\_\_\_\_ a whole bar of chocolate at once. Instead I will (5) \_\_\_\_\_ it \_\_\_\_\_ into small pieces and try to only eat three each day. My mum says she has prepared some soup for me today and left it in the fridge. It's great, I only have to (6) \_\_\_\_\_ it \_\_\_\_\_ and it's ready! Then after my soup, I'll have three delicious pieces of chocolate!

Score: /6

**GRAMMAR**

**4 Choose the correct word or phrase to complete the sentences.**

- 1 James *ought to* /*must* to be at the dentist's by now, he left a long time ago.
- 2 Jenny *must* /*can* be in pain. She fell off her bike and cut her knee.
- 3 I'm not feeling well. I *might* /*can* visit the doctor.
- 4 The doctor looks quite serious. It *may* /*can't* be because he has some bad news.
- 5 This *could* /*can't* be your prescription; it's got my name at the top!
- 6 You *must* /*might* love taking care of people if you want to work as a nurse.

- 7 Try putting some cream on your sunburn, that *ought* /*should* make it feel better.
- 8 We *may* /*must* be at the right chemist's, it's the only one on this street.
- 9 It *must* /*can't* be easy for doctors, working so hard for so many hours.
- 10 Your finger *should* /*ought* be better soon. It was only a little cut.

Score: / 10

5 Complete the sentences using the information given. Use a relative clause in each sentence and 2–3 words.

- 1 The chef's name is Joël Robuchon. He has the most Michelin stars in the world.  
The chef, \_\_\_\_\_ is Joël Robuchon, has the most Michelin stars in the world.
- 2 In 1962, he entered his first cooking competition. He won first prize.  
He won first prize \_\_\_\_\_ his first cooking competition.
- 3 He made a dish. The dish was wild hare.  
The dish \_\_\_\_\_ made was wild hare.
- 4 He worked in a restaurant in Paris. He became the head chef.  
He worked in a restaurant in Paris \_\_\_\_\_ the head chef.
- 5 In three years he received three Michelin stars. This had never happened before.  
In three years he received three Michelin stars, \_\_\_\_\_ never happened before.
- 6 He managed 90 cooks in a large kitchen. They cooked thousands of meals every day.  
He managed 90 cooks in a large kitchen \_\_\_\_\_ thousands of meals each day.
- 7 His most famous dish has only four ingredients. His most famous dish is mashed potato.  
His most famous dish, \_\_\_\_\_ only four ingredients, is mashed potato.
- 8 He had a famous restaurant. It was the best in the world.  
He had a famous restaurant \_\_\_\_\_ the best in the world.
- 9 In 1996 he was 50. In 1996 he stopped working.  
He stopped working in 1996 \_\_\_\_\_ 50.
- 10 He has written books. His books are written in French. His books are popular.  
His books, \_\_\_\_\_ in French, are popular.

Score: / 10

## READING

### An eight-year-old bilingual MasterChef!

What could you cook when you were eight? How many languages could you speak well? Most children at this age might be able to make toast and put some butter and jam on it, but eight-year-old Oscar Jefferson, from England, can not only produce excellent meals but has managed to beat 6,000 other children up to 12 years old to get a place on the cooking competition *Junior MasterChef*. But he didn't appear on the British television show – he was the star of the Spanish *Junior MasterChef*!

Although Oscar comes from England, he moved to Cádiz in the south of Spain when he was six. When he arrived in Spain, he didn't speak any Spanish, but he amazed viewers of the show by speaking perfect Spanish as well as English. The producers of *Junior MasterChef* decided to call him by his surname 'Jefferson' on the show, because Oscar is a popular Spanish name and Jefferson sounded more English. During the competition he produced some excellent dishes, such as fish ceviche and prawn vol-au-vents, and he almost reached the final. But in a dramatic semi-final, he had some problems with the very traditional British dish of fish and chips.

His grandfather, Mike Jefferson, flew to Spain to cook with Oscar for the semi-final. They cooked side by side and Mike offered support to his grandson. Unfortunately, Oscar had problems cooking his fish and then by mistake dropped the tartare sauce he was making, so that had to be left out. He started to cry and although he finally got his fish and chips on the plate, it wasn't good enough to reach the final. In the process he became famous on social media and has over 12,000 followers on Twitter.

His story didn't end there. The video of Oscar crying after his fish and chips disaster went viral on social media and, for some people, this would have been very embarrassing. But not for Oscar. The next day he cooked for Simon Manley, the British ambassador to Madrid, and famous chef Marcos Morán, the director of the Hispania restaurant in London. Then, a few days later, he appeared on British TV where he got a second chance to make fish and chips with the help of chef Phil Vickery. This time everything was perfect.

Oscar has had to respond to thousands of messages on Twitter. When Oscar was asked what he wanted to do when he grew up, he immediately said: 'Well, be a chef, obviously. If I'm not a chef, I would probably like to be an astronaut, to see what food they have in space and cook there.' So, are you inspired by Oscar? Would you like to appear on a cooking programme? Why not learn how to cook one dish well and start from there? Who knows how far you will go?

**6 For questions 1–5, choose the answer (A, B, C or D) which you think fits best according to the text.**

- 1 What do you learn about Oscar in the first paragraph?
  - A He can make toast with butter and jam.
  - B He appeared on Spanish television in a cooking programme.
  - C He appeared on UK *Junior MasterChef*.
  - D He can speak several languages.
- 2 What does the writer say about Oscar in the second paragraph?
  - A He could speak perfect Spanish when he was six.
  - B He was confident he could reach the final.
  - C He surprised people by speaking two languages.
  - D He likes the name Jefferson more than Oscar.
- 3 What happened in Oscar's final programme?
  - A He was unable to complete his dish.
  - B He didn't get his fish onto the plate.
  - C A photo of his fish and chips appeared on Twitter.
  - D He competed against his grandfather.
- 4 What happened after the programme?
  - A A British chef cooked with Oscar in Madrid.
  - B Many people saw and shared the video of Oscar crying.
  - C Oscar was nervous about cooking again.
  - D He met one of his favourite chefs.
- 5 What might the writer say about Oscar?
  - A He is the best cook I have ever seen.
  - B I want to visit the restaurant where he works.
  - C I'm sure he will be an astronaut in the future.
  - D He has a lot of ability for someone so young.

Score: /5