

Unit 4 Standard Test A ★★

Listening

- 1 [1.06] Listen to the interview. Complete the summary with words from the dialogue. (10 marks)

Peter says that ¹ _____ creates chemicals in our body. These chemicals are ² _____ for us in small amounts. However, they can be ³ _____ to our health if there are too many of them, so it is important to ⁴ _____ down if we feel too stressed. Drinking green tea can help to get rid of ⁵ _____. A small piece of dark chocolate can help us to ⁶ _____, too. If you ⁷ _____ your eyes and ⁸ _____ on your breathing for ten minutes every day, you will feel more relaxed. Peter says that exercise is good, because it makes us feel better and helps us to ⁹ _____ well. He says that he likes to spend time outdoors if he feels ¹⁰ _____.

Vocabulary

- 2 Complete the words. (10 marks)

- 1 He's really down. How can I c _____ him up?
- 2 Fast music can i _____ your heartbeat.
- 3 T _____ the music down. It's very loud.
- 4 You're too excited. C _____ down!
- 5 That noise outside is d _____ me. I'm finding it difficult to study.
- 6 Come on! S _____ along with the music!
- 7 Turn o _____ the TV. No one is watching it.
- 8 Don't talk so fast. S _____ down a bit!
- 9 Doing exercise will a _____ her health in a good way.
- 10 They are thinking about the party and can't c _____ on their school work.

- 3 Choose the correct words. (5 marks)

- 1 I am so **annoying** / **frightened** / **angry** that he lied to me.
- 2 His behaviour was so **exciting** / **embarrassing** / **disgusted**. I don't want to speak to him.
- 3 Exams can be very **sympathetic** / **annoyance** / **stressful**.
- 4 If I see a spider, I run away. I'm **surprised** / **afraid** / **stressed** of them!
- 5 You could feel the **anger** / **boredom** / **excitement**. Everyone clapped and smiled!

Language focus

- 4 Choose the correct words. (10 marks)

- 1 You **must** / **can** / **might not** be hungry. You haven't eaten for hours.
- 2 They **may** / **can't** / **should** be worried, otherwise they would have told us.
- 3 She **can** / **could** / **is able to** play the piano well when she was younger.
- 4 I **have to** / **couldn't** / **may** sing along, but only if you turn up the music.
- 5 The athletes **must** / **can't** / **have to** eat too much before the race otherwise they won't do well.
- 6 Those tourists **might** / **should** / **mustn't** be from Japan. I'm not sure.
- 7 She **couldn't** / **can't** / **may not** meet us, because she had a doctor's appointment.
- 8 We **must** / **can** / **have to** concentrate. Please turn down the TV!
- 9 She **should** / **doesn't have to** / **couldn't** get her hair cut. It's too long!
- 10 I don't know where Robert is. He **may** / **must** / **can** be at the cinema.

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5 Complete the sentences with the words in the box. (5 marks)

should mustn't shouldn't must don't have to

- 1 You _____ be in a moving car without wearing a seat belt. It's illegal.
- 2 She _____ tell that joke, because no one finds it funny.
- 3 The experts tell us we _____ work out three times a week to stay healthy.
- 4 You _____ come to the party, but I would like to see you there.
- 5 Julie _____ finish her project. If she doesn't, she will fail the course.

6 Correct the underlined mistakes. Write one, two or three words. (10 marks)

- 1 We don't have to be late for school. _____
- 2 He can't concentrate in his last exam yesterday. _____
- 3 They are laughing at the film, so they couldn't be afraid. _____
- 4 They shouldn't call you if they are going to be late. It's only polite. _____
- 5 He might pass his exams if he wants to go to university. _____
- 6 You could play the guitar really well. You should be in a band! _____
- 7 I love Sundays! There's no school, so we mustn't get up early. _____
- 8 Can you speak English when you were five years old? _____
- 9 Do you think people are able to travel to Mars in the future? _____
- 10 He never goes to the swimming pool. He couldn't swim. _____

Reading

Hi Stephanie – How are you? Sorry you couldn't make my party at the weekend. Lots happened ...

I told you that Mum and Dad agreed to a party for my birthday. They were worried we might upset the neighbours. So I was allowed to have a party, but only if I promised not to invite more than ten of my closest friends and it had to finish at eleven o'clock.

The night of the party came and Mum and Dad left the house for the evening. My friends arrived, and we put some music on. Half an hour later, a large group of people from school arrived. They had all heard about the party. Amy admitted she was so excited about the party that she might have mentioned it on social media! I was so annoyed with her.

By nine o'clock, there must have been over 70 people in the house. Someone kept turning up the music after I kept turning it down. Then people started singing along to it. I was so stressed by the noise. What might the neighbours think? What would Mum and Dad do?

Ten minutes later, there was a knock at the door. It was our neighbour. I was afraid what she might say. I explained the situation. I was so embarrassed. I was surprised at how sympathetic she was. Thankfully, she took control of the situation. She turned off the music and told all the uninvited guests to go home.

I don't know if I want to have another party at home!

Claire xx

7 Read the email. Write T (true) or F (false). (10 marks)

- 1 Stephanie didn't go to Claire's party. ____
- 2 Claire's parents didn't know about the party. ____
- 3 Claire decided to invite about twenty people. ____
- 4 Claire's friends arrived after her parents had gone out. ____
- 5 Claire mentioned the party on her social media page. ____
- 6 Claire was angry with her friend Amy. ____
- 7 Claire didn't want the music to get very loud. ____
- 8 Claire was excited because lots of people came to the party. ____
- 9 Claire's neighbour felt sympathy for her. ____
- 10 Eventually Claire turned off the music. ____

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Communication

8 Complete the email. (5 marks)

Hi Sandra – I'm really ¹s_____ to hear that
you didn't pass your driving test. You must be
²f_____ fed up! But don't ³w_____
about it too much. It's not the end of the
⁴w_____. You can take your test again soon,
and you'll probably pass it next time. Look on the
⁵b_____ side!
Love, Oliver xx

Writing

9 A friend of yours has lots of arguments with his brother. Write some advice for him. Use some of the phrases in the box and the plan to help you. Write 80–100 words. (10 marks)

OK, well this is a ... For a start, ... Let's think.
What could you do? I reckon ...
You should probably ... What else?
And one more thing. Anyway, ...

Paragraph 1: Comment and give advice

Who should your friend talk to?

Paragraph 2: Offer further advice

What should he do next?

Paragraph 3: Reassure them and wish them luck

What can you say to sympathize with him?

Total marks:

Listening _____ / 10 Vocabulary _____ / 15
Language focus _____ / 25 Reading _____ / 10
Communication _____ / 5 Writing _____ / 10
TOTAL _____ / 75