

Skills Test

Travelling, food and social life

1. Usłyszysz dwukrotnie cztery wypowiedzi. Z podanych odpowiedzi A, B lub C wybierz właściwą, zgodną z treścią nagrania.

1 How are the scouts going to travel to their camp?

- A by bus.
- B by boat.
- C by train.

2 Where is the camp going to be organised?

- A in the mountains
- B at the seaside
- C by a river

3 What must the scouts take?

- A a tent.
- B food.
- C a compass.

4 What don't they need to take?

A



B



C



2. Usłyszysz dwukrotnie wypowiedzi czterech osób. Przyporządkuj każdej osobie (1-4) odpowiednie stwierdzenie (A-E). Wpisz odpowiednie litery w każde pole. Jedno stwierdzenie nie pasuje do żadnej z osób.

1 Jacob

A. did a lot of sightseeing.

2 Linda

B. went on holiday by train

3 Robert

C. spent the holidays with their parents.

4 Joanna

D. got bored on holiday.

E. slept in an unusual place

3. Przeczytaj tekst, z którego usunięto trzy zdania. Do każdej luki (1–3) dopasuj zdanie (a–d), tak aby otrzymać logiczny i spójny tekst. Uwaga! Jedno zdanie zostało podane dodatkowo i nie pasuje do żadnej luki.

YOU ARE WHAT YOU EAT

Everyone seems to talk about healthy eating nowadays, but what should you actually eat to stay healthy? In general, eating a little of everything is the best way to keep yourself in good health. 1. You should also try to avoid products made with flour, like bread, pizza and cakes.

Although eating vegetables is a good idea, it's not true that all vegetables have a very positive effect on your health. 2 It does not have many vitamins either, so eating it too often is not the best idea. It is also recommended to eat rice, pasta and grains instead of having potatoes every day for dinner.

Another thing to remember is the time of day when you eat. There are a lot of people today who don't eat anything for breakfast, and wait until 12 o'clock or even later before they eat something. 3 Your metabolism slows down then. It is better to eat early in the day and then only eat a little in the evening.

- a** In addition, it is true that vegetables are better for you than a lot of meat.
- b** It may play a role in the development of mental health disorders.
- c** This is definitely bad for you because you can easily get fat.
- d** Sweet corn, for example, has a lot of sugar in it.

4. Przeczytaj teksty. W zadaniach (1-2) z podanych odpowiedzi wybierz prawidłowe, zgodne z treścią tekstu. Zakreśl odpowiednio literę: A, B lub C.



1. What is Magda writing about?

- A. Her last visit to Poland.
- B. Her car journey to Italy.
- C. Her summer plans.



COOKING CLASSES IN YOUR HOME

You can learn how to cook the foods you love. Simply choose the date and time of your class and the dish you want to prepare. We will send one of our chef-instructors to your home. The price of one cooking lesson is £95. Before the class, we will send you a shopping list so that you can get all the necessary products for the dish.

2. The students can decide

- A. what they will cook.
- B. which chef-instructor will arrive.
- C. what to write on the shopping list.

5. Przeczytaj wiadomość od Elli (Text A), a następnie na podstawie zawartych w niej informacji uzupełnij luki w drugiej wiadomości (Text B).

Text A

< New message

Hi Lena,

Thanks for a great party last weekend!

I'm planning to have driving lessons next month when I'm seventeen, so could you send me a link to that website with second-hand cars? I want to buy one. Imagine – I'll pass my test soon hopefully, but I won't have a car to drive. That would be silly!

Thanks!

Ellie

Text B

To: Adam

Subject: Prośba

Cześć, Adamie!

Mam wiadomość od Ellie. Bardzo podobała jej się 1. _____ w ubiegłym tygodniu :).

Napisała też, że w przyszłym miesiącu zapisuje się na kurs 2. _____, więc prosi o przesłanie linku do strony z 3. _____.

Ty też ostatnio szukaleś informacji na ten temat. Może mógłbyś coś polecić?

Lena