

## Practice B1

1) **Reading:** Read the following text and choose the correct options below.

# Let me sleep on it

For many years, people have said that a good night's sleep often helps when you have to make an important decision. Research done recently by an American University has shown that this idea is actually true.

The researchers used a card game for their experiment and 54 students between the ages of 18 and 23 took part. The scientists divided the participants into two groups. Both groups were given a short lesson in how to play the card game, either in the morning or in the evening. The lesson was very short, not long enough for either group to learn exactly how the card game worked. All of the students were asked to come back 12 hours later. The 28 students who had the class in the afternoon went home to a normal evening and their usual night of sleep, while the 26 who received the class in the morning came back after a day of normal activities without having a sleep.

On their second visit, the students played the game for long enough to learn that taking cards from the four different packs gave different results. Two of the packs had cards which helped players win more often while the other two packs had cards which made them lose. The object was to avoid losing the game.

In the experiment, the students who had had a normal night's sleep chose cards from the winning packs four times more than those who had spent the 12-hour break awake. The students who had slept also understood better how to play the game.

These results show that sleep helps a person make better decisions. The researchers think that this has something to do with rapid-eye-movement or REM sleep, which is the creative period of our sleep cycle. The experiment shows that there is a connection between REM sleep and decision making, but researchers do not yet know what the connection is.

- a. The participants in the experiment were all **at university / at work**.
- b. The two groups were shown the card game **in different places / at different times**.
- c. The participants had to go back **some time later / the next day**.
- d. **Some / All** the participants went to bed between the two visits.
- e. There were **two / four** pack of cards in the card game.
- f. The card in the packs were the **same / different**.
- g. The group of people who were taught in the morning **won / lost** more often than the other group.
- h. The experiment helped researchers find a connection between **being creative / REM sleep** and making decisions.

2) **Vocabulary:** Let us start practising some phrasal verbs! Try to match each word with the correct verb to form the appropriate phrasal.



over up out for after

Don't expect someone to pick it  for you.

Can you check this information ? I'm not sure if it's true.

I've been looking  you everywhere.

Do you have any experience in looking  small children?

He lost his balance and fell .

for  
down  
away  
up  
out

Clean  after your dog.

To find  more, visit our website.

I didn't ask  your help.

She threw  her old clothes.

Everybody sit , please!

at  
out  
about  
up  
down

I give , I can't do this.

Stop talking  your boyfriend.

Look  the picture and describe it.

Can I write  my address and phone number for you?

I like to hang  with you.

### 3) Grammar:

a. Tenses: Complete the following text with the correct form of the verbs in brackets.



This story is based on true events that 1 \_\_\_\_\_ (happen) many, many years ago in Scotland. One day, Mr Clark 2 \_\_\_\_\_ (walk) home with a smile on his face. He 3 \_\_\_\_\_ (carry) something very valuable in his hand: tickets for a long, long journey. After many years working and saving, Mr Clark 4 \_\_\_\_\_ (save) all the money he needed to take all his family to the United States. Earlier that afternoon he 5 \_\_\_\_\_ (buy) all the tickets that now he 6 \_\_\_\_\_ (hold) in his hand. It was the opportunity of their lives. "The United States of America," he repeated aloud just to see how nice it 7 \_\_\_\_\_ (sound) in his ears. A few days before their departure, Mr Clark's son 8 \_\_\_\_\_ (play) in the street when a dog 9 \_\_\_\_\_ (bite) him. The doctor 10 \_\_\_\_\_ (go) to their home and 11 \_\_\_\_\_ (treat) the child's wound. Then he 12 \_\_\_\_\_ (hang) a yellow sheet on their front door. That yellow sheet meant that they 13 \_\_\_\_\_ (just/be) quarantined. They 14 \_\_\_\_\_ (have) to stay at home for two weeks because of the possibility of rabies. Five days later, Mr Clark was at the docks. He 15 \_\_\_\_\_ (leave) the house and now he 16 \_\_\_\_\_ (watch) their ship departing to the United States without him or his family. When the ship 17 \_\_\_\_\_ (disappear) in the horizon, he 18 \_\_\_\_\_ (stand up) and 19 \_\_\_\_\_ (go) back home, crying. A few days later, the tragic news spread throughout Scotland - the mighty Titanic 20 \_\_\_\_\_ (sink), taking hundreds of lives with it.

b. Write the verb in brackets with *to* or *-ing* form according to the rules.



- 1 I can't promise to be (be) on time.
- 2 Swimming (swim) is better exercise than running.
- 3 Would you like \_\_\_\_\_ (come) to my party?
- 4 Do you mind \_\_\_\_\_ (not talk) so loudly?
- 5 It was very interesting \_\_\_\_\_ (see) my old school again.
- 6 He works at weekends \_\_\_\_\_ (earn) more money.
- 7 On Sundays she likes \_\_\_\_\_ and \_\_\_\_\_ (relax, not do) anything.
- 8 We were unhappy with the service, so the restaurant offered \_\_\_\_\_ (give) us a free dinner.
- 9 Is it difficult \_\_\_\_\_ (learn) Japanese?
- 10 He's very competitive. He thinks \_\_\_\_\_ (win) is the most important thing.
- 11 She tried \_\_\_\_\_ (not hit) the man, but she was driving too fast.
- 12 They spent all night \_\_\_\_\_ coffee and \_\_\_\_\_ (drink, talk).
- 13 Do you need \_\_\_\_\_ (go) to the bathroom?
- 14 They drove without \_\_\_\_\_ (stop) for 6 hours.
- 15 We're thinking of \_\_\_\_\_ (go) to Mexico for our holidays next year.
- 16 I'm very happy \_\_\_\_\_ (be) here again.
- 17 I decided \_\_\_\_\_ (go) camping because I didn't have much money.
- 18 \_\_\_\_\_ (eat) cakes and junk food will make you fat.
- 19 He pretended \_\_\_\_\_ (not understand) the police officer.
- 20 Are you good at \_\_\_\_\_ (remember) people's names?

4) **Listening:** Listen to five speakers talking about decisions they have made. Then, listen again and match the speakers with the sentences.



How many of them made good decisions? \_\_\_\_\_.

- a. Speaker 1 \_\_\_\_\_ A) He/She thought time was more important than money.
- b. Speaker 2 \_\_\_\_\_ B) He/She did not get a prize.
- c. Speaker 3 \_\_\_\_\_ C) He/She did not arrive on time.
- d. Speaker 4 \_\_\_\_\_ D) He/She did not enjoy a special occasion.
- e. Speaker 5 \_\_\_\_\_ E) He/She did not accept an invitation.

5) **Writing:** Read the following statement. Try to continue the story with your words (50-100 words)

***As soon as I woke up, I realised that it was the most important day of my life.***

