

## Progress Test B1

### Grammar:

- 1) Choose the correct sentence A, B, or C.
  - a- A He British. B He are British. C He's British.
  - b- A I a student. B I'm a student. C I be a student
  - c- A We is Spanish. B We are Spanish C We be Spanish.
  - d- A Am I in Room 7? B I am in Room 7? C Are I in Room 7?
  - e- I \_\_\_\_\_ a shower every morning. A do B get C have
  - f- 'Are Helen and Mike from Australia?' 'No, \_\_\_\_\_ aren't.' A they B we C you
  - g- What's \_\_\_\_\_ address?' 'I live at 33 Marston Street.' A your B his C my
- 2) Choose the right option:
  - a- It's a **fantastic film** / **film fantastic**.
  - b- I **often go** / **go often** to the cinema.
  - c- She **drinks never** / **never drinks** beer.
  - d- He has a **car new** / **new car**.
  - e- That's a **mobile expensive** / **an expensive mobile**.
  - f- They **always are** / **are always** late.
  - g- Do you like **French food** / **food French**?
  - h- **Always I have** / **I always have** breakfast.
- 3) Complete with one word:
  - a- \_\_\_\_\_ they live in Spain?
  - b- \_\_\_\_\_ you like Japanese food?
  - c- What \_\_\_\_\_ your uncle do?
  - d- How old \_\_\_\_\_ your sister?
  - e- Is your cousin \_\_\_\_\_ actor?
  - f- \_\_\_\_\_ your father work in a hotel?
  - g- We \_\_\_\_\_ live in a flat. We live in a house.
  - h- James \_\_\_\_\_ chess. He is really good at it.
  - i- We \_\_\_\_\_ speak French, we only know English.
  - j- \_\_\_\_\_ she like milk?
  - k- The café \_\_\_\_\_ (close) at 7.00 p.m.
  - l- You \_\_\_\_\_ (study) at the language school.

### Vocabulary:

- 4) Select the right option:
  - a- one photo: A two photoes B two photo C two photos
  - b- one sandwich: A two sandwichs B two sandwiches C two sandwich
  - c- one book: A two bookes B two bookiz C two books
  - d- It's from Brazil. It's \_\_\_\_\_. A Brasilian B Brazilian C Brazilian
  - e- We're Japanese. We're from \_\_\_\_\_. A Japan B Japon C Jappan
  - f- They're from Britain. They're \_\_\_\_\_. A Briton B British C britain
  - g- It's a / **an** identity card.
  - h- They're **watches** / **watchs**.
  - i- What's **this** / **these**? It's an umbrella.
  - j- Open **a** / **the** door.
  - k- **Those** / **That** students are French.
  - l- It's Ben's/ the Ben's pen.

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- m- These are my **childrens'** / **children's** books.
  - n- I like the **film's end** / **end of the film**.
  - o- That's my **parents'** / **parent's** car.
  - p- I don't like **Charles's** / **Charle's** brother.
  - q- He's my **teachers'** / **teacher's** husband
- 5) Complete with Imperatives or suggestions:
- a- **T** \_\_\_\_\_ **off your m** \_\_\_\_\_ in the cinema.
  - b- **D** \_\_\_\_\_ **s** \_\_\_\_\_ Spanish in the English class.
  - c- **G** \_\_\_\_\_ **to p** \_\_\_\_\_ 84, and complete the activities.
  - d- **S** \_\_\_\_\_ **d** \_\_\_\_\_ there in that chair.
  - e- **D** \_\_\_\_\_ **s** \_\_\_\_\_ inside the hospital. It's prohibited.
  - f- **L** \_\_\_\_\_ **g** \_\_\_\_\_ for a walk, I need fresh air.
  - g- **L** \_\_\_\_\_ **s** \_\_\_\_\_ at home. I want to see a movie.
- 6) Choose one word:
- a- I can't \_\_\_\_\_ the housework now because I'm very tired.  
do - have - make
  - b- We usually go \_\_\_\_\_ at 6.00.  
to home - at home - home
  - c- Fiona \_\_\_\_\_ a lot of exercise. She cycles to work every day.  
does - makes - practises
  - d- My mum works in a hospital. She's a \_\_\_\_\_.  
journalist - housewife - nurse
  - e- We often \_\_\_\_\_ shopping on Saturdays.  
do - go - get
  - f- What do they usually do \_\_\_\_\_ the weekend?  
to - by - at

### Reading:

#### A long and healthy life?

How long will a baby born today live? A hundred years? A hundred and twenty years?

Scientists are studying genes that could mean long life for us all. There are already many, many people who live to more than a hundred. In fact, there are now so many healthy elderly people that there's a name for them: the wellderly. These are people over the age of eighty who have no major illnesses, such as high blood pressure, heart disease or diabetes.

There are many scientific studies of communities where a healthy old age is typical. In Calabria, the small village of Molochio has a population of about 2,000. And of these 2,000 people, there are at least eight people over a hundred years old. Researchers ask people like this the secret of their long life. The answer is almost always about food and is almost always the same: 'I eat a lot of fruit and vegetables'; 'I eat a little bit of everything'; 'I never smoke, I don't drink'.

So, in the past, scientists looked at things such as diet and lifestyle for an explanation of long life. But these days they are also looking at genetic factors. Researcher Eric Topol says that there are probably genes that protect people from the effects of the ageing process. The new research into long life investigates groups of people who have a genetic connection. One interesting group lives in Ecuador. In one area of the country there are a number of people with the same genetic condition. It's called Laron syndrome. These people don't grow very tall – just over one metre. But Laron syndrome also gives them protection against cancer and diabetes. As a result, they live longer than other people in their families.



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In Calabria, researchers constructed the family trees of the 100-year-old people. They looked at family information from the 19th century to today. They think that there are genetic factors that give health benefits to the men.

So what really makes people live longer? Probably, it's a combination of genes, the environment and one more thing – luck.

7) Read the article again and choose the correct option:

I. What do scientists investigate to try to understand long life?

- a- people's lifestyles and where they live
- b- genetic factors and environmental factors
- c- people's diet and what kind of activities they do

II. What do diabetes, heart problems and high blood pressure have in common?

- a- They are common illnesses in old age.
- b- Scientists can learn a lot about age when they study these illnesses.
- c- People in Ecuador don't suffer from these illnesses.

III. The 'welllderly' are ...

- a- over 100 years old.
- b- over 80 years old.
- c- elderly people with health problems.

IV. The typical reason people give for their long life is:

- a- diet.
- b- a secret.
- c- there are many different reasons.

V. Laron syndrome ...

- a- is a problem for people with diabetes.
- b- is only found in Ecuador and Hawaii.
- c- is the result of a genetic condition.

VI. Laron syndrome shows scientists that ...

- a- some people don't grow tall.
- b- there is a genetic reason for old age.
- c- some conditions only affect men.

Video:

8) Watch the documentary "the Island of Okinawa" and mark the sentences True or False:

- a- The island of Okinawa is north of Japan. TRUE / FALSE
- b- 70-year-old Okinawans have the bodies of 50-year olds. TRUE / FALSE
- c- Hara Achi means stop eating before you're full. TRUE / FALSE
- d- The Okinawans don't eat meat or fish. TRUE / FALSE
- e- They eat a lot of seaweed. TRUE / FALSE
- f- They do yoga every day. TRUE / FALSE
- g- The Okinawans are always in a hurry. TRUE / FALSE
- h- When the Okinawans reach 100 they have a ceremony called "Kajimaya". TRUE / FALSE