English File Intermediate

NAME CLASS

Progress Test Files 7–10
Reading and Listening A

READING

1 Read three people's reports about a plastic detox and tick (✓) A, B, or C.

Sean

A few months ago I saw a news programme which showed a whole river in Indonesia being blocked by plastic waste. It was truly shocking. And that's when I decided to try a one-month plastic detox. I knew almost immediately that things weren't going to be easy. At my local supermarket it is impossible to buy even a loaf of bread without some plastic packaging. I thought I'd be able to persuade the shop assistants to, you know, *assist*. But when I asked if they could put some fish, or some sausages, into the containers I'd brought instead of plastic bags, they said they weren't allowed to. So I took the easiest route and turned vegetarian for a month, which isn't something I want to continue. Having a full-time job means there's simply no way I can spend hours each week visiting market stalls and boutique bakeries in my quest to reduce plastic. On the other hand, completing the detox has really opened my eyes to the amount of plastic waste I produce. From now on, I'm concentrating on recycling the plastic I use rather than cutting it down.

Cora

I knew completing the plastic detox would be difficult in our busy family home. Children seem to require a lot of plastic. Their toys, their clothes, their food. Have you ever tried to find plastic-free crisps? But I was very motivated to try and I'm glad I did. I discovered an excellent health food shop in our town that sells lots of plastic-free or easily recyclable products, like washing powder in cardboard boxes. Although I won't be able to get everything from there, if I shop there once a month in addition to my weekly supermarket trip I'll being cutting down my plastic use considerably. I've also set up a WhatsApp group with other parents at my children's school. We've divided into smaller groups who live close to each other and we buy plastic-free products online together. It's cheaper that way and it also cuts down on the number of deliveries made to our streets.

Dominic

The key to reducing plastic, I've found, is to think about things in advance. I never leave home without my reusable coffee cup! Luckily for me, as a freelance worker I have more control over my working hours than some people. So it's quite easy for me to visit the street market, or buy meat at a butcher's shop. It's definitely true that these smaller shops, where staff have more time and flexibility, will help you to reduce plastic packaging more effectively than a supermarket. At the start of my detox month I looked carefully at the plastic waste I produce. I discovered that if I made just two or three changes my waste would be significantly reduced. Today I buy milk in glass bottles (ordered online and delivered to my door by an excellent local dairy), meat from the butcher's, and fruit and vegetables at the market. Job done!

LIVEWORKSHEETS

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Example Sean was inspired to complete the plastic detox by a documentary film.
A True ☐ B False ☑ C Doesn't say ☐

1 Sean can't have been a vegetarian before the detox started.
A True ☐ B False ☐ C Doesn't say ☐

2 Sean found the distance to the street market and smaller shops problematic.
A True ☐ B False ☐ C Doesn't say ☐

3 If Sean hadn't tried the detox, he wouldn't have decided to improve his recycling.
A True ☐ B False ☐ C Doesn't say ☐

4 Cora was surprised to learn that clothing contains a lot of plastic.
A True ☐ B False ☐ C Doesn't say ☐

5 Cora's local health food store also sells cleaning products.
A True ☐ B False ☐ C Doesn't say ☐

6 Cora won't shop at the supermarket each week from now on.
A True ☐ B False ☐ C Doesn't say ☐

7 If Cora didn't shop with her WhatsApp friends, she wouldn't buy certain products.
A True ☐ B False ☐ C Doesn't say ☐

8 Dominic worried about the amount of plastic waste produced when he bought drinks in cafés.
A True ☐ B False ☐ C Doesn't say ☐

9 Dominic and Sean both say that customer service can affect the success of a plastic detox.
A True ☐ B False ☐ C Doesn't say ☐

10 Dominic had to make a lot of shopping changes to reduce his plastic waste.
A True ☐ B False ☐ C Doesn't say ☐

☐ 10

2 Write *S* for Sean, *C* for Cora, *D* for Dominic.

Example: My work routine made the detox simpler. *D*

1 People with plastic-free lives must have a lot of time for shopping. _____
2 Being a parent added lots of plastic to my home. _____
3 The staff wouldn't let me use my own packaging. _____
4 Planning ahead is an important part of plastic-free living. _____
5 I'm also trying to reduce air pollution caused by my shopping. _____

☐ 5

Reading total ☐ 15

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LISTENING

1 Listen to a conversation and complete the sentences. Write two words only.

1 Asha is planning to show an old _____ film to her children.
2 Asha regularly reads the _____ on the Mumsnet website.
3 Megan has posted comments in health discussions about _____ and _____.
4 Justine Roberts had the idea for the site after a disastrous _____.
5 In the interview, Justine said she hadn't planned to set up a business when she _____.

	5

2 Listen to five conversations. Tick (✓) A, B, or C.

1 The research shows that scientists will be more creative if they _____.
A share an office ☐ B get on well ☐ C talk regularly face-to-face ☐
2 Isobel says that _____ is an important part of a 'monk morning'.
A removing distractions ☐ B avoiding technology ☐ C having regular breaks ☐
3 Fiona would contribute better creative ideas if she had _____.
A fewer meetings ☐ B more time to prepare ☐ C a Creative Director ☐
4 Romesh says the best way to increase creativity is to _____.
A finish work earlier ☐ B let workers have fun ☐ C use workers' ideas ☐
5 The actors are _____ to get ideas for the rest of the scene.
A miming ☐ B using a pack of question cards ☐ C exploring the set ☐

	5

Listening total	10

Reading and Listening total	25

LIVEWORKSHEETS