

B1+Progress test Unit 4

Student name _____

Group/Class _____

Date _____ Score _____



COLEGIO EDUCARE

Antamira

LISTENING

1 Listen again and choose the best answer.

Unit 4 Test Audio

- 1 Who has a packed lunch?
 - A They both do.
 - B Lisa does.
 - C Yan does.

- 2 What is strange about the fruit and vegetables that Lisa is eating?
 - A They're an interesting colour.
 - B They're raw.
 - C They're a funny shape.

- 3 Why do supermarkets refuse some fruit and vegetables?
 - A Because they don't look perfect.
 - B Because they are rotten.
 - C Because they are too expensive.

- 4 Why does Lisa buy her fruit and vegetables from the company?
 - A Because it's cheaper.
 - B To help reduce food waste.
 - C Because they buy it from local farms.

- 5 What does Yan laugh about at the end of the conversation?
 - A the shape of a piece of fruit
 - B Lisa's joke
 - C the company's blog

VOCABULARY

2 Complete the text with the words in the box. There are two words that you do not need to use.

canteen dessert fast food packed lunch starter vending machine

School information

Break time is from 10.15 am to 10.30 am every day. If students forget to bring a drink, they can get bottles of water from the 1 _____, which is outside the Sports Hall.

Lunch is served from 12 pm to 2 pm in the 2 _____. There is usually a meat or vegetarian main course on offer followed by a 3 _____ or fresh fruit. If students prefer to bring their own 4 _____, they can eat it in their classroom or in the outdoor seating area.

3 Complete the words in the sentences with the correct prefixes.

- 1 Can you add some _____ national options to the menu, like Indian and Chinese dishes?
- 2 The _____ advantage of bringing a packed lunch to school is that you have to get up early to make it!
- 3 Let's cook the carrots for a bit longer – I don't like them hard and _____ cooked.
- 4 Oh no, I didn't realise this dish came with eggs. I _____ understood the menu.
- 5 Where has all the plum pie gone? It's _____ appeared very quickly!

4 Complete the sentences with the correct adjective form of the verbs in the box. There are two verbs that you do not need to use.

boil fat freeze fry process rot salt taste

- 1 If you eat a lot of _____ food, it makes you thirsty.
- 2 Please throw those tomatoes away. They're _____!
- 3 Often _____ food, like the food you buy ready to eat, has a lot of salt in it.
- 4 Baked potatoes are less _____ than fried ones.
- 5 I'd like another plum, please. They're really _____.
- 6 _____ food is useful because you can keep it for a long time.

5 Choose the correct alternative.

- 1 I've decided I'm going to cook/'m cooking an Italian dish tomorrow evening.
- 2 Don't worry about the pie. I think it's going to/'ll be tasty.
- 3 The canteen opens/will open early at midday tomorrow.
- 4 I think everyone will eat/eats less meat in the future.
- 5 I'm really hungry. I think I'll have/'m having a starter and a main course.
- 6 Are you going to/Will you cycle to the supermarket?

6 Choose the best answers (A, B or C) to complete the text.

Hi Oscar!

I'm really looking forward to the festival. My mum 1 _____ me to the station. As soon as I 2 _____ there, I'll text you. The train 3 _____ at midday, so I'll try to be there by 11.45. When we 4 _____ at the festival site, we'll go to the campsite and put up the tent. The music 5 _____ until five o'clock, so we'll have plenty of time. It 6 _____ so much fun. I can't wait.

See you on Saturday!

Lily

| | | |
|-----------------|-----------------|------------------|
| 1 A drives | B 's driving | C will drive |
| 2 A get | B 'll get | C am getting |
| 3 A will leave | B is leaving | C leaves |
| 4 A 'll arrive | B are arriving | C arrive |
| 5 A won't start | B doesn't start | C isn't starting |
| 6 A is | B 'll be | C 's being |

7 Complete the sentences using the correct future perfect or future continuous form of the verbs given.

- 1 I can't help you with your science homework as I _____ (play) football on Thursday evening
- 2 Your cousins _____ (not come) on holiday with us next year. They want to go with their friends.
- 3 By the end of this term, we _____ (learn) all the tenses in English.
- 4 Who _____ (teach) us history next term?
- 5 _____ (your parents/get) home soon?
- 6 They (not arrive) _____ home yet. It's only 6.30.
- 7 _____ (you/finish) your meeting by 7.30?

READING

8 Read the text.

Will we all be vegan by 2030?

Today, an increasing number of young people are choosing a vegan lifestyle. The number of vegans in the UK has doubled every year since 2011. In fact, according to a recent study, about 20% of young people think we will all have stopped buying meat, egg and dairy products by 2030. It seems that people are learning about the environmental and health impact of consuming animal-based products.

But what is a vegan diet and how is it different from vegetarianism? The main difference is that some vegetarians include eggs and dairy products in their diet. Vegans, on the other hand, only eat plant-based foods. This means that they avoid all dairy products, including cheese, butter, milk and yoghurt, as well as eggs, meat and fish, of course.

There are already more than 600,000 vegans in Great Britain, according to recent research by the Vegan Society. Some of these are animal lovers who have chosen a vegan lifestyle because of their concern for animal safety. But many others have been moving to a plant-based diet because they want to improve their health and well-being by eating better. Research suggests that a vegan diet, which is rich in vitamins and low in fats, can reduce the risk of heart disease and other illnesses such as cancer.

Another reason why people are turning to a plant-based diet is to help save the planet. Following a vegan diet could be the 'single biggest way' to reduce your environmental impact on earth, a new study suggests. At the University of Oxford, researchers learned that removing meat and dairy products from your diet could reduce your carbon footprint from food by up to 73%.

One other huge factor is social media. There is a growing community online, including big American celebrities like Ariana Grande and Miley Cyrus, who are promoting a vegan lifestyle and making it more popular.

Millie, who is 17, from Brighton says, 'I've been following a vegan diet for about three years. At the beginning, I didn't know where to start, but I got a lot of tips from celebrities on social media. They share what they eat and lots of other important facts about health and the planet. So many young people want to help save the planet nowadays and being vegan is a way to do this. Five of my friends are also vegan so we go out to eat a lot together.'

Although it's unlikely that we will all have stopped eating meat by 2030, we are quite certain that we will be eating more plant-based foods by then. Almost all restaurants and cafés offer tasty vegan options these days, and many supermarkets have introduced special vegan sections with a growing number of popular brands. Even fast-food burger chains are now offering healthy plant-based alternatives, which is a real sign that a change in culture is happening.

9 Are the sentences True (T) or False (F), according to the article?

| | |
|-------------------------------------------------------------------------------------|-------|
| 1 According to the study, a fifth of young people plan to stop buying meat by 2030. | T / F |
| 2 Vegans never eat eggs. | T / F |
| 3 Most people choose to go vegan to protect animals. | T / F |

| | | |
|---|--------------------------------------------------------------------------|-------|
| 4 | A vegan diet can help people avoid certain illnesses. | T / F |
| 5 | A new study explains how going vegan is the best way to save the planet. | T / F |
| 6 | The writer agrees that no one will be eating meat by 2030. | T / F |
| 7 | There are specific areas for vegan products in supermarkets. | T / F |
| 8 | Some fast-food companies have stopped selling meat. | T / F |