Optimise B1 test unit 1

Student name _____

Group/Class _____

Date _____ Score _____

LISTENING

1 Listen to people speaking in five different situations. For each question, choose the correct answer. Unit 1 Listening

1 Where does the conversation take place?

A

B

C

2 Which of these leisure activities does Peter currently do?

A

B

C

3 Which picture matches the description given by the woman?

A

B

C

4 Which of these subjects is Veronica doing for homework now?

A

B

C

5 What does the girl say that she plans to do next?

A

B

C

Score: /5

GRAMMAR

Photocopiable © Macmillan Education Limited 2021

macmillan education

LIVEWORKSHEETS

2 Complete the email with the verbs in brackets in the present simple or the present continuous.

Hi Jack,

Hope you are well. I **(1)** _____ ***(write)*** to you from Liverpool!

We **(2)** _____ ***(stay)*** in the city centre. Our room **(3)** _____ ***(have)*** a great view over the city. I can see the River Mersey and some famous buildings. At the moment I **(4)** _____ ***(have)*** a cup of tea on the rooftop terrace. English people **(5)** _____ ***(drink)*** tea all the time here, even with their meals! It's very strange!

Today, it's a lovely day and the sun **(6)** _____ ***(shine)***.

I **(7)** _____ ***(need)*** to charge my mobile because we are going to visit Anfield, the home of Liverpool FC, and I want to take some photos. I **(8)** _____ ***(know)*** you always watch English football so I **(9)** _____ ***(think)*** I will buy your present there.

It **(10)** _____ ***(get)*** late so I will stop now.

See you soon!

Jenny

Score: / 10

3 Choose the correct word or phrase to fill each gap.

My Morning

Usually on a school day I only have **(1)** _____ time to get ready. **(2)** _____ my parents work so they are usually moving as fast as me in the morning. I've got two brothers and **(3)** _____ go to my school. We've only got one bathroom so **(4)** _____ one of us has to have a shower quickly. Fortunately, my brothers don't take **(5)** _____ time which means I get **(6)** _____ minutes extra. I usually have cereal with **(7)** _____ milk and sometimes **(8)** _____ biscuits. Some days I do my homework while I am eating my breakfast, but **(9)** _____ days I do it the night before. My dad drives us to school. There isn't **(10)** _____ space in his car so my brothers and I are always glad when we arrive at school and get out!

1	**A** few	**B** a few	**C** a little
2	**A** Each	**B** Both of	**C** Most of
3	**A** both	**B** each	**C** every
4	**A** most	**B** some	**C** each
5	**A** most	**B** many	**C** much
6	**A** a number	**B** a few	**C** a little
7	**A** amount of	**B** a little	**C** lots
8	**A** a few	**B** a piece of	**C** most of
9	**A** the most	**B** most	**C** most of
10	**A** much	**B** many	**C** lot of

Score: / 10

READING

Photocopiable © Macmillan Education Limited 2021

macmillan education

LIVEWORKSHEETS

Body language

Terry Gibbs, a body language expert, explains how body language helps communication.

People move their face and body in different ways, which can show their emotions. Body language is non-verbal. This means that people are communicating information without speaking. A study showed that effective communication is 93% non-verbal and only 7% the words you say. Of the 93%, 38% is the tone of your voice and 55% is body language. So, to communicate well you need to understand body language.

I work for people interested in understanding the signals that individuals send. A newspaper will contact me when they want to look into the non-verbal messages that politicians give when they speak on television. Sometimes the words give one message, but the body language says the opposite. I also advise the police when they don't know if a criminal is telling the truth or if a witness is unreliable. Of course, when I'm sitting in the police interview room, I don't reveal to the witnesses that I'm a body language expert.

For example, a person who is shy doesn't like looking directly in the eye of another person. They often look down, keeping their arms close to their body and their legs together. However, a confident person can maintain eye contact for a long time and will open their arms and shoulders wide to appear bigger. They also walk faster, but, when speaking, they often pause and are happy to listen, whereas nervous people can't stop talking.

Most of the time, I can tell if a criminal is lying. I notice if their attitude changes when we are talking. For example, they might start being friendly and then become more serious as I ask them for more details. And people who give lots of unnecessary details also might be trying too hard to make me believe something. If they touch their face with their hand or put their hand over their mouth, these are good signs that their story might not be true.

To read body language, you must be interested in people and learn the meaning of many different body movements and facial expressions. There is plenty of free information about reading body language on my website, or my e-book on the subject is now available to buy.

4 Read the article quickly and choose T (True) or F (False).

1 According to research, over half of effective communication is through body language. T / F

2 During interviews, Terry tells witnesses what his job is. T / F

3 Nervous people speak more than confident people. T / F

4 According to Terry, criminals who give too many details might not be telling the truth. T / F

5 Terry says that people who are interested don't need to pay to get his e-book. T / F

Score: /5

VOCABULARY

5 Complete the sentences with words from the box. There are two words which you do not need to use.

creative curious friendly negative popular serious shy unreliable

1 Please be more _____ in class. I like you to have fun, but you need to concentrate much more.

2 My little sister is _____ about everything. She is always asking questions so she can understand things.

3 Max has the most friends on social media and he is very _____ at school too.

Photocopiable © Macmillan Education Limited 2021

macmillan education

LIVEWORKSHEETS

4 It's not good to be _____ all the time. Try to find the good in every situation.

5 James is so _____. He is always smiling and is nice to everyone.

6 I agreed to meet Mike at the cinema, but he didn't come. He's so _____.

Score: / 6

6 Complete the sentences with the correct alternative.

1 Please don't shout at me, Tom. It makes me feel *deep /small/long*.

2 We are leaving early tomorrow, so you need to be *wide /deep/fast* awake at 6 o'clock.

3 It has been a *big /long/wide* time since I read a normal book. I prefer e-books now.

4 I want to have a *deep /wide/long* voice when I'm older so I can be an actor.

5 Help! I'm in *wide /high/big* trouble. I put salt in the cake instead of sugar!

6 When the film finished, Jonny was *slow /fast/wide* asleep.

Score: / 6

LANGUAGE IN USE

7 Choose the correct word to fill each gap.

Helping Gran

My grandma has lived on her own for years, but now she is very old and needs someone to look **(1)** _____ her. We visit her at weekends and I always **(2)** _____ forward to our time together. I think we have created a great **(3)** _____. I enjoy listening to her stories about when my mother was a child. I help her with the computer and together we look **(4)** _____ information about her friends and the area where she lived. I like looking **(5)** _____ her past like a detective and discovering her old friends online.

My gran is a very **(6)** _____ person so she's always making things like scarves or birthday cards. We are making a scrapbook together at the moment for my mum's 50th birthday. Every week we make a new page. It started as an idea for a present, but now it has **(7)** _____ into my favourite hobby. I am excited to see my mum's reaction when she turns **(8)** _____ the last page and discovers that I made it with her mother. My gran has got a television but only turns it **(9)** _____ to watch tennis. Sometimes she falls asleep in the middle of the matches and I have to **(10)** _____ the TV off before I leave.

1	**A** for	**B** after	**C** down	**D** over
2	**A** look	**B** see	**C** get	**D** come
3	**A** curiosity	**B** generosity	**C** friendship	**D** popularity
4	**A** after	**B** up	**C** down	**D** before
5	**A** into	**B** down	**C** for	**D** to
6	**A** shy	**B** dependable	**C** polite	**D** creative
7	**A** become	**B** made	**C** turned	**D** come
8	**A** in	**B** over	**C** for	**D** on
9	**A** off	**B** in	**C** down	**D** on
10	**A** close	**B** turn	**C** shut	**D** pull

Score: / 10

Photocopiable © Macmillan Education Limited 2021

macmillan education

LIVEWORKSHEETS