Unit 4 Test: Higher

Name: _____ Result: __/100

Vocabulary

1 Circle the odd word out. Explain why it is the odd word out.

1 chips cream butter semi-skimmed milk

_____

2 spinach lettuce carrot turkey

_____

3 cod tuna prawn oil

_____

4 pancake muffin rice pie

_____

5 peach crisps avocado cherry

_____

Score __/5

2 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.

Score __/6

3 Complete the text with one word in each gap.

School information

Break time is from 10.15 am to 10.30 am every day. If students forget to bring a **1** _____ to eat, like a bag of nuts, they can get something from the **2** _____ machine.

Lunch is served between 12 pm and 2 pm in the **3** _____. We serve meat or vegetarian dishes as a main course, followed by a light **4** _____ like a piece of pie or fresh fruit. If students prefer to bring their own **5** _____ lunch, they can eat it in their classroom or in the outdoor seating area.

Score __/5

4 Complete the dialogue with the correct form of the words in the box and add the correct prefixes.

agree cook design price

Ben: Have you tried the food in the new canteen yet?

Ada: No, I haven't. Have you seen how much a main course is? I think it's very **1** _____, so I've been bringing my own lunch instead.

Ben: Yeah. The food isn't great either. I think they **2** _____ it the next day because turkey burgers were on the menu for three days!

Ada: Urgh! That's not good.

Ben: What do you think of how they **3** _____ the canteen? Do you like how it looks?

Ada: I do actually. It's bright and modern. How about you?

Ben: I **4** _____. It's much too colourful for me and the massive windows make the room really hot!

Score __/4

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Grammar

5 Complete the sentences with the correct *will* or *be going to* forms of the verbs in the box.

bake book close eat (not) have wash

1 I _____ those potatoes before you boil them so they're clean.
2 The canteen _____ early today.
3 I'm not very hungry. I _____ a dessert.
4 She's decided she _____ the Indian restaurant for her birthday.
5 What kind of cake _____ you _____?
6 In the future, I think people _____ insects for protein.

Score __/6

6 Complete the email with the correct *will*, present continuous or present simple forms of the verbs in the box.

arrive depart drive get have (not) start

Hey 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.

Steve **4** _____ at the festival site before us, so he says he'll go to the campsite and put up the tent. The music **5** _____ until five o'clock, so we'll have plenty of time.

We **6** _____ so much fun. I can't wait.

See you on Saturday,
Lily

Score __/6

7 Write sentences in the correct future perfect or future continuous form.

1 / I / cycle / school / tomorrow / .
_____
2 / By Friday / we / collect / enough food / for the food bank / .
_____
3 / you / come / to / the / meeting / on Friday / ?
_____
4 / the bread / go / stale by tomorrow / ?
_____
5 / By 2040 / I think scientists / find / a way to grow cheap meat in the lab / .
_____
6 / They / not / solve / the food problem / in / our lifetime / .
_____

Score __/6

8 Complete the sentences with the correct future perfect or future continuous form of the verbs in the box.

eat get learn (not) come (not) open teach work

1 The canteen _____ yet. It's only 12.15.
2 I can't help you with your homework as I _____ at the bookshop on Saturday afternoon.
3 Who _____ us geography next term?
4 They _____ on holiday with us next year. They plan to go with their friends instead.
5 By the end of this term, we _____ all the tenses in English.
6 _____ your parents _____ home soon?
7 They _____ all the food by the time we arrive.

Score __/7

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LIVEWORKSHEETS

Use of English

9 Complete the text with one word in each gap.

What does your packed lunch look like?

Are you bored of eating the same things in your lunch box every day? I've worked out that by the end of this term I'll **1** _____ consumed 50 cheese sandwiches! But lunch boxes don't have to be boring. They can be delicious, colourful and healthy. So it's time for a change! I'll be replacing **2** _____ drinks like lemonade with 100% real fruit juice or water. I also won't be including my daily bag of **3** _____ as they are salty and fattening. And I won't **4** _____ cakes and chocolate into my lunch box either. I'm planning on having fresh fruit for dessert instead, or a protein cereal bar with **5** _____ in it for healthy fats. I already have Monday's menu planned. I'm going to make a rice salad with sweetcorn, chicken and spinach. I **6** _____ also add salt, pepper and olive **7** _____ on top for flavour. My friends will be amazed **8** _____ I open my lunch box on Monday!

Comment below with your ideas for a delicious, healthy lunch!

Score __/8

Listening

10 Listen to two students, Yan and Lisa, talking in the college canteen. What is the result of the conversation?

A Yan decides to write his own vegetable recipe. ☐

B Yan decides to look at a food company's website. ☐

C Yan's going to look for some vegan recipes. ☐

D Yan decides to become a vegetarian. ☐

Score __/1

11 Listen again. Are the statements True (T), False (F) or is the information Not Mentioned (NM)?

1 Lisa always brings a packed lunch. **T / F / NM**

2 Yan has already started eating his lunch when Lisa joins him. **T / F / NM**

3 Lisa wants to improve her diet. **T / F / NM**

4 Lisa says that customers waste a lot of food. **T / F / NM**

5 Lisa has worked in a supermarket before. **T / F / NM**

6 Yan didn't pick the correct fruit on the farm. **T / F / NM**

Score __/6

12 Listen again and choose the best answer.

1 What is strange about the fruit and vegetables Lisa is eating?

A They're an interesting colour.

B They're raw.

C They're a funny shape.

D They're really tiny.

2 Why do supermarkets refuse some fruit and vegetables?

A Because they are huge.

B Because they don't look perfect.

C Because they are rotten.

D Because they are too expensive.

3 Why does Lisa buy her fruit and vegetables from the company?

A Because it's cheaper.

B To help reduce food waste.

C Because it tastes better.

D Because they buy it from local farms.

4 According to Yan, what could fruit farms do with fruit they can't sell?

A Use it in cakes and desserts.

B Sell it very cheaply.

C Give it to their animals.

D Make drinks and jams with it.

5 At the end of the conversation, what do Yan and Lisa laugh at?

A a piece of fruit

B Lisa's joke

C the company's blog

D the canteen food

Score __/5

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Reading

Will we all be vegan by 2030?

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 significant 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, researhcers discovered that removing meat and dairy products from your diet could reduce your carbon footprint from food by up to 73%.

One other factor is social media. There is a growing community of social media influencers, including big American celebrities like Ariana Grande and Miley Cyrus, who are promoting a vegan lifestyle and making it more popular, particularly among young people. Many young people have also been watching famous documentaries, such as *Cowspiracy* and *101 Reasons to Go Vegan*, which discuss the negative impact of animal farming and other vegan topics.

Millie, who is 17, from Brighton says, 'I've been following a vegan diet for nearly a year. At the beginning, I didn't know where to start, but the healthy eating tips that celebrities share on social media have really helped. I've also been watching some fascinating documentaries about the meat and dairy industries and I feel much more educated on these topics now. When my family ask questions about my lifestyle choices, I can explain clearly why going vegan is a step in the right direction towards saving the planet.'

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.

13 Read the article and choose the best summary.

A Veganism is becoming more popular, especially among young people. ☐

B People are becoming more concerned about the environment. ☐

C People are buying less meat because it is unhealthy. ☐

Score __/1

14 Read the article again and choose the best answers.

1 According to the study, what are young people's predictions about the future of meat?

A There won't be enough meat for everyone by 2030.

B Nobody will buy meat in 2030.

C Over the next decade, young people will eat less meat and other animal products.

D A fifth of young people will have stopped buying meat by 2030.

2 According to research, if you follow a vegan diet …

A you are more likely to put on weight.

B it's possible that you will get ill.

C you might not get enough vitamins.

D you are less likely to get heart disease.

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3 The main reason why vegan diets have become more popular in recent years is because …

A people care more about animals than before.

B people think it is better for our health and the environment.

C it's the best way of reducing how many calories we consume.

D people want to save money.

4 According to the article, most restaurants and cafés …

A are offering fewer meat dishes.

B have more choice for vegans.

C are offering more interesting vegan food.

D have to offer vegan options.

5 The writer of the article believes that by 2030 …

A most people will be vegan.

B there will be more vegan foods available.

C it's possible that we'll eat less meat.

D our diets will definitely include more vegan foods.

Score __/5

15 Read the text again and answer the questions in your own words.

1 How has the number of vegans changed in the UK since 2011?

_____

_____

2 What are the differences between a vegetarian diet and a vegan diet according to the text?

_____

_____

3 According to researchers in Oxford, how much of an impact can going vegan have on the environment? Why?

_____

_____

4 What role have celebrities had in the vegan trend?

_____

_____

5 What topics have young people been learning about and how?

_____

_____

6 What evidence is there to suggest that a change in culture is happening?

_____

_____

Score __/6

16 Do you agree that it is becoming easier to follow a vegan diet? Explain why and give three reasons. Use ideas in the text and/or other facts to justify your opinion.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Score __/3

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Writing

17 Read the email from your friend Tess. Reply to the invitation in the correct style. Answer all of Tess's questions and ask her some questions. Write 140–180 words.

Hi!

How are you? I hope everything's going well. Will you be finishing term soon?

I'm getting in touch as a group of us are going to a concert in the park next weekend for my birthday. It'd be great to see you there. Are you free?

Mia said you'd hurt your knee playing football. Will it be better by then? Will you be able sit on the ground?

The concert starts at about 6.30 pm so we're going to bring a picnic for dinner. What food and drink do you like? Is there anything you don't like or can't eat? If you have any good ideas for healthy picnic food, let me know.

We're meeting a bit earlier at around 6 pm near the park entrance so we can get a good place to sit. Will that be OK for you?

Write back soon and let me know if you can come or not!

Love Tess

Checklist

- Use expressions for accepting or refusing an invitation.
- Give reasons and more information.
- Offer to do something.

Score __/10

Speaking

18 Imagine you have an exchange student from a different country visiting your school. You and a friend have invited him to go to the city centre on Saturday afternoon.

Before you start, make a note of your ideas for what to do and where to eat. Think of a few suggestions of places to visit and places to have lunch. Where do you think the exchange student would prefer to go and why?

In pairs, discuss the options with your partner, and agree where to go. Use expressions for negotiating and giving opinions.

Score __/10

Vocabulary __/20
Grammar __/25
Use of English __/8
Listening __/12
Reading __/15
Writing __/10
Speaking __/10

TOTAL __/100

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