

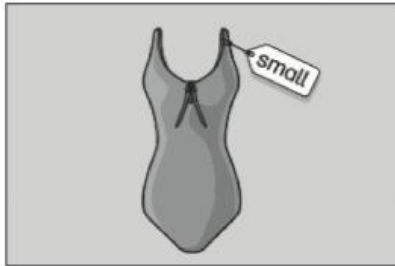
Group\_\_\_\_\_

Name\_\_\_\_\_

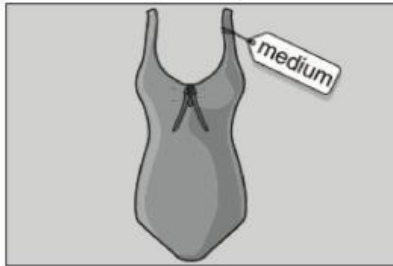
Listen to the speakers. For questions (1–6) choose the correct answer (A, B or C).  
You will listen to each recording twice.



1 Which swimsuit does the customer decide to buy?



A



B



C

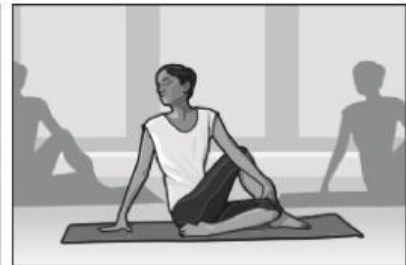
2 Which class has the woman been to once?



A

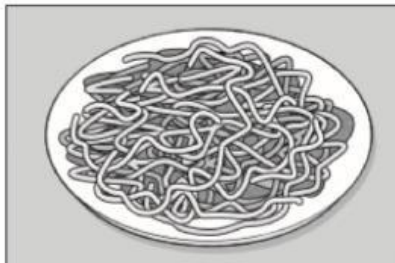


B

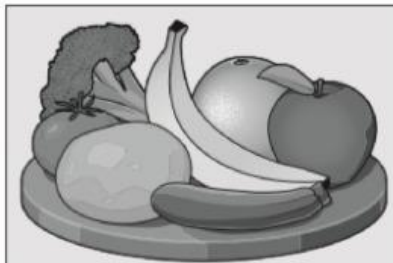


C

3 What CAN'T the boy eat on his new diet?



A



B



C

4 When did the speaker first start playing tennis?

A Quite recently.

B When she was at school.

C Around ten years ago.

5 According to the advert, when should you meditate?

A Once a day at any time.

B When you get home from work.

C At weekends when you feel relaxed.

6 When is Freya going to see the doctor?

A On Tuesday.

B On Wednesday.

C On Thursday.

*Listen to the text. For statements (7–11) choose T if the statement is true according to the text, F if it is false. You will listen to the text twice.*



- 7 Newspapers today don't represent children in a fair way.      T      F
- 8 Children's Express was set up to teach children's parents new skills.      T      F
- 9 Hundreds of newspaper stories were analysed by the charity.      T      F
- 10 'Cute kid' stories are rare but popular with readers.      T      F
- 11 The speaker thinks that stereotyping by the media doesn't have any impact on children's lives.      T      F

*Listen to the text. For questions (12–16) choose the correct answer (A, B or C).*

*You will listen to the text twice.*



**12 What is TRUE of many students at Doug's school?**

- A They don't do well during their one month's work experience.
- B They don't know what the real world is like.
- C They want to leave school as soon as possible.

**13 What do many of Doug's students enjoy the most?**

- A work experience      B classes at school      C after-school clubs

**14 What is the problem with vocational education?**

- A Not every school has a science lab.
- B There aren't enough practical classes.
- C It only helps students with particular skills.

**15 What does Doug's son want to do?**

- A He doesn't have any definite plans.
- B He wants to continue studying.
- C He will do the same thing as his friends.

**16 Why could it be a good idea to lower the school-leaving age?**

- A It would be easier to work with difficult students.
- B It would make students listen to their parents' advice.
- C It would allow students to make their own decisions.

**Read the article below. Match choices (A–H) to (17–21).**

**There are three choices you do not need to use.**

Cooking Up a Storm

## Five top cookery books!

**17**

This inspirational guide takes you through the basics of bread making. It includes invaluable tips on how to choose the right flour, experimenting with different yeasts, and how to prepare your dough so it rises properly every time! Recipes come from countries all around the world, so you can try something different every week, if you want to.

**18**

Bruno Salvatore takes you on a journey around his country, sharing his favourite dishes. He covers traditional recipes from every region, from Venice to Rome and beyond: how to make your own pasta and pizza, grilling fish and seafood, along with some mouth-watering desserts. Amazing photos accompany every recipe.

**19**

A delicious selection of veggie ideas based around the freshest vegetables – an astonishing variety of ingredients, helpfully presented in terms of what's in season throughout the year. Recipes include imaginative ideas for breakfast, main meals, and snacks – they are as filling as they are tasty. You won't regret becoming a vegetarian with this book on your shelf to guide you.

**20**

If you are short on time, but still want to cook fantastic meals, look no further. These simple recipes range from how to cook the perfect steak to preparing the freshest salads and Chinese stir-fries – from kitchen to dining table before you know it. There is no reason to buy ready meals when it takes so little time to make something that tastes so good!

**21**

If you aren't confident in the kitchen, this cookery book is a must. It takes you through weights and measurements, methods of cooking, and what types of kitchen equipment you need. There is also an informative section on each major food group, so you learn as you go, building on your knowledge by trying out the simple recipes at the end.

**Match each cookbook description with the title.**

**A A Balanced Diet**

**B The Best Breakfast**

**C Meat-Free Meals**

**D The Perfect Loaf**

**E Cooking for Beginners**

**F A Meal in 30 Minutes**

**G The Art of Italian Food**

**H Oriental Cuisine**

**Read the text below. Choose from (A–H) the one which best fits each space (22–29).**

**There are two choices you do not need to use.**

### Laughter Can Be the Best Medicine

Can humour really help those who are ill? Experts increasingly think so, and there is a growing body of evidence that they are right about this. Studies have suggested (22)\_\_\_\_\_, increase pain tolerance and bolster the immune system. Some experts even say that laughter can help patients to live longer, although that particular claim (23)\_\_\_\_\_.

In a recently published study, researchers at the University of Maryland revealed that laughing helps to protect the heart. Around 95% of volunteers experienced improved blood



flow when they watched comedy films, while 74% had a drop in blood flow when (24) \_\_\_\_\_. According to Dr Michael Miller, the cardiologist who headed the Maryland study, the benefits of laughter lasted for 12 to 14 hours.

Presenting his findings at the American College of Cardiology conference, Miller urged experts (25) \_\_\_\_\_ as a weapon in the fight against heart disease. 'Regular, hearty laughter should be added to exercise and a low-fat diet as a means of lowering the risk of heart disease,' he said.

Hospital staff in Britain are beginning to appreciate the benefits of combining conventional medical treatments with an injection of humour. The Theodora Children's Charity trains entertainers to become 'clown doctors' in hospitals around Britain. Joanie Speers, a spokeswoman for the charity, says that the clowns help (26) \_\_\_\_\_ in the patients' lives, which they tend to lose when they are in hospital.

'Children in hospital are not only vulnerable and homesick, they are also often very bored,' Speers says. 'Regular visits from clown doctors (27) \_\_\_\_\_. We know that humour can have a positive impact on anyone's health – laughter produces endorphins which basically make you feel better. In the case of children, it can help make them more responsive to treatment.'

- A asked to view more serious ones**
- B to consider laughter therapy**
- C to bring benefits to patients of all ages**
- D that humour can relieve allergies**
- E were less likely to laugh than usual**
- F to restore some sense of normality**
- G hasn't been clearly established**
- H have made a big difference to their recovery**

**Read the text below. For questions (28–37) choose the correct answer (A, B, C or D).**

What If?

People have always wondered about how certain events in history might have taken a different direction. Fiction writers have (28) \_\_\_\_\_ this interest in the so-called 'alternative history', or 'alt-history', genre. Their stories are based on some historical facts, but usually (29) \_\_\_\_\_ one or more key events that occur differently. They do this to show us what would have happened if history had unfolded in a different way.

One of the (30) \_\_\_\_\_ examples of the genre is Philip K Dick's *The Man in the High Castle*, published in 1962. The book describes a world where Germany and Japan won World War II and split the United States (31) \_\_\_\_\_ them. Interestingly, in the novel, several characters are reading an alt-history book that takes place in a world more similar to our own. A recent television (32) \_\_\_\_\_ expands on Dick's original idea by showing much more of the alternative world.

Dick once said he had the (33) \_\_\_\_\_ for *The Man in the High Castle* after reading another alt-history novel, Ward Moore's *Bring the Jubilee*, published in 1953. In Moore's novel, the (34) \_\_\_\_\_ character, Hodge Backmaker, lives in a different version of the world we know. This change has been brought about by the fact that in 1863 the American Civil War ended with the victory of the South, not the North. Hodge, a historian, (35) \_\_\_\_\_ back in time to the Civil War. Through his actions, he unintentionally (36) \_\_\_\_\_ history to change, leading to the outcome we are familiar with today. By changing the past, alt-history narratives also transform the

present – which in turn allows us to imagine how they might alter the future we think lies (37) of us. Will these imagined futures have come true by the time we live to see them?

28	A discovered	B explored	C questioned	D covered
29	A admit	B discuss	C consist	D include
30	A best-known	B famous	C remarkable	D memorable
31	A between	B among	C within	D inside
32	A serial	B set	C sequel	D series
33	A plan	B objective	C idea	D solution
34	A major	B main	C notable	D memorable
35	A travels	B flies	C moves	D tours
36	A creates	B causes	C makes	D affects
37	A ahead	B before	C forward	D earlier

**Read the texts below. For questions (38–47) choose the correct answer (A, B, C or D).**

#### The Clothes of the Future

A Spanish designer, Manuel Torres, (38) \_\_\_\_\_ a spray-on cotton fabric. It can be (39) \_\_\_\_\_ as a light mist or a thick layer, and will be as tight as a second skin. This revolutionary fabric might have a multitude of uses. For example, swimmers of the future could be (40) \_\_\_\_\_ it to spray on just enough cloth to protect their bodies. Also, spray-on bandages could provide instant covering for wounds. These ideas may not seem very likely, but such new designs may (41) \_\_\_\_\_ become part of our lives in the future. Perhaps one day you will be able (42) \_\_\_\_\_ your spray-on swimsuit in a can from your local store!

38	A develops	B has developed	C is developed	D had developed
39	A applied	B apply	C application	D applying
40	A using	B use	C to use	D used
41	A best	B better	C good	D well
42	A buy	B buying	C to buy	D bought



## Online Communication May Be Bad For Your Health

Health advisors are warning that using emails, phone messaging or video conferencing is turning office workers into sedentary 'screen slaves' who no longer get any exercise. 'People send messages to colleagues (43) next to them,' says Dorian Dugmore of Sport England, the body (44) for encouraging public participation in sport.

Sport England is calling for employers to encourage their staff to walk around the office and to speak to co-workers instead of (45) messages via their phones or computers. Roger Draper, head of Sport England, said they (46) like to encourage working people to build more physical activity into their daily lives. 'We have a big task (47) the number of people who are physically active, and what better place to focus our efforts than the workplace?' he added.

43	A sit	B sat	C to sit	D sitting
44	A responsible	B responsibly	C responsibility	D responsive
45	A send	B to send	C sending	D sent
46	A could	B can	C would	D must
47	A increase	B to increase	C increasing	D be increasing

### Writing

You have seen an online advertisement for a cooking school and would like to enrol on one of their courses. Write a letter to the manager of the school in which you:

- explain why you are interested in signing up for a course
- say which course you would be most interested in and find out whether there are still places available
- ask him/her for further information about the length of the course, dates and prices.

**Write a letter of at least a 100 words. Do not write your own name, any dates, addresses or other personal information. Start your letter in an appropriate way.**

