



TRACK 34

**A LISTENING . Listen and write the letters in the boxes. (\_\_\_/10)**
Listen and choose the correct answer (A, B or C) for each question . You will hear the recording twice. [Click here to listen](#)

1. What time did they arrive?



4. What beds did they stay in?



2. How many students were there?



5. What did they hear in the night?



3. What did they do in the evening?


**B READING . Read the letters from an advice website for teenagers and answer the questions.**


Dear Polly,

Last night I got into bed at 10 o'clock as usual. Then (as usual!) My best friend started messaging me to play this action game we both like online. I stopped playing four hours later, but I didn't feel sleepy, so I checked out my Facebook page for a bit. I didn't go to sleep until 3 am! I feel tired all of the time except at night. It's my best friend's fault!

Henry, 14

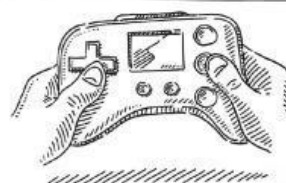
Dear Henry

Adults usually need about eight hours of sleep a night, which is one hour less than teenagers and four hours less than children. Scientists think that teenagers are getting less sleep than before. Online gaming and social media are a big part of the problem.

There are two reasons for this. The first is that when you play the games, you get very excited. Second, the light in the screen makes your brain think it's daytime so you don't produce the hormones you need to make you feel tired naturally.

The easy way to sleep better, of course, is to stop playing these games altogether. But I know you enjoy them, so why give them up completely? It's not just your friend's fault, it's yours too! Speak to him and explain that you want to get more sleep. Don't play just before bedtime, why don't you play two hours before you usually go to bed, and play for an hour at the most. Oh, and leave your phone downstairs!

Polly



**1. Answer the questions ( \_\_\_\_ / 10)**

1.What did Henry's friend do last night?

\_\_\_\_\_

2.What time did Henry stop playing online games?

\_\_\_\_\_

3.What did Henry do when he wasn't sleepy?

\_\_\_\_\_

4.How many hours do teenagers need to sleep?

\_\_\_\_\_

5.What should Henry do to sleep more?

\_\_\_\_\_

**2. Read the letter again and write TRUE or FALSE ( \_\_\_\_ / 5)**

1. Henry first went to sleep at 3 am. \_\_\_\_\_
2. Henry's friend messaged him. \_\_\_\_\_
3. Adults should sleep about eight hours a night. \_\_\_\_\_
4. Polly says that hormones make you feel tired. \_\_\_\_\_
5. Polly says that Henry should stop playing online games. \_\_\_\_\_

**C VOCABULARY . ( \_\_\_\_ / 10) 0,5 each**

Possible categories: using technology, digital devices. Computer equipment (CB P 50, 51) Things in the home(CB P62 - WB P54) Parts of the body (CB P74) Symptoms, illnesses and allergies (CB p79)

**1. Complete the chart.**

**PARTS OF THE BODY**

**Read and complete.**

1. Your **N**\_\_\_\_\_ joins your head to your body.
2. Food usually takes about seven seconds to travel from your mouth to your **S**\_\_\_\_\_
3. Your **B**\_\_\_\_\_ is inside your head and you use it for thinking and remembering.
4. You have four **F**\_\_\_\_\_ and one thumb on each hand to pick things up with.
5. You use your **M**\_\_\_\_\_ to talk and eat with.

**THINGS IN THE HOUSE**

**Look and write the name.**





## SYMPTOMS, ILLNESSES AND ALLERGIES

Read and complete with the words in the right form (there are extra words)

**cough – sneeze – feel sick –  
have a sore throat – have a cold – have a  
high temperature – have a stomachache –  
have hay fever – have a food allergy –**

1. He started to \_\_\_\_\_ a lot in class, so the teacher gave him a tissue.
2. When you \_\_\_\_\_, you might need to take your temperature.
3. I always \_\_\_\_\_ in the spring when the flowers bloom.
4. She can't eat eggs because she \_\_\_\_\_.
5. I \_\_\_\_\_ after eating so much chocolate!

## TECHNOLOGY

Read and complete.

1. I always use a **K** \_\_\_\_\_ for typing. It's very slow to do it any other way.
2. My dad wears a **S** \_\_\_\_\_ to check the time, read messages, and count his steps \_\_\_\_\_.
3. My computer has a really big **M** \_\_\_\_\_ it can store millions of files.
4. She took amazing photos of the mountains with her new **D** \_\_\_\_\_ **C** \_\_\_\_\_.
5. I couldn't call you because I forgot my **P** \_\_\_\_\_ **C** \_\_\_\_\_ at home and my battery died

## D GRAMMAR . 1 - Complete the story with the words below. (\_\_\_/5)

**his - him - to - at - ago - they - ~~their~~ - than - is - was - were**

Zoe and her mother like listening to the same kind of music. Their favourite singer is Maluma. They just love him. They play \_\_\_\_\_ songs with spotify almost every day!



Yesterday, they came back from the shops at 5 o'clock. When they arrived home, Zoe's father \_\_\_\_\_ searching for youtube tutorials on how to make cats happy! Three days \_\_\_\_\_ they had a problem with their cat. It was sick. They \_\_\_\_\_ very worried about the animal so they took it to the vet immediately. They went by car because it was faster \_\_\_\_\_ the bus, but the vet didn't find anything wrong with the cat.

NOTE FOR THE TEACHER: A minimum of at least 8 exercises of this kind are recommended before students attempt the test. All these words may be used in this type of exercise: Subject pronouns: **I, you, he, she, it, we, you, they** / Possessive adjectives: **my, your, his, her, our, your, their** / a, an, any (neg & quest) /n the morning-afternoon-evening, at night, at 7 o'clock / on (days) / n 2018 / ago TO BE: **is, are, am, was, were** (also in past continuous) / **can, can't, could, couldn't** / there is, (bigger are / has, hasn't, have, haven't, got / go to school, bed, work, university / Comparative & Superlatives: (bigger) than, the...est

## 2- Complete the questions about Zoe. Careful! Some questions are about the past, some are about the present and some about the future. (\_\_\_/10)

1. \_\_\_\_\_  
She played with her cat at 10 o'clock this morning.
2. \_\_\_\_\_  
She has got only one cat
3. \_\_\_\_\_  
She feeds her cat every day
4. \_\_\_\_\_  
She was listening to Maluma when her cat got sick.
5. \_\_\_\_\_  
No, she doesn't know the reason why her cat got sick.



**How many ?  
When ?  
What time  
Where ?  
Did... ?  
How often ?  
Does... ?  
What ?  
has ?  
was... ?  
is / are**

### 3- MIXED TENSES: Present simple & continuous, Past simple & continuous (\_\_\_/10)

**EXAMPLE:** I (WATCH) was watching TV when my friend (PHONE) phoned me.

1. Every weekend Zoe's father \_\_\_\_\_ (DRIVE) to the countryside.
2. Look! That man \_\_\_\_\_ (STEAL) from that shop. Let's call the police right now.
3. What time \_\_\_\_\_ you \_\_\_\_\_ (GET UP) yesterday ?
4. When I \_\_\_\_\_ (SLEEP) last night, a friend from school texted me and woke me up.
5. I can't text you now because I \_\_\_\_\_ (STUDY) for my exams. I'll text later.

### 4- Complete with the correct form of the verbs in brackets. Verbs + to INF or ING. (\_\_\_/5)

**Karen:** Do you enjoy \_\_\_\_\_ (SPEND) time online, Mark?

**Mark:** Yes, I sometimes spend time on TIK TOK, but I usually forget \_\_\_\_\_  
(CHARGE) my phone. What about you?

**Karen:** I'd love \_\_\_\_\_ (GIVE UP) TIK TOK, but I can't. So I decided  
\_\_\_\_\_ (CHECK OUT) my TIK TOK only once a day.  
I don't mind \_\_\_\_\_ (CHECK OUT) that much.

**Mark:** Good idea!



### 5- Complete the sentences using:

(\_\_\_ / 5)

can   can't   have to   has to   don't have to   doesn't have to   must   mustn't

1. John and Mary have enough money, so they \_\_\_\_\_ take a taxi.
2. Do you really \_\_\_\_\_ leave now? It's still quite early.
3. Patricia \_\_\_\_\_ buy a ticket for the concert. She's already got one.
4. You \_\_\_\_\_ use the phone in class, it's against the classroom rules.
5. I \_\_\_\_\_ stay late today. It's not ok because it's Monday. I go to school tomorrow.

### 6- Look at the food Sigrid and Gemma bought for a party and complete the sentences below using some, a lot of, much, many or any. (\_\_\_/5)

SOME  
ANY  
A LOT OF  
MUCH  
MANY

#### Sigrid

- 2 pizzas
- 12 cartons of juice
- Bread
- Cheese



#### Gemma

- 12 bags of crisps
- 35 packets of sweets
- 5 cakes
- 20 chocolate bars

1. Sigrid didn't buy \_\_\_\_\_ cakes because he knew Gemma was buying \_\_\_\_\_.
2. Gemma bought \_\_\_\_\_ packets of sweets to share with friends.
3. How \_\_\_\_\_ cartons of juice did Sigrid buy?
4. Sigrid bought \_\_\_\_\_ juice because he knows his friends like it.



7- Complete the story using the **Past Simple or Past Continuous** of the verbs in brackets (\_\_\_ / 5)

I love going running. On Tuesday last week, I \_\_\_\_\_ (GO) for a run around a lake near my house. As I \_\_\_\_\_ (RUN) along the path, I \_\_\_\_\_ (SEE) a young child next to the water. His mum \_\_\_\_\_ (NOT WATCH) him very carefully. Suddenly, he \_\_\_\_\_ (FALL) into the water, which was quite deep. I jumped into the cold water to save him. He was very lucky!



**E WRITING .** Write about the person below (3rd person) (\_\_\_ /20)

Write a new paragraph about each idea. **ABOUT 150 WORDS**



**PERSONAL INFORMATION**

**NAME:** Axel Bando

**DATE OF BIRTH:** 16/8/2012

**NATIONALITY:** ARGENTINIAN

**MY TOWN** Mar del Plata

type of place, geographical location, description

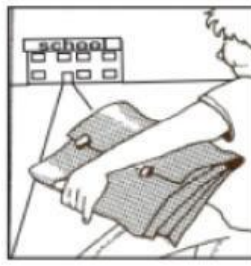
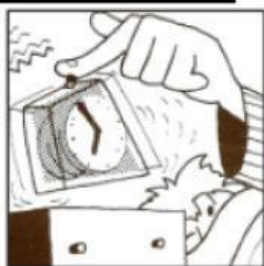
**BEST THINGS & WORST THINGS**

Traffic - special attractions - public transport - people -- activities

**EVERYDAY**

Milk for breakfast - homework / 10:30 - ~~lunch at home~~ - study / 11:30 to 12:30 - restaurant - ~~school~~ / morning

**ANECDOTE YESTERDAY**



Checklist for things to include.

**REMEMBER**

- Pers.Info + date of birth ☐
- Description of town ☐ ☐
- Best things about my town ☐
- Worst things about my towns ☐
- Routines activities ☐ ☐ ☐
- Uses pres simple neg. ☐ ☐

**ANECDOTE YESTERDAY**

- Where was the character ? ☐
- Clothes ☐ ☐
- Description of place / weather ☐ ☐
- Activities on progress ☐ ☐
- What happened ? ☐
- Conclusion ☐
- Put events in order and use connectors: when.../ suddenly.../ after that.../ finally.../ ☐

### PERSONAL INFORMATION

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### MY TOWN

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### BEST THINGS & WORST THINGS

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### EVERYDAY

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### ANECDOTE YESTERDAY

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