



## FINAL TEST - OPTIMISE B1+

Student's name: \_\_\_\_\_

5<sup>TH</sup> ADOLESCENTS

### VOCABULARY

**A. Complete the text with the correct words (A, B or C).**

A few months ago, I decided to join a cycling club. I had an old racing bike in the garage and after a few repairs I managed to get it up and (1) \_\_\_\_\_ again. I go training with the club every Saturday and we usually cycle around 70 kilometres. To be honest, it's really hard work and sometimes we have to cycle uphill to a (2) \_\_\_\_\_ of 500 metres or more. We're preparing for a race at the moment and the team (3) \_\_\_\_\_ is taking it very seriously. He's given us a training programme to (4) \_\_\_\_\_ our muscles and improve our breathing. He says that if we don't follow his programme, it will (5) \_\_\_\_\_ our chances of winning.

1 A cycling	B running	C driving
2 A high	B heighten	C height
3 A coach	B sponsor	C winner
4 A weaken	B lengthen	C strengthen
5 A lowness	B lower	C low

**B. Choose the correct words to complete the text.**

My school is organising a five-a-side football tournament with teachers, parents and students to raise money for new sports facilities. My dad's the (1) *captain/referee* of my team, so if we don't do very well, we can blame him! We only have a couple of weeks so we're run off our (2) *circles/feet* trying to get ready. We're looking for (3) *fundraisers/sponsors* who will give money to the school. At the same time, we're doing exercise to (4) *stronger/strengthen* our muscles and make sure we're fit enough to play. That's not a problem for the younger ones, but it is for some of the parents, especially my dad. At the moment, I don't think he's capable of running the (5) *length/height* of the pitch!

**C. Complete the sentences with a particle in each gap.**

- 1 I think we can get \_\_\_\_\_ on the food we've got until the end of the week.
- 2 My dad is hoping to take \_\_\_\_\_ as the manager of his office because his boss is leaving.
- 3 I wasn't sure about having a beach holiday but now I'm coming \_\_\_\_\_ to the idea.
- 4 A: 'Hello. Can I speak to Mr Hudson, please?'  
B: 'One moment. I'll just put you \_\_\_\_\_.'
- 5 Miss Jones is standing in \_\_\_\_\_ our teacher because she's away on a training course.

**D. Write one word in each gap.**

#### Learning to Cook

I love food and I'd prefer to eat out in a nice restaurant rather than cook at home. (1) \_\_\_\_\_, the last time I went out to a restaurant, I paid a fortune even (2) \_\_\_\_\_ I only ordered a burger, a soft drink and chips. So, I decided that I needed to learn how to cook. I found a cookery class in my area and went for a lesson. The teacher, (3) \_\_\_\_\_ name

is Nick, explained some basic cooking tips before telling us he specialised (4) \_\_\_\_\_ Italian food, which isn't my favourite. There were six of us in the class and we (5) \_\_\_\_\_ given clear instructions on what to do. After just 30 minutes I (6) \_\_\_\_\_ finished cooking my first dish. I think it was the best pasta I have ever tasted! Next week, we're going to learn how to make Italian ice cream, I can't wait!

**E. Complete the words in the sentences. The first letter is there to help you.**

My older brother, Nico, has a (1) p - t job in a supermarket, where he works weekends and two evenings a week. It sounds really boring to me but he insists that he enjoys it and I think he works quite hard. In fact, he told me that his name has been put (2) f as a possible team leader, which is great news for him. If he gets the job, he'll become a (3) s and he'll be in charge of his own team. The only problem for me is that my parents think I should get a job too. They keep pointing out that Nico earns his own (4) w and so should I. At first I didn't agree with them but now I'm starting to (5) c round to the idea. It might not be so bad to have a little money of my own.

**F. Choose the correct word or phrase (A, B or C) to complete the text.**

Nelson Mandela was a hero for people around the world and there's no doubt that his actions made (1) \_\_\_\_\_ to the lives of millions of South Africans. Mandela grew up in a country in which black people were not treated as equal to white people, so he dedicated much of his life to fighting against (2) \_\_\_\_\_. He believed that by standing up for black Africans he was (3) \_\_\_\_\_ for his people, but he ended up in prison for his beliefs. Most people would have given up at this point but Mandela did not lose his (4) \_\_\_\_\_ and he continued to work for a better country. Despite being in prison for nearly 30 years, he continued to be (5) \_\_\_\_\_ with South Africans fighting for change. They demanded his release from prison and Mandela went on to become the first black President of South Africa in 1994.

1 A an excuse	B a difference	C proud
2 A sexism	B heroism	C racism
3 A doing his duty	B doing harm	C doing him good
4 A criticism	B tourism	C idealism
5 A original	B popular	C infamous

**G. Choose the correct word for each gap.**

**Teenage Entrepreneurs**

More young people are making the decision to start their own (1) \_\_\_\_\_ instead of going to university or looking for a (2) \_\_\_\_\_ job working for someone else. The first step to becoming a successful entrepreneur is to (3) \_\_\_\_\_ up with an idea. Since many young people are experts with computers, it makes (4) \_\_\_\_\_ to use this skill. Creating apps, building websites and designing video games are all (5) \_\_\_\_\_ options for teenagers. The biggest advantage of starting a company is that you are your own boss and nobody can give you the (6) \_\_\_\_\_. The biggest challenge you might face is that you may have to get (7) \_\_\_\_\_ on little money while you are getting your first customers. But whether your company is successful or not, you will probably learn a lot from the experience!

1 A work	B employment	C business	D vacancy
2 A full-time	B overtime	C shift	D salary
3 A think	B come	C go	D invent
4 A sense	B logic	C good	D proud
5 A famous	B sensitive	C optimise	D popular
6 A sack	B fire	C unemployment	D redundant
7 A survive	B over	C forward	D by

**H. Write one word in each gap.**

**A Small Act of Kindness**

Last week, on the way to school, a new classmate asked me to meet him at lunch. I had seen him a few times before. Usually, I would just make (1) \_\_\_\_\_ an excuse like 'Sorry, I haven't got the time' and walk on, but he seemed sad. I thought if I talked to him it wouldn't (2) \_\_\_\_\_ any harm. He told me his name was George and that he was from Romania. He (3) \_\_\_\_\_ on to tell me that he was having problems understanding his homework because his English wasn't very good. After lunch, he showed me what he hadn't understood. I thought it was going to take a long time to explain everything, but I knew I should (4) \_\_\_\_\_ the right thing and help him. We met after school each day that week. I could see he was lacking (5) \_\_\_\_\_ confidence but he was really enthusiastic about learning. I felt so proud when he told me that he understood things more than before. It was only a small act of kindness but I think it made a big difference to him. I only (6) \_\_\_\_\_ he had told me about his problem sooner.

**GRAMMAR**

**I. Complete the text with one word in each gap.**

Barcelona is a popular city with runners and some people say there are too (1) \_\_\_\_\_ races to choose from. In fact, there are (2) \_\_\_\_\_ many, that you could run a race almost every weekend of the year. However, I love running and one of my favourite races is the Barcelona Fireman's Race. It's a ten kilometre race so it's not (3) \_\_\_\_\_ hard. There's a gentle uphill climb for six kilometres, followed by four kilometres downhill to the finish line. No problem, you might say! What I haven't mentioned yet is that it's not (4) \_\_\_\_\_ an easy race for the firemen, who run in the full fireman's uniform. And if that wasn't difficult (5) \_\_\_\_\_, some of them even wear their heavy equipment, which weighs almost 20 kg.

**J. Rewrite the second sentence so that it means the same as the first.**

1 I don't think it's possible that they ate everything.

I don't think they \_\_\_\_\_ everything.

2 I helped my mum with the washing up but it wasn't necessary.

I needn't \_\_\_\_\_ my mum with the washing up.

3 It would have been a good idea to take an umbrella.

You ought \_\_\_\_\_ an umbrella.

4 I'm sure they went straight to the beach.

They \_\_\_\_\_ straight to the beach.

5 I'm almost certain that Tom Hanks wasn't the star of that film.

Tom Hanks \_\_\_\_\_ the star of that film.

**K. Complete the text with the correct form (future continuous, future perfect simple or future perfect continuous) of the words in brackets.**

I'm a DJ on a hospital radio station and (1) \_\_\_\_\_ (**do**) shows for five years by the end of the summer. It's a station for patients in the children's hospital where we play songs and have phone-in competitions to cheer up the kids. I've really enjoyed it but I (2) \_\_\_\_\_ (**not work**) on any more shows after this summer because I'm starting university soon. By the time I do my last show, I (3) \_\_\_\_\_ (**play**) thousands of songs and I hope I (4) \_\_\_\_\_ (**cheer up**) hundreds of children. It's been a really useful experience and I'd definitely like to do more voluntary work in the future. In fact, I'd like to think that in five years' time (5) \_\_\_\_\_ (**work**) full-time for a charity and helping even more people. Let's see what the future holds.

**L. Choose the correct words to complete the sentences. Then decide whether the sentences are 0 (zero conditional), 1 (first conditional), 2 (second conditional) or 3 (third conditional).**

1 You **wouldn't have been/won't have been/would have been** able to fix your computer if he hadn't helped you.

0/1/2/3

2 I would cook/will cook/cook you something nice if you come round this evening.

0/1/2/3

3 The doors close automatically if there will/would be/is a fire in the building.

0/1/2/3

4 If you went to bed earlier, you will/won't/might find it easier to get up in the morning.

0/1/2/3

5 They wouldn't have done the washing up unless you have said/had said/hadn't said something.

0/1/2/3

M. Complete the second sentence so it has a similar meaning to the first. Do not change the word given. Use two to five words, including the word given.

1 The moment Jenny arrives, everybody hide!

As \_\_\_\_\_ Jenny arrives, everybody hide! SOON

2 My best friend will use my room to record a video.

My room \_\_\_\_\_ my best friend to record a video. BE

3 We need to tidy up. What about throwing away these old books?

We need to tidy up. \_\_\_\_\_ rid of these old books? SHALL

4 We might need to call for help, so I'm taking my mobile.

I'm taking my mobile \_\_\_\_\_ to call for help. CASE

5 Even though it was getting dark, we kept on climbing.

We kept on climbing \_\_\_\_\_ that it was getting dark. SPITE

6 If you don't take a sweater, you might get cold.

You might get cold \_\_\_\_\_ a sweater. UNLESS

7 This mountain is more difficult to climb than the one we climbed last week.

This mountain \_\_\_\_\_ to climb as the one we climbed last week. EASY

8 Paul found it impossible to hear the music because of the noise.

There \_\_\_\_\_ that Paul found it impossible to SUCH  
hear the music.

9 Ali couldn't buy the present he wanted because it cost too much.

Ali didn't \_\_\_\_\_ buy the present he wanted. ENOUGH

10 Last week James and Daphne's sports clothes were washed.

James and Daphne \_\_\_\_\_ last week. THEIR

11 We suggested a new plan to raise money for the school.

We \_\_\_\_\_ to raise money for the school. FORWARD

12 'Where did you learn to do magic?' Tom asked.

'Could you tell \_\_\_\_\_ to do magic?' Tom asked. ME

13 'I designed my own app last year.' said Susan.

Susan claimed \_\_\_\_\_ her own app the previous TO  
year.

14 'I didn't know about the charity run, so I didn't enter it,' said Peggy.

Peggy said that if \_\_\_\_\_ about the charity run, SHE  
she would have entered it.

