Placement test: Acelerado 1 Adults

Student's name:_____ **Date:** _____
Phone: _____

A) Reading Comprehension
1) Read the text and complete the tasks below:

The secrets of a long life

In three areas of the world, a very high number of people live to be 100. Scientists want to know why. What do the three places have in common?

ECUADOR

Vilcabamba, a small village in the Andes, is often called "the Valley of Long Life". What's its secret? Firstly, Vilcabamba is not very hot or very cold – the temperature is usually between 64 and 80 degrees Farenheit (18 and 27 degrees Celsius), and the air is very clean. Secondly, people work hard in the fields and exercise a lot. Thirdly, their diet is very healthy. They eat a lot of fruit and vegetables, and they hardly ever eat meat or fish. The water they drink, from the river, is very rich in minerals. They also have a good social life. In Vilcabamba people say, "The left leg and the right leg help you to be healthy, because they take you to your friends' homes".

ITALY

In Ogliastra, a mountain region of Sardinia, one out of every 200 people lives to be 100, and they are usually very healthy, too. Most of the people in the villages work outside in their fields and with their animals. They have a healthy diet, with a lot of vegetables and not much meat or fish. They hardly ever take any medicine. "Life is hard", says Fortunato, who is a shepherd, but "I am never stressed. I never read the newspaper – because I can't read very well".

JAPAN

People in Okinawa in Japan do not have big meals. They usually just have vegetables and fish, and often eat soy. Okinawans are very active, and they often work until they are 80 or more. But they also relax every day – they see friends and they meditate. Ushi, from Okinawa, is 107. In the evening, she often dances with her daughter. "I want to have a boyfriend", she says. When journalists ask people from Okinawa "What is your secret?"" they answer, "We are happy, we are always positive, and we are never in a hurry".

2) Answer the questions (8x2=16)

1. Where is Vilcabamba?_____
2. How is it called? _____
3. Do people exercise in Vilcabamba? _____
4. Are people in Ogliastra healthy? _____
5. Where do people work there? _____
6. Do they take any medicine? _____
7. What do people in Okinawa eat? _____
8. Does Ushi have a boyfriend?_____

3) Read the text again and decide if the sentences are T (true) or F (false). (5x1=5)

1. It's very hot in Vilcabamba. ____
2. People in Vilcabamba drink bottled water. ____
3. People in Ogliastra don't eat much fish or meat. ____
4. Fortunato is usually stressed. ____
5. People in Okinawa are positive. ____

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GRAMMAR & VOCABULARY

4) Lara is talking about her and her friend Alice's habits. Put the verbs in the correct form. (18x0.5= 9)

My health habits are good. I _____ (eat) breakfast every day. I _____ (not, skip) meals, and I _____ (not, drink) soda and alcohol. I _____ (exercise) a lot, and I _____ (play) tennis. I _____ (not, eat) a lot of junk food, but I _____ (love) ice cream. I _____ (sleep) eight hours every night.

I _____ (take) care of my health.

*Alice*_____ (be) my best friend. She's very different from me. Ali _____ (not, take) care of her health. She _____ (not, exercise), but she _____ (take) dancing lessons. She sometimes _____ (skip) meals, and she



_____ (not, eat) breakfast. She often _____ (eat) junk food all day. She _____ (study) very hard, and she only _____ (sleep) six hours every night. I _____ (be) worried about Ali because her lifestyle is not good for her health.

6) Look at Lara's office schedule and answer the questions. (8x 1.5=12)



Daily Schedule

University Admissions office *Monday, December 2nd*

Staff	Task
Fran	Answer letters
Lara and Susan	Meet with Mr. Park
Jordan	Read emails
Rita	Talk to new students
Daniel	Write reports
Alex	Answer phones
Sarah	Work at the computer

1. What's Fran doing today? _____
2. Is Jordan reading emails? _____
3. Is Rita answering letters? _____
4. What are Lara and Susan doing? _____
5. Is Daniel writing letters today? _____
6. Who is answering the phones? _____
7. Is Sarah meeting with Mr. Park? _____
8. What is Sarah doing today? _____

7) Lara is looking for a place for her summer holidays. Read the ad and circle the best option. (10x1=10)

Are you looking for the best place at the Hamptons? Here's your best option. It's / There's a very nice house. **There's / It's** a large yard, and **there are / they are** some trees in the yard. **There are / They are** apple trees that you can see from your window. **There's / It's** a living room, with a big blue sofa. In the kitchen **there aren't / they aren't** any shelves, but **there are / they are** some cupboards. **There are / They are** very old, but the fridge and stove are new. And the bathroom's fantastic – **there isn't / it isn't** very big, but **there's / it's** a shower and a bathtub. It's the



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ideal place for the summer holidays.

8) Lara and Alex are new friends. They go out for coffee. Complete the questions. (6x2=12)

Lara: So, Alex _____ ?

Alex: In Seoul. **I live** in a small house.

Lara: _____ with your parents?

Alex: Yes, and my sister. What about you? _____ any brothers and sisters?

Lara: **Yes, I have** a young brother. He's 19.

Alex: _____ work?

Lara: No, **he doesn't**. He's a student.

Alex: What about you? _____ work?

Lara: **I work** in a store downtown.

Alex: _____ your job?

Lara: Yes, I **like** it a lot.

WRITING

9) You are making friends with Alex. Write an email talking about you and your family (20)
Include the following information
Paragraph 1: Your personal information. Likes and dislikes. Your city.
Paragraph 2: Your family. Family members and their names. How old they are. Where they live
Paragraph 3: Conclusion

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