

GRAMMAR

3 Choose the correct option

Preparing for our first wilderness trek was tough. Instead of 1) _____ home, we chose the mountains. 2) _____ a heavy backpack is always a challenge, so it is vital 3) _____ the weight evenly. We were quite worried about 4) _____ lost without cellular service. 5) _____ the steep trails at night proved to be very dangerous. However, once we reached the top, it was amazing 6) _____ the sunrise. The view was absolutely impossible 7) _____. After 8) _____ for twelve long hours, we finally reached our campsite. We are already looking forward to 9) _____ next summer. 10) _____ this experience together truly made us a stronger team.

1	stay	to stay	staying
2	Packing	To pack	Pack
3	balance	to balance	balancing
4	get	to get	getting
5	Navigating	Navigate	To navigate
6	watch	to watch	watching
7	forget	to forget	forgetting
8	walk	to walk	walking
9	return	to return	returning
10	Sharing	Share	To share

4 Rewrite the sentences with the same meaning as the original

1. A local mechanic repaired my car yesterday.

1. I _____ yesterday.

2. An optician is testing Sarah's eyes at the moment.

1. Sarah _____ at the moment.

3. The decorators are going to paint our living room next week.

1. We _____ next week.

4. A professional technician has just fixed Mark's laptop.

1. Mark _____.

5. The dentist checks her teeth twice a year.

1. She _____ twice a year.

File Test 10

Grammar, Vocabulary, and Pronunciation A

VOCABULARY

1 Match the British words for the American words.

- | | |
|------------------|------------------|
| 1 apartment | trousers |
| 2 elevator | toilet |
| 3 sidewalk | rubbish |
| 4 parking lot | cinema |
| 5 restroom | wardrobe |
| 6 high school | car park |
| 7 garbage | flat |
| 8 closet | mobile phone |
| 9 pants | secondary school |
| 10 cell phone | pavement |
| 11 movie theater | queue |
| 12 stand in line | lift |

LISTENING

2 Listen to a man talking about taking a friend to the theatre. Choose the correct answer.

- 1 Mike chose The Lion King because ____.
A his friend is a Disney fan.
B his friend had wanted to see it for a long time.
C his friend's children wanted to go.
- 2 Before seeing the show, Mike was concerned that ____
A it might not be very good.
B there would only be puppets.
C only children would like it.
- 3 There were ____ in the film.
A more songs in the musical than
B many different songs in the musical to those
C the same songs in the musical as
- 4 According to Mike, their seats ____
A didn't have a good view.

File Test 10
Grammar, Vocabulary, and Pronunciation A

- B** were far away from the children.
- C** were at the back of the stalls.

5 One problem with going to the theatre is that ____

- A** Mike doesn't have time.
- B** too many children go.
- C** it is expensive.

File Test 8

Listening and Speaking A

Why watching TV crime dramas is good for your brain

The best TV crime dramas build suspense over a number of episodes. They challenge viewers to pay attention to complicated stories and to remember them from episode to episode. In other words, they provide an excellent workout for the brain.

Research shows that when people are put in an artificial situation with no sensory stimulation, their brains take only 30 hours to become so distressed they start stimulating themselves by hallucinating. When people come out of those isolation experiments and are asked to do reasoning and memory tests, they perform worse than previously.

The more you use your brain, the sharper it becomes. And when you watch complex TV drama, you really exercise it. Almost all the visual regions in the brain are activated, starting with the primary visual cortex in the occipital lobe, where the images are first analysed.

The left brain understands the show's script, while the right-hand side of the brain analyses the tone of voice and its musicality to understand the emotion transmitted.

Indeed, where crime dramas provide more brain exercise points over other television shows is in their complexity and high levels of emotion. Understanding the characters' sadness, for example, involves a complicated interaction of brain regions working together.

The memory area of the brain, meanwhile, helps us remember what happened to the characters in the previous episode.

When the brain is stimulated in the right way, it can also release chemicals that are crucial to a healthy brain: it is these chemicals that are often used in those suffering from depression. So if you figure out who the murderer is, you won't just feel proud of yourself - your brain chemistry might also improve.

Then there's the background music and many of its plot cues are signalled to the audience through sound. The music helps build the suspense, which is surely the key ingredient of all successful crime dramas - and one to which the human brain responds strongly.

Different coordinated areas of the brain are responsible for higher executive function - planning and organising, as well as managing our time and attention. Which is just as well, because attention is essential to learn new things.

But we have a limited capacity to pay attention, and when we change our focus, for example, to check text messages or any other social media, our brains redirect valuable mental resources. So for the best brain workout during your favourite crime show, give it your full attention - and save tweeting about it for later.

Adapted from <http://www.bbc.co.uk>

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|---|---|---|
| 1- It has been proved that people without sensory stimulation perform better in many tasks. | T | F |
| 2- Our left hemisphere interprets the feelings expressed in the shows. | T | F |
| 3- The complexity of crime dramas stimulates the interaction of the different parts of the brain. | T | F |
| 4- The music played in the background rarely stimulates the brain. | T | F |
| 5- Distractions while watching your favourite show affect your brain exercise. | T | F |