Unit 1 Poziom podstawowy Imię i nazwisko: _____ Klasa: ____

1 01 Usłyszysz dwukrotnie trzy teksty. Z podanych odpowiedzi wybierz właściwą, zgodną z treścią nagrania. Zakreśl jedną z liter: A, B albo C.

Tekst 1.

1 The speaker wants her students to consider
A the possibly useful role of all emotions.
B the ways emotions change our behaviour.
C the damaging effects of negative emotions.

2 What does the speaker say about over-eating in relation to emotions?
A It is often caused by negative feelings.
B It is less common amongst happy people.
C It may be the result of ignoring one's feelings.

Tekst 2.

3 What does Joan Trent NOT mention as a reason for hiding feelings?
A A desire to act like other people.
B A wish to avoid embarrassment.
C Wanting to appear strong.

4 When are the most serious negative effects of 'bottling up' emotions visible?
A When feelings are hidden for a long time.
B When feelings involve people we don't know well.
C When many different feelings are involved.

Tekst 3.

5 What has Tim's brother done to disappoint him?
A Neglected to return a phone call.
B Given some incorrect information to a friend.
C Failed to keep a promise.

6 Natalie describes her sister as
A too direct.
B lacking compassion.
C extremely reliable.

__ / 12

2 Przeczytaj tekst. Dobierz właściwy nagłówek (A–F) do każdej oznaczonej części tekstu (1–4). Uwaga: dwa nagłówki zostały podane dodatkowo i nie pasują do żadnej części tekstu.

A AN IMPOSSIBLE COMBINATION?
B THE BETTER THEY'RE MADE, THE LONGER THEY LAST
C WHY BUY IF YOU CAN BORROW?
D REPAIRING CLOTHES MEANS LESS WASTE
E BE SURE YOU'LL WEAR IT AGAIN AND AGAIN
F CLEAR OUT YOUR WARDROBE AND MAKE SOMEONE HAPPY

1 ___

'Sustainable fashion' may sound like a contradiction as sustainable goods are both responsibly made – from ecologically and morally responsible sources – and meant to last a long time. Fashion, on the other hand, tends to be based on temporary trends and 'statement' outfits that are often worn only once or twice before ending up at the back of the wardrobe.

2 ___

But there are ways to be both sustainable and fashionable. One of the simplest approaches is to ask yourself before any purchase how often you will wear an item of clothing. If you are sure you will wear it at least thirty times – and if it's a brand that produces responsibly sourced, ethically made products – then you ought to feel good about buying it. However, if you're considering a 'statement' item for a single occasion, i`t's better to give it a miss.

3 ___

And if you do need that 'statement' piece, why not rent it? It is a shocking fact that 300,000 tonnes of unwanted clothes go into landfills every year. But if you hire an outfit, you can have the satisfaction of showing it off in high style for that special

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occasion, and other people will have a chance to wear the same item after you. This generates far less waste, and more wardrobe space too!

4 ___

One of the most sustainable practices, and one of the most generous, is donating clothes you no longer wear. The shame that was once associated with wearing second-hand clothes has pretty much disappeared, and knowing that something you rarely wear will become the highlight of another person's wardrobe can make you feel you are doing your bit in more ways than one.

___ / 8

3 Choose the correct words to complete the sentences.

1 You have to be careful of what you say to David because he's very **careless** / **sensitive** / **worried** when it comes to criticism.

2 Susan, who is very **patient** / **honest** / **polite**, will always tell you exactly what she thinks.

3 It is normal for students to feel **skinny** / **pierced** / **stressed** when it's time for the end-of-year exams.

4 She never wears clothes made with **denim** / **silk** / **fur** because she opposes cruelty to animals.

5 With her **ginger** / **spotty** / **freckled** hair and pale skin, many people assume she is Irish.

___ / 5

4 Complete the text with the correct words in the box. There are two extra words.

unsociable	good-looking	helpful	patient	tolerant	narrow-minded	imaginative

When our teacher asked us to write an essay about someone we look up to, I began to wonder what qualities make me admire certain people. I think the main thing is that a person is **(1)** _____, which means they accept all sorts of people, instead of being **(2)** _____ and judging everyone by their own strict standards. I don't mind if someone is a bit **(3)** _____ and prefers not to mix with a large group, so long as they are open and honest in their one-on-one relationships. I don't pay much attention to whether a person is **(4)** _____ or not, because appearances don't really matter, but I do care whether or not they are **(5)** _____ towards people who are less fortunate than they are.

___ / 5

5 Complete the sentences with the correct words. Some letters have been given.

1 The lady in the photo must be quite old. She's got lots of **w _ _ n _ _ _ s** on her face.

2 John is a very **r _ _ i _ b _ _** person – you can always count on him to keep his promises.

3 Joan often gets in a bad **m _ _ d** if anything goes wrong.

4 He's currently **d _ v _ _ c _ _**, but he's planning to marry for the second time next year.

5 I'm often too **e _ _ _ r _ _ _ _ _ d** to ask someone for help. ___ / 5

6 Przeczytaj tekst. Z podanych odpowiedzi wybierz właściwą, tak aby otrzymać logiczny i gramatycznie poprawny tekst. Zakreśl jedną z liter: A, B albo C.

One of my least favourite relatives is my aunt Judy. She's in her late forties and she's **(1)** ___, as her husband died in a car accident many years ago. She's quite plump, but she wears extremely bright colours because she likes to stand **(2)** ___ from the crowd. When my mum tells her she should **(3)** ___ for darker colours in order to look slimmer, she feels hurt and doesn't speak to my mum for a few days.

What I also dislike about Judy is that she is always **(4)** ___ other people, especially teenagers, which includes me! I can't **(5)** ___ listening to her when she is telling us about how polite and hard-working she used to be when she was a teenager. Even if the stories are true, she must have changed a lot since then!

1	**A** divorced	**B** widowed	**C** married
2	**A** off	**B** out	**C** along
3	**A** take	**B** go	**C** choose
4	**A** criticising	**B** criticise	**C** to criticise
5	**A** stand	**B** spend	**C** take

___ / 5

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7 Complete the sentences with the correct words. The first letters have been given.

1 The key to success in any sport is to have a positive **a**_____ towards the challenges and to learn from any failures.

2 My teeth are a bit uneven, so I have to wear dental **b**_____.

3 The **c**_____ of this shirt feels tight around the neck. Have you got a larger size?

4 Jane believes so passionately in animal rights that she won't wear shoes made of **l**_____.

5 These clothes have no character and no **i**_____. I don't want to look like everyone else.

___ / 5

8 W zadaniach 1–5 spośród podanych opcji wybierz tę, która jest tłumaczeniem fragmentu podanego w nawiasie, poprawnie uzupełniającym lukę w zdaniu. Zakreśl jedną z liter: A, B albo C.

1 My little sister likes a lot of sports, but she ___ (*naprawdę interesuje się*) basketball.
- **A** is really into
- **B** is really hopeless at
- **C** is really keen at

2 I think it's good that you are ___ (*trochę przybierasz na wadze*) – you were too skinny.
- **A** taking on some weight
- **B** putting on some weight
- **C** giving up some weight

3 Carol ___ (*na ogół nosi*) black clothes, so it's a surprise to see her in something bright.
- **A** is normally wearing
- **B** wears normally
- **C** normally wears

4 Stella was ___ (*w złym humorze*) for days after losing the competition.
- **A** in a bad mood
- **B** at a dark mood
- **C** in the wrong humour

5 Kelly is a lovely girl – she always ___ (*okazuje życzliwość*) to her friends and family.
- **A** shows kindness
- **B** is showing kindness
- **C** makes kindness

___ / 5

9 Uzupełnij poniższe minidialogi (1–5). Wybierz spośród podanych opcji brakującą wypowiedź. Zakreśl jedną z liter: A, B albo C.

1 **X:** You play tennis really well!
Y: Thanks! ___
- **A** I'd like to take up a new sport.
- **B** I spend hours practising.
- **C** It's not really my cup of tea.

2 **X:** Do you want to come to our community discussion group?
Y: ___
X: Oh, about twenty.
- **A** How many people are in the group?
- **B** Does it meet very often?
- **C** Are you the leader of the group?

3 **X:** Why do you keep playing with your pen?
Y: ___
- **A** I always fidget when I'm nervous.
- **B** No, it's not mine.
- **C** Do you want to borrow it?

4 **X:** Your brother is hopeless at football, isn't he?
Y: ___
X: I suppose anyone can improve.
- **A** Yes, he's captain of his team.
- **B** I think he's made a lot of progress.
- **C** He's not at all interested in it.

5 **X:** Isn't it time you left for the station?
Y: What's your hurry? ___
- **A** My train leaves in ten minutes.
- **B** My train hasn't left yet.
- **C** My train doesn't leave for three hours.

___ / 5

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10 Przeczytaj artykuł dotyczący związku między osobowością a wyglądem i odpowiedz na pytania 1–6.

Have you ever looked at a stranger's face and immediately formed certain expectations about their character? The idea that dominant personality traits will show in a person's face has a long history and is still commonplace, a fact confirmed by numerous studies. There is, however, no scientific evidence to endorse this popular belief.

The well-known British psychologist Professor David Perrett examines this question from a unique angle. In his book, *In Your Face: the New Science of Human Attraction*, Perrett puts forward the theory that it might be a person's face or general appearance that influences personality rather than vice versa.

He argues that how we see ourselves depends on how others treat us. His studies have shown that many people who consider themselves extroverts used to receive a positive response from those around them, so they have learnt to be confident and outgoing. This process may start in childhood. A young boy with a masculine face and build will be treated with more respect by other children, and consequently will likely develop the self-assurance that is considered part of a typically 'masculine' personality. Hence, his appearance has pre-determined an aspect of his character.

One other conclusion coming from Perrett's studies is that we might easily be misled by our assumed ability to 'read' people's faces. Perrett argues that baby-faced people, that is those who resemble infants with their big eyes, large foreheads and small chins, are often seen as trustworthy or in need of protection. This results in fewer baby-faced defendants in criminal trials being convicted because jurors assume that such 'innocent-looking' people could not have intended to commit a crime. Those with more mature faces do not get the same benefit of the doubt.

1 What do people generally believe about people's faces?

_____

2 What is David Perrett's belief about personality and appearance?

_____

3 What does the example of a young boy with masculine features illustrate?

_____

4 What point is the author of the article making by mentioning a trial by jury?

_____

5 What is the author's reason for writing the article?

_____

6 Where are you likely to find an article like this?

_____

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