

Skills, Vocabulary and Grammar Test Unit 4

Everyday English

1 Circle the correct answer (a–c).

- 1 I'm not _____ by that argument, I'm afraid.
a sure b certain c convinced
- 2 I see _____ you're coming from, but I think you've forgotten about the key issue.
a where b how c that
- 3 I _____ believe it's the best solution to the problem.
a totally b surely c firmly
- 4 I know what you're _____ at, but I don't really agree with you.
a looking b getting c thinking
- 5 There's no _____ in my mind that this is the right way forward.
a point b error c doubt

Listening

2 Listen to two friends talking about magazine photos. Are the sentences true (T) or false (F)?

- 1 Tom is reading a biography of a famous person. ____
- 2 Famous people rely on plastic surgery to look good in photos. ____
- 3 Alison thinks it would be easy to make Tom look like the people in films. ____
- 4 Alison was disappointed with her photo session. ____
- 5 Alison was photographed in the clothes she had been wearing when she arrived at the studio. ____
- 6 The photos made Alison look more tanned than she actually was. ____
- 7 Alison thinks a lot of photos of movie stars make people feel bad about themselves. ____
- 8 Tom thinks photos of Marilyn Monroe were airbrushed. ____
- 9 Tom thinks people should worry less about their appearance. ____
- 10 They decide to go for a jog together that evening. ____

Reading

The Paralympics: celebrating disability

There are few events more successful at promoting a positive view of disability than the Paralympics. During the Paralympics, disabled people and their achievements are the focus of the world's attention. So where did the idea of the Paralympics come from?

The first competition between two teams of disabled athletes took place in 1948 in Stoke Mandeville, one day before the Olympic Games began only 65 kilometres away in London. Whether the date was

a coincidence or intentional is still a matter of debate, but what is certain is that the date was the only similarity between the two games. One welcomed 4,000 athletes from fifty-nine countries, the other, sixteen disabled war veterans from two hospitals. In one, the athletes competed in events as diverse as athletics, swimming and fencing. At the other, only one event was on offer – wheelchair archery.

The man behind the first games at Stoke Mandeville was Sir Ludwig Guttman, a German doctor specializing in spinal injuries who had been asked to set up a hospital there for war casualties. Many medical professionals believed that there was little that could be done to improve the lives of soldiers who had been left paralysed, many of whom were left in hospitals with little or no rehabilitation, and no hope of reintegration into society. Guttman challenged perceptions of disability and strived to improve the physical and mental well-being of his patients.

Whereas the Olympic Games was held every four years, the games at Stoke Mandeville were held annually. Year after year, more and more sports were added, and more and more sportsmen attended. In 1949, the event was officially named the Stoke Mandeville Games. By 1956, there were teams from eighteen different nations participating in nine sports including wheelchair fencing and javelin. But it wouldn't be until 1960 that the first official Paralympics would take place in Rome, involving 400 athletes from twenty-three countries. The international competition has come a long way since the early days, when only athletes using wheelchairs participated. The event is now open to athletes with a wide range of disabilities, such as deafness, blindness and the loss of an arm or leg.

The motto for the 2012 Olympics and Paralympics in London was 'Inspire a generation' – and it seemed to do just that. Paralympic swimmer Ellie Simmonds, wheelchair racer David Weir and sprinter Jonnie Peacock raised the profile of disabled athletes and became household names. It was less about what they couldn't do and more about what they could. London welcomed 4,302 athletes from 164 countries and 2.5 million tickets were sold, more than at any previous Paralympics. Lord Coe, a successful middle-distance athlete in his own right and Chairman of the British Olympic Association, said, 'I don't think people will ever see sport the same way again, I don't think they will ever see disability in the same way again.' Ellie Simmonds seemed to confirm this opinion with her belief that the games had promoted a 'positive change' in attitudes.

There is little doubt that the 2012 Paralympics in London signalled a shift in attitudes towards disabled athletes. It was an opportunity for people who might not have had much contact with disabled people to look on in wonder at their inspirational achievements, not as people with a disability, but as athletes. In spite of this, there was the real fear that these feelings would be short-lived and that they wouldn't transfer to the way disabled people were treated in society. Recent surveys by disability charities suggest that, as predicted, day-to-day attitudes towards disabled people have not improved.

It was perhaps naïve to think the Paralympics in London was going to change things for disabled people overnight, but it went a long way towards disabled people being taken seriously as professional sportsmen and women. The challenge from now on, then, is clear: to make sure that disabled people are given the respect and equality they deserve – not only when disability is on the world stage for all to see, but, more importantly, in everyday life. Only then will the work that Sir Ludwig Guttman started all those years ago achieve its final goal.

3 Read the text. Circle the correct answer (a–d).

1 In 1948,

- a the Olympic Games took place in Stoke Mandeville.
- b two games took place on the same day.
- c only war veterans competed in fencing.
- d two teams competed in archery.

2 Now,

- a twenty-three countries take part.
 - b athletes must use wheelchairs to compete.
 - c athletes with a wide range of disabilities are involved.
 - d only people who are deaf, blind, amputees or use a wheelchair compete.
- 3 In the fifth paragraph, what does 'raised the profile of' mean?
- a put the prices up
 - b increased attention towards
 - c improved the conditions of
 - d encouraged competition between
- 4 After the 2012 Paralympics, the worry was that
- a no one would remember the athletes.
 - b the change in public opinion would be temporary.
 - c the next Paralympics wouldn't be as successful.
 - d the athletes who took part wouldn't benefit financially.
- 5 What is the real issue faced by disabled people following the Paralympics in London?
- a to have more power in the world
 - b to create new goals for themselves
 - c to compete with able-bodied people
 - d to be consistently treated well in all aspects of life

Challenge!

4 Complete the text with the correct words (a–d).

Bodybuilding

You can't talk about bodybuilding without mentioning Arnold Schwarzenegger. Born in Austria, as a child he ¹ _____ often dream about becoming Mr Universe one day. He would later go on to ² _____ people's negative attitudes towards the sport and influence the fitness industry in general.

Even though he loved football, it was clear that his life ³ _____ to change when his coach took the team to train at a local gym. His father was concerned about his addiction to bodybuilding and limited his trips to the gym. ⁴ _____ of this, Arnold dug his heels in and built a gym at home.

Arnold ⁵ _____ compete whenever he could. Once, he was sent to prison for competing in the Junior Mr Europe championships instead of doing military service. This wasn't going to be a ⁶ _____ to him: he was to be crowned the youngest ever Mr Universe at the age of twenty.

There is certainly more than meets the ⁷ _____ to Arnold Schwarzenegger. He has since gone on to star on the big screen in more than thirty films. In ⁸ _____, he has managed to engineer a career in politics. Not bad for an ex-bodybuilder.

- 1 a used b would c was used to d wouldn't
- 2 a shift b move c burden d transfer
- 3 a used b will c would d was going

- 4 a Despite b Besides c In spite d Even though
- 5 a was going b was about to c used to d was
- 6 a burden b cause c mind d problem
- 7 a heart b eye c mind d senses
- 8 a moreover b spite c besides d addition

Vocabulary

5 Complete the pairs of sentences with the same word.

- 1 The cost of buying a house can be a large _____ on families.
Giving exams to young children will _____ them with unnecessary pressure.
- 2 There is a controversial plan to _____ everyone entering the country.
The cinema had an enormous _____ for showing movies.
- 3 The _____ explained his plan to build the longest bridge in the country.
In order to get more money, the research team tried to _____ their results.
- 4 There has been a big _____ in attitude towards the government.
Hundreds of volunteers were needed to _____ the whale on the beach.
- 5 Sue finds the work boring, but she must keep in _____ the money she's earning.
Leonardo da Vinci was a genius with a great _____.
- 6 I predict that the TV programme will _____ a big public debate.
He is going to run a marathon to raise money for an important _____.

6 Complete the sentences with the noun forms of the words below.

obese imperfect addictive short-sighted bald deaf depressed disabled
aggressive

- 1 Some older people experience hair loss and _____.
- 2 Eating too much fast food can lead to _____.
- 3 People with an _____ to shopping can quickly spend all their money.
- 4 _____ can lead to war and conflict.
- 5 She needed to wear glasses for her _____.
- 6 It's normal for our bodies to have an _____.
- 7 He needed help with walking due to his physical _____.
- 8 _____ is more than just feeling sad.
- 9 Craig didn't hear the announcement because of his _____.

7 Complete the sentences with the words below.

- 1 They _____ their senses and told the police about the robbery.
a came to **b** met **c** broken
- 2 When Pete sold his motorbike it _____ his heart.
a weighed **b** dug **c** broke
- 3 Sam dug in her _____ and refused to give her sister more money.
a mind **b** heart **c** heels
- 4 Finishing the project was a weight off my _____.
a heels **b** senses **c** shoulders
- 5 His latest book is a '_____ and all' autobiography.
a warts **b** shoulders **c** legs
- 6 The football supporters found the defeat hard to _____.
a sense **b** swallow **c** dig
- 7 There's more to Julia than first _____ the eye.
a comes to **b** meets **c** senses

8 Match the words below to the words in bold with a similar meaning.

dim wild lifeless pearly shrivelled flowing dismal watery

- 1 The lamp was broken and the room was **lacking in light**. _____
- 2 At the end of the film his eyes were **full of tears**. _____
- 3 Her **long, wavy** hair came down to her waist. _____
- 4 The body lay **not moving** at the bottom of the cliff. _____
- 5 It was a **wet and horrible** day for a wedding. _____
- 6 The vegetables in the oven were dry and **shrunken**. _____
- 7 The horse was making loud noises and looked **out of control**. _____
- 8 She had a **sparkling** white smile and lovely eyes. _____

Grammar

9 Circle the correct words to complete the sentences.

- 1 He **used to** / **would** be poor until he won the lottery.
- 2 I'm **eating** / **would eat** a lot more fruit and vegetables these days.
- 3 My sister **would** / **will** keep on contradicting me. It was the same every day.
- 4 Until he moved to the city, Bill **usually goes** / **would go** for long walks every weekend.
- 5 Nowadays students **used to live** / **often live** with their parents when they go to university.
- 6 Sarah **started** / **used to start** preparing for her first competition in March.
- 7 She **would** / **used to** be able to play the guitar.

8 My father **used to / would** have a moustache when he was younger.

10 Complete the sentences with the correct forms of *used to*, *be used to* or *get used to* and the verbs in brackets.

- 1 He _____ (be) an engineer, but now he looks after his children.
- 2 Lynda _____ (add) salt to her food until the doctor advised her to stop.
- 3 I can't _____ (work) twelve hours a day in the hospital.
- 4 In the past people _____ (clean) their clothes in rivers and streams.
- 5 Most children quickly _____ (go) to a new school.
- 6 I'm a hairdresser so I _____ (stand) on my feet all day.
- 7 When he was a child Sean _____ (not like) flying.
- 8 These days most people _____ (shop) on the internet.

11 Complete the sentences with the future in the past tense. Use no more than three words, including the word in brackets.

- 1 Charles thought that he _____ (going) fail his exams.
- 2 The discovery _____ (begin) an exciting new phase in genetics.
- 3 People hoped the government _____ (change) the law.
- 4 They _____ (about) get married, but suddenly they cancelled the wedding.
- 5 My grandfather _____ (be) the first person in our family to go to university.
- 6 We _____ (about) leave the house when we heard the news.
- 7 Her book _____ (inspire) millions of women.
- 8 We _____ (going) go to a museum, but we went to the cinema instead.