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GRAMMAR

1 Complete the sentences with the gerund or the infinitive form of the verbs in brackets.

Example: I can't stand *listening* (listen) to people talking on their mobile phones.

1 Do you fancy _____ (go) for a walk in the park?
2 You should practise _____ (speak) English whenever you get the opportunity.
3 The shop assistant refused _____ (give) me a refund.
4 I can't remember _____ (have) a doll when I was a little girl.
5 You'd better _____ (ring) Darren and tell him we'll be late.
6 Have you tried _____ (sleep) on the other side of the bed?
7 We can't wait _____ (see) your new house.
8 My boss makes me _____ (work) at the weekend sometimes.
9 No-one forgets _____ (see) Venice for the first time.
10 Could you let me _____ (speak), please!

	10

2 Underline the correct word(s).

Example: I **used to** / **'m used to** eat junk food, but now I eat very healthily.

1 Did you **use to / used to** do much sport at school?
2 Driving on the left was weird at first, but I **use to / 'm used to** it now.
3 We **would / used to** be very good children most of the time.
4 I **wasn't used to** / **didn't use to** eat fish at all, but I have it occasionally now.
5 Sam **usually** / **use to** goes to work by bus, but he decided to walk today.
6 Clara and Tom used to **be** / **being** a couple, but they've split up now.
7 **I'm not used to** / **didn't use to** speaking so much English – it's tiring!
8 I can't **get used to** / **be used to** this new operating system. I prefer the old one.
9 On a free afternoon, I **often** / **'m used to** drive to the coast and do some surfing.
10 My mother **would / use to** always bake cakes on Saturdays when I was young – I loved it!

	10
Grammar total	20

VOCABULARY

3 Complete the words in the sentences.

Example: If a song has a strong **b***eat*, it makes you want to tap your feet.

1 An **e**_____ is an extra piece performed when the audience calls the performer back.
2 A **f**_____ is a long thin metal instrument that you blow into.
3 A **s**_____ is a female singer who sings very high.

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4 Jazz and soul are examples of two different musical **g**_____.
5 The person who directs an orchestra is called a **c**_____.
6 A **c**_____ looks like a very big violin.

	6

4 Complete the sentences with the correct word(s).

Example: My dad *snores* so loudly that he keeps everybody awake at night.
yawns snores oversleeps

1 Why are you _____? Are you tired or just bored?
snoring napping yawning
2 I didn't hear you get back last night, I was _____ asleep.
fast deep fallen
3 I use a special _____ that gives my long neck enough support.
duvet blanket pillow
4 I used to suffer from _____. I would lie awake for hours every night.
insomnia jet-lag nightmares
5 When it's really hot in summer, I just sleep under a _____.
pillow sheet duvet
6 If you eat too much late at night, it will _____ you awake.
stay keep make
7 My uncle gets up very early but he sometimes has a _____ in the afternoons.
dream yawn nap
8 You don't need to worry about _____ – that alarm clock's incredibly loud.
oversleeping having a siesta keeping awake

	8

5 Underline the correct word(s).

Example: You look very **chic** / **fashionable**, as the French would say.

1 I love the **architecture / graffiti** in Rome – there's so many beautiful buildings.
2 My aunt once visited a **psychic / psychologist** to try and contact my dead uncle.
3 **Baristas / Macchiatos** make your coffee in a coffee shop.
4 Carlo is one of the best **chauffeurs / chefs** around – his restaurant is always booked up.
5 Hélène Grimaud is performing Brahms Piano **Concerto / Symphony** n.1 tonight.
6 I've sent Janet some flowers – a lovely **bouquet / croissant** of roses.

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READING

Read the article about music and mood. Five sentences have been removed. Which sentence A-F fits each gap (1-5)? There is one extra sentence you do not need to use.

Music and Mood

The helpful effects of music on mental health have been known for thousands of years. Ancient philosophers from Plato to Confucius sang the praises of music and used it to help deal with stress. (----- 1 -----) Military bands use music to build confidence and courage. Sporting events provide music to build up enthusiasm. Modern research carried out by several psychologists supports what most people believe about music benefiting mood and confidence.

Because of our unique experiences, we develop varied musical tastes and preferences. (----- 2 -----) Babies, for example, love lullabies. Maternal singing is particularly calming, even if a mother has no formal musical talents. Certain kinds of music make almost everyone feel worse – even when they say they enjoy it. A study of 144 adults and teenagers who listened to four different kinds of music showed that their emotions changed according to the music. Grunge music, which has a lot of guitar and drums, for example, led to significant increases in negative emotions such as sadness, tension, and fatigue across the entire group, even in the teenagers who said they liked it. In another study, college students reported the opposite when they listened to pop, rock, classical music, and oldies – songs from more than 15 years ago. They said it helped them feel happier and more optimistic, friendly, relaxed, and calm.

Everyone who has learned the alphabet knows that it is easier to memorize a list if it is set to music. Scientific research supports what many people believe – that pairing music with a musical rhythm improves learning and helps people to remember things. (----- 3 -----) First of all, it can be used as a reward when someone behaves in the required way. For example, for paying attention to homework for ten minutes, a child can be given the opportunity to listen to music for five minutes. Second, it can be used to help increase attention to "boring" academic tasks such as memorization, using songs, rhythms, and dance or movement to enhance the interest of the lists to be memorized. Instrumental music is great for improving attention and reasoning and for students, playing background music is not distracting. Lastly, music can be used to help organize activities – one kind of music for one activity (studying), another for a different activity (eating), and a third kind for going to bed.

Many people find familiar music comforting and calming. In fact, music is so effective in reducing anxiety, it is often used in by dentists or by doctors just before performing an operation to help patients cope with their concerns. (----- 4 -----) Any kind of relaxing, calming music can contribute to calmer moods. It is often combined with cognitive therapy to lower anxiety. Some studies suggest that specially designed music, which includes certain tones, can help improve symptoms in anxious patients even more than music without these tones; listening to this music without other distractions (not while driving, cooking, talking, or reading) promotes the best benefits.

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Since ancient times, it has been known that certain kinds of music can help soothe away stress. Calming background music can help patients in hospital feel less bad-tempered. It can also help elderly patients in nursing home who are very ill feel calmer. Music, wisely chosen, lowers stress hormone levels. (----- 5 -----) Knowing that certain kinds of music can reduce stress is one thing. Being attentive in choosing what kind of music to listen to is another. So, choose your music as carefully as you choose your food and friends.

A Music helps decrease worries in the elderly, new mothers, and children too.
B And in modern times, shopping malls play music to attract customers and keep them in the store.
C This can be used to help children and teenagers with attention problems in several ways.
D However, it's difficult to explain how exactly it works.
E On the other hand, parents of teenagers know that certain kinds of music, particularly at high volumes, can cause stress.
F Despite these differences, however, there are some common responses to music.

Reading total		10

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