



**International
House**
Montevideo

Pre - FCE

Written Test
May 2021

Name: _____

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Section 1: Listening

20 marks

You will hear an interview with Dr Peter Ludwig about sugar in our diet. For questions 1 to 8 choose the best answer. Look at pages 1 and 2.

(1) Dr Ludwig is surprised that parents

- A - buy the sweet food sold at Hershey Park.
- B - use sugary snacks as part of their children's diet.
- C - see sugary snacks as a special treat.

(2) What is the advantage of sugar in apples over sugar added to food?

- A - It digests more slowly.
- B - It tastes better than boring food.
- C - It contains 'empty' calories.

(3) The number of cases of obesity and diabetes is increasing

- A - by 23% a year.
- B - quite slowly.
- C - very quickly.

(4) How long does it take to get better after 'sugar shock'?

- A - a week
- B - 24 to 48 hours
- C - several days

(5) Food companies in France and Germany

- A - have reduced the amount of sugar in their products.
- B - use an unnecessary amount of sugar.
- C - use sugar to make their food crisp and textured.

(6) In 19th century Britain, factory workers were given sugar

- A - because their work was long and tiring.
- B - as a quick, cheap form of medicine.
- C - because many of them were very young children.

(7) Dr Ludwig thinks that parents should

- A - watch their children's behaviour more carefully.
- B - stop giving their children extra sugar for a week or two.
- C - try to find ways to make their children feel better.

(8) Lick the Sugar Habit is

- A - Dr Ludwig's new podcast.
- B - a book Dr Ludwig recommends.
- C - Dr Ludwig's new book.

___ / 20 marks (2.5 marks each)



Section 2: Reading

20 marks



One woman's 'no-spending year', and how she survived

Michelle McGagh, a 34-year-old journalist, had a mortgage of £230,000 which she wanted to reduce. Last November, she looked at her finances and she discovered that every year she spent a lot of money unnecessarily — for example, £1,570 in the pub, £1,110 in restaurants, and £400 on coffees. So she made a radical plan — to stop spending money for a year. She continued to pay her broadband, gas, and electricity bills, and allowed herself £30 a week to buy food and household essentials. But she couldn't spend money on anything else — no clothes, no buses or flights, no meals out, no drinks, and no cosmetics.

She cooked large quantities of curry and bolognese sauce, which lasted her a week, and which she ate with rice or pasta. It was cheap and healthy, but also 'really boring'. She also experimented with home-made cleaning products and beauty treatments, like using vinegar for cleaning or olive oil as moisturiser, but she decided that most of them didn't really work.

At first, she tried to see her friends as often as before. She cycled 120 miles to be at a friend's wedding, and camped in their garden to avoid paying for accommodation. The following weekend, she rode 60 miles to Brighton to meet friends. But she couldn't join them for dinner in a restaurant, and when they went to the pub, she drank tap water. In the end, she simply went out less, which made her feel more isolated.

Of course, she couldn't afford to go abroad, so she missed a trip to Ibiza with friends. Her only holiday was a cycling trip to East Anglia, where again she camped. Here, for the first and only time in the year, she bought food that she had not cooked herself — a bag of chips for £1.95.

At the end of the year, she had saved £23,000. She was much slimmer and fitter — over the year, she had cycled 6,500 miles. She says she now feels freer and happier, because she appreciates the simple things in life. She also gained confidence and a sense of adventure.

But she learned the hard way that you can't really socialize if you don't want to spend money. The evening after her year-long challenge ended, she bought all her friends a drink in the pub. But she has not gone back to her past spending habits. She occasionally pays to socialize and go on holiday. She has even taken a taxi. But after buying a few new clothes and some perfume, she insists, 'I have absolutely no interest in buying anything else.'

So what's her key tip for those who want to save? 'Whenever you open your wallet, think about whether what you are buying is something you need or something you want. We all say, 'I need to buy this.' Most of the time, we want to buy it. Maybe we don't know the difference between needing something and wanting something anymore.'



1. Read the text and mark the sentences TRUE (T) or FALSE (F).

- (1) Michelle could use public transport during her 'no-spend year'. _____
- (2) She was often hungry because she couldn't afford to buy food. _____
- (3) At her friend's wedding, she slept in a tent. _____
- (4) She never had ready-made food or takeaways. _____
- (5) She didn't lose any weight during the year. _____
- (6) Nowadays, she spends less than she used to. _____
- (7) Now she buys lots of perfumes every month. _____
- (8) She thinks that when we buy something, we should ask ourselves why. _____

___ / 20 marks (2.5 marks each)

Section 3: Use of English

20 marks

1. Read and complete with a word from the box. There are four extra words, which you do not need to use. There is one example (0).

WOULDN'T CORRECTION	WITH EDITOR	BRIGHT UNTIL	ILLEGAL GUARANTEED	SPOILT
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(0) I work as a newspaper editor, which means I make changes to some articles and I improve them. (EXAMPLE)

- (1) My Spanish teacher is awesome. Whenever my tasks need _____, she's there to help.
- (2) I won't sleep _____ my homework is done.
- (3) My mom doesn't realize how many different problems I have to deal _____.
- (4) I _____ move to another country unless I had to for financial reasons.
- (5) Their products are _____ for 6 months from the date of purchase.

___ / 5 marks



2. Complete the sentences with the correct form of the words in brackets. There is one example (0).

- (0) I love spending time with my friends. I feel so **happy**. (**happiness**) (**EXAMPLE**)
(1) Julia is feeling under pressure with her exam _____. (**revise**)
(2) My brother has a _____ of expensive cars. (**collect**)
(3) Despite his _____, he delivered his work on time. (**lazy**)
(4) The _____ of the people in Australia are elders. (**major**)
(5) Chivito is the most _____ dish in Uruguay. (**fame**)

____/ 5 marks

3. Read and circle the correct option. There is one example (0).

- (0) I have lived here **for** / **since** ten years. (**EXAMPLE**)
(1) Sophie and Claire **will travel** / **are travelling** to Paris tomorrow!
(2) If it **rains** / **rained**, I won't go to the park.
(3) **Unless** / **If** you get enough sleep, you will be unable to do the test.
(4) I will be late if the train **was** / **is** delayed.
(5) If I **win** / **won** a million dollars, I would buy a new car.

____/ 5 marks



4. Read the text and circle the correct option. There is one example (0).

Australia and New Zealand



Most people in Oceania live on the continental islands of Australia and New Zealand. Geographically, New Zealand (0) _____ part of Polynesia. Unlike most other islands of Oceania, New Zealand and Australia are populated mostly (1) _____ Europeans. The recent histories of these nations are similar, as are their economies. English is the official (2) _____ in each nation. One of the similarities (3) _____ Australia and New Zealand is the importance of sheep to the economies of both nations. In addition to its domestic animals, Australia and New Zealand (4) _____ also home to many forms of wildlife found nowhere (5) _____ in the world.

- | | | | | |
|-----|------------|-------------|-------------|-------------------|
| (0) | A- be | B- is | C- came | D- made (EXAMPLE) |
| (1) | A- in | B- for | C- by | D- on |
| (2) | A- dialect | B- language | C- form | D- speak |
| (3) | A- between | B- in | C- around | D- from |
| (4) | A- are | B- is | C- projects | D- like |
| (5) | A- around | B- place | C- yet | D- else |

___/ 5 marks

