

## **Vocabulary**

**A. Choose a, b, c or d.**

**B. Read the text and choose a, b, c or d.**

score    / 10

# Good Deeds Lead to Good Health

A(n) 1 \_\_\_\_\_ of kindness can go a long way, but did you know it can be good for your health? Recent studies have 2 \_\_\_\_\_ that people who perform good deeds often have fewer health problems and might even live longer.

The studies showed that people who volunteer 3 \_\_\_\_\_ to be happier and feel healthier than those who don't. How does this happen? When we actively help a fellow human being, not just by donating money to a cause, but by actually lending them a(n) 4 \_\_\_\_\_, certain chemicals are produced in our brains. Specifically, a hormone called oxytocin is 5 \_\_\_\_\_ produced when we feel compassionate and 6 \_\_\_\_\_ towards other people. High oxytocin levels help to reduce our own stress and have 7 \_\_\_\_\_ health benefits for the body, like lowering blood pressure and strengthening the heart. This helps us come to one 8 \_\_\_\_\_ - performing good deeds should be part of our daily lives.

<b>1. a. act</b>	<b>b. dilemma</b>	<b>c. inspiration</b>	<b>d. incident</b>
<b>2. a. revealed</b>	<b>b. confronted</b>	<b>c. inspected</b>	<b>d. diagnosed</b>
<b>3. a. turn</b>	<b>b. tend</b>	<b>c. adapt</b>	<b>d. intend</b>
<b>4. a. finger</b>	<b>b. hand</b>	<b>c. head</b>	<b>d. arm</b>
<b>5. a. gradually</b>	<b>b. absolutely</b>	<b>c. particularly</b>	<b>d. cautiously</b>
<b>6. a. greedy</b>	<b>b. generous</b>	<b>c. fulfilled</b>	<b>d. well-off</b>
<b>7. a. clever</b>	<b>b. anonymous</b>	<b>c. inconsiderate</b>	<b>d. noticeable</b>
<b>8. a. objection</b>	<b>b. appreciation</b>	<b>c. conclusion</b>	<b>d. identity</b>



## VOLUNTEER

score    / 8

## C. Complete the sentences with the correct form of the words in the box.

inherit	stare	tongue	bump	open-handed	playful
assume	frown	tight-fisted	heart		

1. The boy \_\_\_\_\_ with disappointment when the teacher yelled at him.
2. I didn't see your jacket, so I \_\_\_\_\_ you had left.
3. The \_\_\_\_\_ kitten jumped on the sofa and climbed on Pam's lap.
4. Lisa \_\_\_\_\_ at the Maths problem, not knowing how to solve it.
5. John will lend you the money; he's pretty \_\_\_\_\_.
6. If you held your \_\_\_\_\_, you wouldn't get into arguments all the time.
7. The cat \_\_\_\_\_ into the table and knocked over the lamp.
8. Brian \_\_\_\_\_ his grandmother's house when she passed away.
9. Jack is so \_\_\_\_\_ he wouldn't help you out no matter how serious your financial difficulties were.
10. My \_\_\_\_\_ was in my mouth when my doctor called to give me the results.

score 10
**Grammar****A. Complete with the Past Simple, the Past Progressive, the Past Perfect Simple or the Past Perfect Progressive of the verbs in brackets.**

1. I finally \_\_\_\_\_ (find) my wallet. I \_\_\_\_\_ (look) for it all morning.
2. This afternoon, while I \_\_\_\_\_ (prepare) dinner, my husband \_\_\_\_\_ (read) the newspaper.
3. Tristan \_\_\_\_\_ (surf) the Net when the doorbell \_\_\_\_\_ (ring).
4. I \_\_\_\_\_ (be) in a hurry because my alarm clock \_\_\_\_\_ (not go) off.
5. The meeting \_\_\_\_\_ (finish) when we finally \_\_\_\_\_ (arrive) at the office.

score 10
**B. Choose a, b, c or d.**

1. Stan \_\_\_\_\_ his bike to work when he lived in the city.
 

a. would ride	c. have ridden
b. had ridden	d. had been riding
2. Daisy \_\_\_\_\_ to Ireland before so she was excited about her trip.
 

a. hadn't been travelling	c. wasn't going to travel
b. had never travelled	d. wouldn't travel
3. I \_\_\_\_\_ pizza but I decided to cook spaghetti instead.
 

a. had ordered	c. was going to order
b. was ordering	d. had been ordering
4. I \_\_\_\_\_ a shower when somebody knocked on the front door.
 

a. had been having	c. was having
b. had	d. used to have
5. By the time I reached the station, the train \_\_\_\_\_.
 

a. had left	c. had been leaving
b. left	d. would leave
6. Peter \_\_\_\_\_ many books when he was younger, but now he loves them.
 

a. hadn't been reading	c. hadn't read
b. wasn't reading	d. didn't use to read
7. When George was younger, he \_\_\_\_\_ to the gym every afternoon.
 

a. would go	c. had gone
b. was going	d. use to go
8. My sister \_\_\_\_\_ running into my room while I was writing my essay.
 

a. was coming	c. had come
b. came	d. had been coming

score 8

**Use of English**

Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given.

1. The meeting will start any minute now, so don't be late. **about**  
The meeting \_\_\_\_\_, so don't be late.
2. The girls were planning to go on a picnic yesterday afternoon, but it rained. **going**  
The girls \_\_\_\_\_ on a picnic yesterday afternoon, but it rained.
3. Joanna had left the house before Rita got back from the supermarket. **returned**  
By \_\_\_\_\_ the supermarket, Joanna had left the house.
4. Lisa would always think of the silliest excuses for being late. **come**  
Lisa used \_\_\_\_\_ the silliest excuses for being late.
5. Ryan hadn't tried Mexican food before. **first**  
It was the \_\_\_\_\_ Mexican food.

score   / 10

**Listening**

You will hear a dentist called Peter Jones, talking about a voluntary project he was part of. For questions 1-6, complete the sentences with a word or short phrase.

1. Peter provided treatment to approximately \_\_\_\_\_ children.
2. Peter suggests that poverty and \_\_\_\_\_ result in many children having problems with their teeth.
3. The parents showed their appreciation by \_\_\_\_\_ for the dentists.
4. Peter felt sad that many children had very few \_\_\_\_\_.
5. Providing some of the children with clothes and \_\_\_\_\_ made Peter feel happy.
6. The person who most inspired Peter was his \_\_\_\_\_.

score   / 12

## Reading

Read four texts where people describe what they consider to be the worst personality trait. For questions 1-6 choose from the people (A-D). The people may be chosen more than once.

# Worst Personality Trait

**A** My son used to be so bad-tempered when he was a teenager; he was unbearable to live with. One day he would be on top of the world and the next miserable. If you ask me, bad-tempered people are awful to be around; they make everyone else feel anxious and create a bad atmosphere. It was a real problem for us as a family. What saved us was the fact that we sat down and talked about the cause of his bad mood. It was only by doing this that we discovered he had problems at school. He just couldn't deal with the deadlines and exam pressure. Instead of talking about it, he kept his feelings inside. Thankfully, after that, things improved. We also had a chat with his teacher and he managed to get an extension on his coursework.

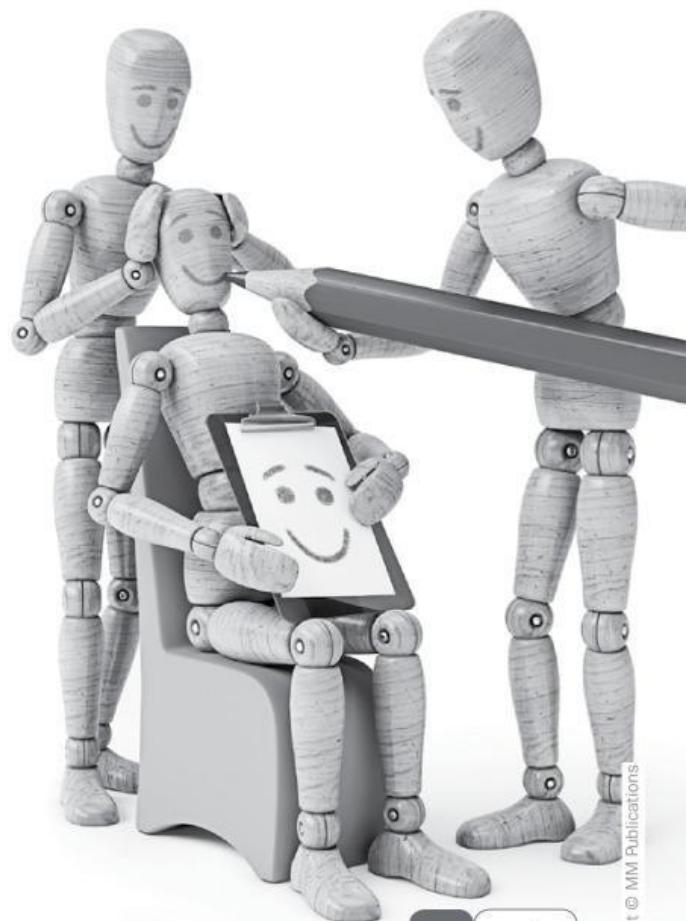
**B** I'm an easygoing kind of person, but what really annoys me is when a person is big-headed. Many people are more than happy to bore others with non-stop stories of how good they are at something or how good-looking or handsome they think they are. Then again, I suppose I'm being unfair; people usually behave this way because they feel insecure and they're just trying to feel better about themselves. Perhaps I should try putting myself in their shoes. After all, I remember a similar situation with my brother. When we were growing up, he had no confidence. He was very short and skinny for his age and tended to compensate for this by talking about how fantastic he was all the time.

**C** I've worked for various charities over the last 20 years, and while there are generous people out there, I have to admit, from my experience there are many self-centred people about too, and it's getting worse. I remember when I first started in this industry, people seemed much kinder towards the needs of others. Unfortunately, that's a thing of the past and the donations we receive are becoming fewer and fewer each year. I know things are more difficult these days with high unemployment, but it seems to me that this generation, particularly the young, only ever think about themselves. They just don't seem to care about others less fortunate, and generally as a society we're becoming increasingly self-centred.

**D** What really frustrates me is when people stick their nose into other people's business. It's so irritating. My older sister thinks my business is her business just because I'm younger. I know she does it only because she wants to protect and guide me, but it gets pretty annoying sometimes. It seems that adults like to get involved in arguments and disagreements between teenagers when it doesn't concern them. I just hope that when I grow up, I don't develop this very annoying habit. I suppose all adults are the same; you hardly ever experience this kind of problem with your friends. It's difficult to know how to deal with it and not let it bother you so much.

## Which person

1. believes some people act in a specific way so as to hide certain feelings?
2. is frustrated at the lack of compassion in society today?
3. talks about the impact specific behaviour had on family members?
4. believes this personality trait is less of a problem with young people?
5. makes a comparison with someone he or she knows well?
6. talks about how he/she dealt with a problem?

score    / 12TOTAL SCORE    / 80