

Insight Intermediate Progress Test 7-8 A

A Grammar

Complete the sentence with the correct form of the word in brackets.

- 1 She told me she _____(go) to the dentist the following day.
- 2 I wish I _____(have) more time to talk, but I have to go now.
- 3 If I had known how far we'd walk, I _____(wear) more comfortable shoes.
- 4 He said he _____(not / try) Korean food before, so we went to a Korean restaurant.
- 5 If only I _____(not / tell) everyone her secret. She'll never tell me another one.
- 6 He told me he _____(study) computer science at evening classes at the moment.

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B Grammar

Read the sentence and choose the correct answer.

- 1 I'm sure life __ been very different before the invention of the internet.
A ☐ could have B ☐ must have C ☐ might have
- 2 Beth __ spent any time outside in the sun. It was raining all day.
A ☐ may not have B ☐ might not have C ☐ can't have
- 3 My mum told me __ help her carry the shopping bags inside.
A ☐ that I B ☐ to C ☐ if I
- 4 I asked the woman __ she knew the way to the train station.
A ☐ if B ☐ to C ☐ where
- 5 I don't know where David is. He __ gone to the sports centre, or maybe home.
A ☐ must have B ☐ can't have C ☐ might have
- 6 I asked Alison where __ to speak French so well.
A ☐ she'd learned B ☐ did she learn C ☐ was she learning

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C Vocabulary

Read the sentence and choose the correct answer.

- 1 I can't __ between your father's and your brother's voices. They sound so similar.
A ☐ differentiate
B ☐ notice
C ☐ detect
- 2 He couldn't stop __ because he had something in his eye.
A ☐ blinking
B ☐ peering
C ☐ staring

- 3 There was a lot of ___ and no one knew what to do.
A ☐ confused
B ☐ confuse
C ☐ confusion
- 4 She ___ me as her best friend. I'm happy she feels that way.
A ☐ notices
B ☐ distinguishes
C ☐ views
- 5 My mother was awake all night because my father was ___ loudly in his sleep.
A ☐ snuffling
B ☐ snoring
C ☐ whispering
- 6 He had an excellent ___ and went to one of the best schools in the country.
A ☐ educated
B ☐ educate
C ☐ education
- 7 There's no time to ___ and relax! We have a lot of work.
A ☐ put your feet up
B ☐ have a lot on your plate
C ☐ get the ball rolling
- 8 I need to ___ about what to eat. I don't know what to choose.
A ☐ come up with a scheme
B ☐ make up my mind
C ☐ have second thoughts
- 9 No one's buying this company's products because there's a ___ of them.
A ☐ boycott
B ☐ discrimination
C ☐ march
- 10 Excuse me, could you ___, please? I'm new in this company.
A ☐ throw me in at the deep end
B ☐ rise to the challenge
C ☐ show me the ropes
- 11 The ___ against the new factory lasted for seven hours.
A ☐ struggle
B ☐ demonstration
C ☐ opposition
- 12 I was sure this was the right decision but now I'm ___ and don't want to continue.
A ☐ having second thoughts
B ☐ coming up with a scheme
C ☐ going ahead with the plan

D Reading

Read the article about a man who tastes food differently and choose the correct answer for each question.

For people like Jack, 24, who are 'supertasters', eating can be a challenge. That's because their tongues taste food in a different way.

'I can't stand coffee or broccoli. They're very unpleasant,' says Jack. 'Cheese tastes like it has too much fat in it, and desserts are just too sweet! I'm not sure if my parents thought I was being difficult or if I just wanted to eat my favourite foods all the time when I was a child. But I knew my problem with some foods bothered them. In fact, I found some foods extremely difficult to eat – they were just horrible.'

When it became a real challenge for Jack to eat the food they gave him, his parents took him to an expert in healthy diets. She explained that children taste food differently to adults, and that Jack would start to like certain foods more as he grew up. But by the time Jack was a teenager, he was completely avoiding a lot of healthy food, such as fruit, and only eating things with a mild taste, like potatoes.

'It wasn't really a problem until I was living away from home,' Jack admits. 'Cooking wasn't hard because I could have whatever I wanted, though it meant that no one was telling me to eat properly. I realized that I was always eating the same three or four dishes all the time. My friends thought it was funny that I didn't like chocolate or other sweet snacks. And I wasn't fun to go to restaurants with because I'd always have the same things!'

'As I grew up, I started to worry about future illness because of my poor diet, but I didn't know what to do. Then I read an article about supertasters and finally, it all made sense. I didn't eat food high in fat or sugar, but I was eating hardly any fruit or green vegetables. However, I knew the answer wouldn't involve forcing myself to eat things I hated.'

Jack did some research and found that there were plenty of foods he could eat that were just as good for him as green plants. 'I found other vegetables that were slightly sweeter, which had lots of benefits for the body. Someone suggested cutting green vegetables into tiny pieces and adding them to sauces but I could still taste them, so that didn't work for me. I'll never like some foods, but at least there's more variety in my diet now so it's healthier!'

- 1 When Jack was a young boy, his parents ____.
A ☐ were unhappy about making him the food he enjoyed
B ☐ were worried about Jack not eating certain foods
C ☐ were angry at the way he behaved at mealtimes
- 2 The diet expert that Jack saw ____.
A ☐ was sure that Jack's eating habits would change
B ☐ gave his parents suggestions about what they could cook
C ☐ recommended that Jack chose the food he wanted to eat
- 3 When Jack lived away from home, he ____.
A ☐ was pleased not to be told what to eat
B ☐ found it difficult to decide what to cook for himself
C ☐ understood that he had unusual eating habits
- 4 Jack read the article about supertasters because ____.
A ☐ he wanted to know how to include green vegetables in meals
B ☐ he had become bothered that his health may be affected
C ☐ he hoped to find out about foods that were bad for him
- 5 Since doing some research, Jack has ____.
A ☐ found good ways of cooking some foods
B ☐ accepted that his diet may never be healthy
C ☐ added a wider variety of food to his diet

- 6 A good title for this article would be ____.
- A ☐ The man who tastes things too much
- B ☐ How I learned to taste again
- C ☐ Making eating more fun

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E Listening

 Listen to two friends, Martin and Yasemin, talking about their futures. Choose the correct answer for each question.

- 1 What will Martin most likely study at university?
- A ☐ A science subject
- B ☐ An art form
- C ☐ A language
- 2 What does Yasemin say people should study?
- A ☐ Something that they enjoy learning about
- B ☐ Something that provides job opportunities
- C ☐ Something that is quite easy for them to do
- 3 Why doesn't Yasemin want to study away from home?
- A ☐ She prefers to stay near the beach.
- B ☐ She believes she'll miss her family.
- C ☐ She thinks it would be very expensive.
- 4 What does Martin think will be difficult about studying?
- A ☐ Having to share his ideas with other people
- B ☐ Having to do more work than he's used to
- C ☐ Having to listen for long periods of time
- 5 What new activity would Yasemin like to do?
- A ☐ Some acting
- B ☐ Some writing
- C ☐ Some exercise
- 6 What does Martin say about meeting people?
- A ☐ He is unsure if it will be easy for him.
- B ☐ He hopes to learn about other cultures.
- C ☐ He just wants to go and have fun.

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Test score

To focus on next: