

Optimise B1+

Student name _____

Group/Class _____

Date _____ Score _____

LISTENING

1 You will hear people talking in five different situations. Listen and choose the words that best describe the speakers' attitudes.

- 1 The girl is *confused about/grateful* for her new present.
- 2 The man is *annoyed/surprised* about what some people eat.
- 3 The boy is *fed up with/anxious about* his health problem.
- 4 The man is *surprised/terrified* by what a doctor told him.
- 5 The girl is *unhappy/worried* about her situation.

Unit 6 Listening

Score: /5

GRAMMAR

2 Choose the correct word or phrase to complete the sentences.

- 1 I can't come to football training because I'm *seeing/see* my cousins this weekend.
- 2 You've dropped your papers. I'm *helping/'ll help* you pick them up.
- 3 I think it *will/'s going to* be a nice day today. There aren't any clouds in the sky.
- 4 *Shall/Will* we introduce ourselves to the new students?
- 5 Is it OK if I wait at your house until my parents *get/are going to* get home?

Score: /5

3 Complete the text with a comparative or superlative form of the word in brackets.

I want to take up a new sport. I'm thinking about swimming or running but I'm not sure which one to choose. People say that running is one of the (1) _____ (*good*) ways to keep fit because it can help prevent heart disease. It can also make your knees (2) _____ (*strong*) and even make you (3) _____ (*happy*). In contrast, swimming is good for your mind and your whole body, but I don't think it's (4) _____ (*stimulating*) as running. It's true that going up and down a swimming pool is not the (5) _____ (*exciting*) thing you can do in your free time! I think I'll choose running.

Score: /5

4 Choose the correct words to complete the sentences.

- 1 If you want to learn more English, *try/you try* watching some TV series.
- 2 I'll tell Matt about the meeting if I *see/will see* him.
- 3 If you *don't/didn't* go out so much, you'd have more time for studying.

4 If I were you, I won't/wouldn't open that box.
5 They let him watch TV as long as there is/will be something educational on.

Score: /5

5 Complete the text with the words in the box.

that where which who whose

My mum says breakfast is the most important meal of the day. She says it gives you energy, (1) _____ you need to keep going until lunchtime. I believe that up to a point but I've got some friends (2) _____ don't have breakfast and they seem to be doing OK. I also read an article (3) _____ the writer said that it's just an old wives' tale. According to this writer, there is little scientific evidence (4) _____ proves that breakfast is necessary. Now I don't know which arguments to believe, but I think I should trust the person (5) _____ opinion matters to me – my mum!

Score: /5

VOCABULARY

6 Match the sentences.

1 I don't like the way he puts me _____
2 If you don't feel _____
3 Sometimes my mum's so tired that she drops _____
4 I had a great time when I look _____
5 I'm sorry about the problems. We'll try to sort them _____

A off in front of the television.
B back on my school days.
C down when he talks to me.
D out as soon as possible.
E up to going to the theatre, we can stay in.

Score: /5

7 Complete the sentences with the words in the box.

against of of to to

1 He doesn't approve _____ students using mobile phones in class.
2 My parent's house dates back _____ the 17th century.
3 The doctor advised _____ doing any sports for a month.
4 My brother is allergic _____ some medicines. If he takes them, he can get very ill.
5 I'm going to get rid _____ my video games because I never really use them.

Score: /5

8 Choose the correct words to complete the sentences.

- 1 I *sprained/bruised* my head when I walked into a cupboard door.
- 2 I'm quite worried about her. She's had a *temperature/allergy* of 39°C since yesterday.
- 3 He stayed out in the sun too long and got *sprained/burnt*.
- 4 You can sometimes get *cramp/cut* if you do too much exercise.
- 5 A lot of people at school have had a stomach *allergy/virus*. They think it's from the water.

Score: / 5