



TRACK 34

A LISTENING . Listen and write the letters in the boxes. (___/10)
Listen and choose the correct answer (A, B or C) for each question . You will hear the recording twice. [Click here to listen](#)

1. What time did they arrive?



4. What beds did they stay in?



2. How many students were there?



5. What did they hear in the night?



3. What did they do in the evening?


B READING . Read the letters from an advice website for teenagers and answer the questions.


Dear Polly,

Last night I got into bed at 10 o'clock as usual. Then (as usual!) My best friend started messaging me to play this action game we both like online. I stopped playing four hours later, but I didn't feel sleepy, so I checked out my Facebook page for a bit. I didn't go to sleep until 3 am! I feel tired all of the time except at night. It's my best friend's fault!

Henry, 14

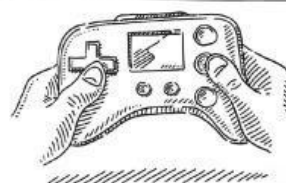
Dear Henry

Adults usually need about eight hours of sleep a night, which is one hour less than teenagers and four hours less than children. Scientists think that teenagers are getting less sleep than before. Online gaming and social media are a big part of the problem.

There are two reasons for this. The first is that when you play the games, you get very excited. Second, the light in the screen makes your brain think it's daytime so you don't produce the hormones you need to make you feel tired naturally.

The easy way to sleep better, of course, is to stop playing these games altogether. But I know you enjoy them, so why give them up completely? It's not just your friend's fault, it's yours too! Speak to him and explain that you want to get more sleep. Don't play just before bedtime, why don't you play two hours before you usually go to bed, and play for an hour at the most. Oh, and leave your phone downstairs!

Polly



1. Answer the questions (____ / 10)

1.What did Henry's friend do last night?

2.What time did Henry stop playing online games?

3.What did Henry do when he wasn't sleepy?

4.How many hours do teenagers need to sleep?

5.What should Henry do to sleep more?

2. Read the letter again and write TRUE or FALSE (____ / 5)

1. Henry first went to sleep at 3 am. _____
2. Henry's friend messaged him. _____
3. Adults should sleep about eight hours a night. _____
4. Polly says that hormones make you feel tired. _____
5. Polly says that Henry should stop playing online games. _____

C VOCABULARY . (____ / 10) 0,5 each

Possible categories: using technology, digital devices. Computer equipment (CB P 50, 51) Things in the home(CB P62 - WB P54) Parts of the body (CB P74) Symptoms, illnesses and allergies (CB p79)

1. Complete the chart.

PARTS OF THE BODY

Read and complete.

1. Your **N**_____ joins your head to your body.
2. Food usually takes about seven seconds to travel from your mouth to your **S**_____
3. Your **B**_____ is inside your head and you use it for thinking and remembering.
4. You have four **F**_____ and one thumb on each hand to pick things up with.
5. You use your **M**_____ to talk and eat with.

THINGS IN THE HOUSE

Look and write the name.





SYMPTOMS, ILLNESSES AND ALLERGIES

Read and complete with the words in the right form (there are extra words)

**cough – sneeze – feel sick –
have a sore throat – have a cold – have a
high temperature – have a stomachache –
have hay fever – have a food allergy –**

1. He started to _____ a lot in class, so the teacher gave him a tissue.
2. When you _____, you might need to take your temperature.
3. I always _____ in the spring when the flowers bloom.
4. She can't eat eggs because she _____.
5. I _____ after eating so much chocolate!

TECHNOLOGY

Read and complete.

1. I always use a **K** _____ for typing. It's very slow to do it any other way.
2. My dad wears a **S** _____ to check the time, read messages, and count his steps _____.
3. My computer has a really big **M** _____ it can store millions of files.
4. She took amazing photos of the mountains with her new **D** _____ **C** _____.
5. I couldn't call you because I forgot my **P** _____ **C** _____ at home and my battery died

D GRAMMAR . 1 - Complete the story with the words below. (___/5)

his - him - to - at - ago - they - ~~their~~ - than - is - was - were

Zoe and her mother like listening to the same kind of music. Their favourite singer is Maluma. They just love him. They play _____ songs with spotify almost every day!



Yesterday, they came back from the shops at 5 o'clock. When they arrived home, Zoe's father _____ searching for youtube tutorials on how to make cats happy! Three days _____ they had a problem with their cat. It was sick. They _____ very worried about the animal so they took it to the vet immediately. They went by car because it was faster _____ the bus, but the vet didn't find anything wrong with the cat.

NOTE FOR THE TEACHER: A minimum of at least 8 exercises of this kind are recommended before students attempt the test. All these words may be used in this type of exercise: Subject pronouns: **I, you, he, she, it, we, you, they** / Possessive adjectives: **my, your, his, her, our, your, their** / a, an, any (neg & quest) /n the morning-afternoon-evening, at night, at 7 o'clock / on (days) / n 2018 / ago TO BE: **is, are, am, was, were** (also in past continuous) / **can, can't, could, couldn't** / there is, (bigger are / has, hasn't, have, haven't, got / go to school, bed, work, university / Comparative & Superlatives: (bigger) than, the...est

2- Complete the questions about Zoe. Careful! Some questions are about the past, some are about the present and some about the future. (___/10)

1. _____
She played with her cat at 10 o'clock this morning.
2. _____
She has got only one cat
3. _____
She feeds her cat every day
4. _____
She was listening to Maluma when her cat got sick.
5. _____
No, she doesn't know the reason why her cat got sick.



**How many ?
When ?
What time
Where ?
Did... ?
How often ?
Does... ?
What ?
has ?
was... ?
is / are**

3- MIXED TENSES: Present simple & continuous, Past simple & continuous (___/10)

EXAMPLE: I (WATCH) was watching TV when my friend (PHONE) phoned me.

1. Every weekend Zoe's father _____ (DRIVE) to the countryside.
2. Look! That man _____ (STEAL) from that shop. Let's call the police right now.
3. What time _____ you _____ (GET UP) yesterday ?
4. When I _____ (SLEEP) last night, a friend from school texted me and woke me up.
5. I can't text you now because I _____ (STUDY) for my exams. I'll text later.

4- Complete with the correct form of the verbs in brackets. Verbs + to INF or ING. (___/5)

Karen: Do you enjoy _____ (SPEND) time online, Mark?

Mark: Yes, I sometimes spend time on TIK TOK, but I usually forget _____
(CHARGE) my phone. What about you?

Karen: I'd love _____ (GIVE UP) TIK TOK, but I can't. So I decided
_____ (CHECK OUT) my TIK TOK only once a day.
I don't mind _____ (CHECK OUT) that much.

Mark: Good idea!



5- Complete the sentences using:

(___ / 5)

can can't have to has to don't have to doesn't have to must mustn't

1. John and Mary have enough money, so they _____ take a taxi.
2. Do you really _____ leave now? It's still quite early.
3. Patricia _____ buy a ticket for the concert. She's already got one.
4. You _____ use the phone in class, it's against the classroom rules.
5. I _____ stay late today. It's not ok because it's Monday. I go to school tomorrow.

6- Look at the food Sigrid and Gemma bought for a party and complete the sentences below using some, a lot of, much, many or any. (___/5)

SOME
ANY
A LOT OF
MUCH
MANY

Sigrid

- 2 pizzas
- 12 cartons of juice
- Bread
- Cheese



Gemma

- 12 bags of crisps
- 35 packets of sweets
- 5 cakes
- 20 chocolate bars

1. Sigrid didn't buy _____ cakes because he knew Gemma was buying _____.
2. Gemma bought _____ packets of sweets to share with friends.
3. How _____ cartons of juice did Sigrid buy?
4. Sigrid bought _____ juice because he knows his friends like it.

7- Complete the story using the **Past Simple or Past Continuous** of the verbs in brackets (___ / 5)

I love going running. On Tuesday last week, I _____ (GO) for a run around a lake near my house. As I _____ (RUN) along the path, I _____ (SEE) a young child next to the water. His mum _____ (NOT WATCH) him very carefully. Suddenly, he _____ (FALL) into the water, which was quite deep. I jumped into the cold water to save him. He was very lucky!



E WRITING . Write about the person below (3rd person) (___ /20)

Write a new paragraph about each idea. **ABOUT 150 WORDS**



PERSONAL INFORMATION

NAME: Axel Bando

DATE OF BIRTH: 16/8/2012

NATIONALITY: ARGENTINIAN

MY TOWN Mar del Plata

type of place, geographical location, description

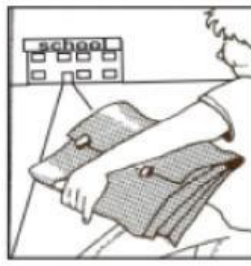
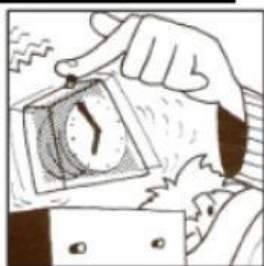
BEST THINGS & WORST THINGS

Traffic - special attractions - public transport - people -- activities

EVERYDAY

Milk for breakfast - homework / 10:30 - ~~lunch at home~~ - study / 11:30 to 12:30 - restaurant - ~~school~~ / morning

ANECDOTE YESTERDAY



Checklist for things to include.

REMEMBER

- Pers.Info + date of birth ☐
- Description of town ☐ ☐
- Best things about my town ☐
- Worst things about my towns ☐
- Routines activities ☐ ☐ ☐
- Uses pres simple neg. ☐ ☐

ANECDOTE YESTERDAY

- Where was the character ? ☐
- Clothes ☐ ☐
- Description of place / weather ☐ ☐
- Activities on progress ☐ ☐
- What happened ? ☐
- Conclusion ☐
- Put events in order and use connectors: when.../ suddenly.../ after that.../ finally.../ ☐

PERSONAL INFORMATION

MY TOWN

BEST THINGS & WORST THINGS

EVERYDAY

ANECDOTE YESTERDAY
