English File Upper-intermediate

NAME CLASS

File Test 6
Grammar, Vocabulary, and Pronunciation A

GRAMMAR

1 Complete the sentences with the gerund or the infinitive form of the verb in brackets.

Example: I can't stand *listening* (listen) to jazz. It's just not my taste in music at all!

1 Did you remember _____ (set) your alarm clock?
2 I'd rather you _____ (not call) me at work – my boss doesn't like it.
3 Have you tried _____ (sleep) on the other side of the bed?
4 Would you prefer _____ (stay) in tonight?
5 The shop assistant refused _____ (give) me a refund.
6 I couldn't get used to _____ (wake) up early. I'm definitely not an early bird!
7 Could you let me _____ (speak), please!
8 When we shared a room, my sister and I would often stay up all night _____ (chat).
9 Don't forget _____ (practise) playing your violin at home this week.
10 The windows on this bus are filthy. They definitely need _____ (clean)!

	10

2 Underline the correct word(s).

Example: Jim **used to** / **'s used to** eat a lot of junk food, but now he eats healthily.

1 On my day off, I **often** / **'m used to** drive to the mountains and do some climbing.
2 I **wasn't used to** / **didn't use to** eat fish at all, but I have it occasionally now.
3 When I was young, my mother **would** / **use to** always bake cakes at the weekend – I loved it!
4 I**'m not used to** / **didn't use to** speaking so much English – it's tiring!
5 When we were students, we **use to** / **used to** go to music festivals every summer.
6 Driving on the left was weird at first, but I **use to** / **'m used to** it now.
7 Tara and Steve used to **be** / **being** in a band, but it's split up now.
8 I can't **get used to** / **be used to** this new duvet. It's much thicker than the old one.
9 Did you **use to** / **used to** have music lessons at school?
10 The choir **usually** / **use to** practises on a Saturday, but the hall is being redecorated this weekend.

	10

Grammar total		20

VOCABULARY

3 Complete the words in the sentences.

Example: A **c***ello* looks like a very large violin.

1 The person who directs an orchestra is called a **c**_____.
2 A **s**_____ is a female singer who can sing very high musical notes.
3 Rock and classical are examples of two very different musical **g**_____.
4 If a song has a strong **b**_____, I can't stop myself from tapping my feet to it!
5 A **f**_____ is a long thin metal instrument that you blow into.
6 An **e**_____ is an extra piece performed when the audience calls the performer back.

	6

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English File
Upper-intermediate

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Grammar, Vocabulary, and Pronunciation A

4 Complete the sentences with the correct word(s).

Example: When it's really hot in summer, I just sleep under a *sheet*.
duvet pillow sheet

1 I didn't hear you get back last night, I was _____ asleep.
fast deep fallen
2 My dad _____ so loudly that he keeps everybody awake at night.
yawns oversleeps snores
3 You don't need to worry about _____ – that alarm clock's incredibly loud.
oversleeping having a nightmare keeping awake
4 I used to suffer from _____. I would lie awake for hours every night.
insomnia jet lag nightmares
5 If you eat too much late at night, it will _____ you awake.
stay keep make
6 I use a special _____ that gives my long neck enough support.
duvet blanket pillow
7 My dad gets up very early so he sometimes has a _____ in the afternoons.
nap dream yawn
8 Why are you _____? Are you tired or just bored?
snoring napping yawning

	8

5 Underline the correct word.

Example: My aunt is a bit of a **psychologist** / **hypochondriac**. She always thinks she's ill.

1 I've sent Lina some flowers – a lovely **bouquet** / **croissant** of roses.
2 **Baristas** / **Macchiatos** make your coffee in a coffee shop.
3 Dimitri is one of the best **chefs** / **chauffeurs** around – his restaurant is always booked up.
4 I love the **graffiti** / **architecture** in Rome – there are so many beautiful buildings.
5 You look very **fashionable** / **chic** in that outfit, as the French would say.
6 Hélène Grimaud is performing Brahms' Piano **Concerto** / **Symphony** no.1 tonight.

	6

Vocabulary total		20

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PRONUNCIATION

6 Match the words with the same sound.

concert pill**ow** ~~sn**o**re~~ al**ar**m eye**s** cour**s**e

Example: **or**chestra *snore*

1 cappuccin**o** _____
2 **e**ncore _____
3 pri**c**e _____
4 guit**ar** _____
5 play**s** _____

5

7 Underline the stressed syllable.

Example: blan|ket

1 or|che|stra
2 hy|po|chon|dri|ac
3 in|som|ni|a
4 phi|lo|so|phy
5 ar|chi|tec|ture

5

Pronunciation total 10

Grammar, Vocabulary, and Pronunciation total 50

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LIVEWORKSHEETS

NAME CLASS

File Test 6
Reading and Writing A

READING

Read the article about music and insomnia. Five sentences have been removed. Which sentence (A–F) fits each gap (1–5)? There is one extra sentence which you do not need to use.

Music beats insomnia

Everyone knows that a good night's sleep is essential for our physical and mental well-being. Sleep is so much more than a way of restoring energy after a busy day. It is a state during which the body repairs itself, stores information, and secures experiences in our memories. But in our busy world, full of technological distractions and noise and light pollution, it's difficult to get that optimum eight hours of quality sleep we all need. (----1----) However, those whose sleep is disrupted for over a month, are classified as suffering from insomnia, a condition that affects approximately 30% of adults at some point in their lives.

The effects of insomnia are unpleasant, ranging from tiredness, difficulty concentrating, and memory loss, to more serious health problems such as diabetes and obesity. It's not surprising, therefore, that when insomnia hits, many people reach for the medicine cabinet. But this is not an ideal solution because taking regular sleep medication can lead to harmful effects on the body. So, what's the alternative?

Music has long been associated with relaxation. (----2----) Many people listen to music before bed or while drifting off to sleep, but the positive effects have been mainly anecdotal and few major studies have been done to date. So, in an attempt find a safer alternative to sleep medication, a team of experts from the University of Sheffield's Music and Wellbeing research unit collaborated with researchers from the Sleep and Cognition Laboratory at the University of Lincoln and Goldsmiths University of London on an important music-sleep project.

The first phase of the project was to survey over 650 people with varying sleep habits. The first question was designed to find out what type of music people listen to when they are nodding off, and why they believe that music improves their quality of sleep. Interestingly, the most popular musician for assisting sleep turned out to be Bach. Other popular choices included Mozart, Ed Sheeran, and Cold Play. (----3----) Overall these included 14 different music genres and the songs of 545 different music artists.

The second question asked the participants why they thought that listening to their chosen music helped them sleep. While the obvious answer might have been that it helps them to relax, the responses showed that music fulfilled a range of functions and were different for each person. (----4----) Some participants used music as a distraction from background noise such as traffic, to prevent worrying thoughts, or to fill silence in order to provide a sense of security. Others just said they were used to the routine and couldn't sleep without it. The researchers concluded that there is no single solution for using music to improve sleep. Each individual needs to choose the music that works for them and use it in the way that works best for them. The researchers are determined to translate that into an alternative musical treatment for insomnia. The question is how?

The next phase of the research will involve expanding the survey to cover as many populations and cultures as possible. (----5----) The aim of the research will be to ultimately develop personalized music selection technology, which could be combined with advice on sleep strategies to create a complete treatment package for people who need to restore their

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sleep patterns. Until this new technology has been developed, however, the best advice is to avoid spending money on the 'sleep CDs' that are available to buy and to trust your own musical choices. Sweet dreams!

A For some, it slowed racing thoughts, improved focus, and cleared the mind, making the body more ready for sleep.
B The music that this future survey finds to be most effective overall will then be tested using advanced sleep recording techniques.
C We all have the odd sleepless night.
D Historical anecdotes name Bach as popular listening material for those suffering from sleep and chronic health problems.
E This helped more than half of the people in the study wind down and prepare for sleep.
F However, researchers were amazed at the incredibly wide variety of responses.

Reading total		10

WRITING

You recently bought an album by your favourite artist. Write an email to your friend telling him / her about it.

Write 140–180 words. Include the following information:

- **tell him / her what kind of music your favourite artist makes**
- **explain why you like that kind of music**
- **say whether the album is as good as you had hoped it would be.**

Writing total		10

Reading and Writing total		20

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English File
Upper-intermediate

NAME CLASS

File Test 6
Listening and Speaking A

LISTENING

1 Listen to five people talking about sleep problems. Choose from the list (A–F) what each speaker says caused the problem. Use the letters only once. There is one extra letter which you do not need to use.

A an animal
B a food allergy
C sunlight
D what she was sleeping on
E jet lag
F noise pollution

Speaker 1: [ ]
Speaker 2: [ ]
Speaker 3: [ ]
Speaker 4: [ ]
Speaker 5: [ ]

	5

2 Listen to a radio interview with a sleep researcher about teenagers and sleep. <u>Underline</u> the correct answer.

1 Anja thinks that teenagers are **to blame for/ treated unfairly for / need education about** their sleep patterns.
2 According to Anja's research, young people's body clocks **haven't developed yet / are the same as adults / work to a different schedule**.
3 The presenter admits he has been frustrated with **school start times / his teenage children / his own sleep habits**.
4 According to Anja, teenagers can **have health problems from waking up early / catch up on sleep at the weekend / sleep well if they exercise**.
5 Anja says that in order to improve the sleep situation for young people **parents must insist on a strict bed time routine / they must take expert advice / society must adjust**.

	5

Listening total		10

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NAME CLASS

File Test 6
Listening and Speaking A

SPEAKING

1 Make questions and ask your partner.

1 Which musical instrument / like / learn / play? Why?
2 Do you prefer / listen to CDs or stream music? Why?
3 What sort of music / parents used to listen to?
4 What / usually do before / go to bed?
5 How / guarantee / a good night's sleep?

Now answer your partner's questions.

2 Listen to your partner talking about sleep. Do you agree with him / her?

3 Read out the statement below about music. Tell your partner whether you agree or disagree. Give reasons.

'Music is essential to our health and well-being.'

Speaking total		20
Listening and Speaking total		30

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