B2 First Unit 1 Test

Vocabulary

Lifestyle

Choose the correct options to complete the sentences.

1 Today, a lot of people get back problems because of their *sedentary* / *simple* lifestyles.

2 My dad used to *carry out* / *lead* a very active social life, but he now spends more time at home.

3 Joe's life seems to be so *busy* / *stressful* with many different hobbies every week.

4 Celebrities can't have much of a *traditional* / *private* life as they're always in the media.

5 My brother has decided to be *modern* / *healthy* by cutting down on sugar.

6 I enjoy the *luxurious* / *alternative* way of living, but it's so expensive.

7 She'd prefer to have a *chaotic* / *simple* life in a peaceful village in the country.

8 My aunt has had to swap her *active* / *sedentary* lifestyle for a quieter one as she recovers.

Clothes

Complete the sentences with the correct answers (A, B or C).

1 It's important not to look _____ when you go for a job interview.

A baggy B scruffy C formal

2 I like going to _____ shops to see if I can get myself a bargain.

A colourful B casual C second-hand

3 I don't know why Simon likes _____ clothes – he can hardly breathe in them!

A tight-fitting B brand new C trendy

4 Clare doesn't mind wearing _____ clothes because she doesn't like to follow the crowd.

A smart B unfashionable C colourful

5 My brother insists on buying _____ clothes, but I don't look for labels.

A comfortable B trendy C plain

6 I hope I can wear _____ clothes to the party so I can get out of my suit!

A formal B scruffy C casual

7 John prefers to wear _____ clothes rather than bright and complicated patterns.

A plain B colourful C baggy

8 You will have to look _____ when you visit the new school.

A unfashionable B plain C smart

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get

Complete the gaps in each sentence with an appropriate word. The beginning of each word has been given to help you.

1 I always find getting **o**_____ of bed on a Saturday morning very difficult!

2 She has to finish her homework tonight or she'll get into **t**_____.

3 It can be difficult to get **b**_____ in a country if you don't speak the language.

4 I can't believe you got **r**_____ of my favourite jumper and put it in the bin!

5 I'm sorry I'm late, but I got **s**_____ in traffic.

6 Emma didn't get the **c**_____ to thank her teachers before she left school.

7 He left his email address if I wanted to get in **t**_____ about the job opportunity.

8 I should get **r**_____ for work – I didn't realise the time!

Language focus

Habitual behaviour

Choose the correct options to complete the sentences.

1 I *sometimes* / *hardly* ever meet my friends in the evenings.

2 When I was younger, I *would* / *will* go fishing with my brother.

3 If I'm tired, I'll quite *usually* / *often* have a nap on the sofa.

4 It's *rarely* / *rare* for her to stay up late and play games.

5 Frank *would* / *used to* live in a much bigger house before he moved.

6 She *usually* / *never* visits her friends on Saturdays, so that's where she'll be.

7 Sam *rarely* / *normally* eats fish, so maybe we should cook something else.

8 My dad *always* / *occasionally* cleans the car, but only if it's good weather.

9 Sasha *used* / *tends* to read her book before going to sleep.

10 He has *never* / *always* run off like that before; maybe I should take him to the vet.

be used to, get used to and *used to*

Complete the sentences with the correct answers (A, B or C).

1 I found it difficult to get used to _____ to the gym every week.

A goes B go C going

2 Sarah _____ to being in a large group of people she doesn't know yet.

A used B isn't used C got used

3 I've had to _____ to commuting for longer in my new job.

A get used B be used C getting used

4 Did you use to _____ in a big house when you were young?

A lived B living C live

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5 The cat is slowly _____ used to its new environment, but it's taking time.

A being B getting C gets

6 I haven't _____ used to the unpredictable weather in the city yet.

A got B been C get

7 Billy _____ to walk everywhere, but now he has a bicycle.

A was used B got used C used

8 Megan _____ used to such a long work day, so she's really tired.

A got B isn't C was

Reading and Use of English

Part 3 Word formation

For questions 1–8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the space in the same line. There is an example at the beginning (0). Write your answers in CAPITAL LETTERS.

Example: (0) DECISION

A new life

Sometimes, making a change in your life is all you need to make things better. I don't know when I came to the **(0)** ……. to change my lifestyle. I used to spend most of **DECIDE**
my spare time sitting in front of my computer on a rather **(1)** ……. chair, which **COMFORT**
hurts my back. I did this even when the sun was shining! I think my friends thought that it was **(2)** ……. that I never joined them when they went **DISAPPOINT**
to exciting places or played sports with them. So, I decided that my behaviour wasn't **(3)** ……. and started making small changes. I began by going with my **ACCEPT**
friends to familiar places and then with their **(4)** ……., I started to explore **COURAGE**
other places on my own. I have to say that I really started to enjoy myself. I was **(5)** ……. at what I had been missing out on when there was so much to **AMAZE**
see. It was such a **(6)** ……. enjoyable time that I now spend most of my **WONDER**
time outside. In fact, I now work as a tour guide showing people around my city, and in all **(7)** ……., they seem to love it just as much as I do. I think I have **HONEST**
come to the **(8)** ……. that anything is better than sitting down doing **CONCLUDE**
nothing!

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Reading and Use of English

Part 7 Multiple matching

You are going to read an article about four people who have recently moved house. For questions 1–10, choose from the people (A–D). The people may be chosen more than once.

Which person

helps family members with transport?	1 ☐
moved to a house that was easier to look after?	2 ☐
finds transportation more difficult than before?	3 ☐
has to do more housework than she'd like?	4 ☐
had expected to miss her previous house more than she did?	5 ☐
regrets not moving before?	6 ☐
has some meals cooked for her?	7 ☐
was concerned she had made the wrong decision to move?	8 ☐
enjoys the scenery in the new location?	9 ☐
has returned to live in the same place as she did before?	10 ☐

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A Katy Brown

Quite honestly, our recent decision to move out of the city was probably the best one my husband and I have ever made. It wasn't an easy decision by any means as moving to a village was like stepping into the unknown. And it's true that once the decision had been made and the sales on both the properties were going through, the doubts began to set in. Would it be too quiet? Would we miss the constant noise of the traffic and the crowds of people? Unsurprisingly, we didn't! It was a wonderful change to sleep right through the night. Getting around in the countryside is not without its problems, but paying extra for petrol to get to work is certainly worth it. The view we have over fields and trees and the clean, fresh air all around us are a whole world away from the noise, stress and pollution that a life in the city brings.

B Janet Saunders

Last year I was living in student accommodation at the university, but a month ago I moved out to share a flat in town with three of my fellow students. I have to say that I wish I'd done it sooner! Obviously, there are some downsides to looking after a house. My housemates aren't that tidy and I seem to be the one who clears up after everyone, which is a pain. Also, we have to do our own cooking. When I lived in student accommodation, my room was cleaned for me and I ate all my meals in the cafeteria! But there are so many good things about sharing. We all get on very well. We take turns to cook, and if I get stuck doing an assignment, there's always someone to help. One of my housemates has a car and can give us lifts into university; otherwise there's a bus stop just a few houses away. Also, we can have parties and we invite the neighbours so no one can complain about the noise!

C Penny Barker

Most people can't wait to leave home and get their own place to become independent. I did just that when I started my first job at the age of 24 after university. However, I recently asked my parents if I could move back in! It wasn't because I didn't have enough money or didn't like doing the housework and cooking. I actually enjoyed those aspects of having my own flat. The truth is that I missed my family. It was just too quiet. I'm much happier now that I'm back. I learnt a lot from the experience and my mother appreciates the help I can give her in the house. My brothers are pleased that I'm home too as they like to borrow my car from time to time! That's fine with me as long as they pay for the petrol!

D Ruth Markham

We'd put off the decision for a long time but in the end, we had to move. My husband and I loved the big old family house where we'd brought up three children but it was really far too big for us. It was also getting very difficult and expensive to maintain. The move to a smaller, more modern house was a relief and nowhere near as stressful or emotional as we had imagined. We now live near the town centre so it's easy to walk to the shops. We still live quite close to two of our children and their families and see them a lot. So, really, we have no regrets at all. My husband certainly doesn't miss cutting the grass in that huge garden!

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Listening

Part 3 Multiple matching

You will hear five short extracts in which people are talking about the benefits of making time to see friends and family. For questions 1–5, choose which benefit (A–H) each speaker mentions. Use the letters only once. There are three extra letters which you do not need to use.

A You can motivate each other.

B It makes you get out of the house.

C They are always there to help out.

D It's all about having fun.

E They increase your confidence.

F It's the opportunity to try new things.

G They make you less selfish.

H It's a good way to feel less lonely.

Speaker 1	1
Speaker 2	2
Speaker 3	3
Speaker 4	4
Speaker 5	5

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Writing

Part 2 Article

You have seen this announcement on a website for international students.

I'd love that lifestyle!
Is there a famous person whose lifestyle you would like to have?
Write us an article saying why you would like to have the same lifestyle as this person, and we will put the five best entries on the website. You could even win £500!

Write your article in 140–190 words in an appropriate style.

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Speaking

Part 1 Interview

You will be asked some of the following questions:

Lifestyles

- What do you think makes for an active lifestyle? Why?
- Do you and your friends have an active lifestyle? Why/Why not?
- Tell us about one activity you like to do with your friends.
- What do you enjoy about your current lifestyle? Why?

Habits

- What do you always do when you get home from school/work?
- Tell us about your morning routine.
- Do you have any bad habits?
- Do you prefer to stay at home on weekends? Why/Why not?

Fashion

- What kind of clothes do you like wearing?
- Do you like shopping online? Why/Why not?
- Tell us about the last item of clothing you bought.
- Do you ever buy second-hand clothes? Why/Why not?

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