

**LISTENING****Time: 15 minutes**

**Task 1. You will hear a sportsman talking about his lifestyle. For each items (1- 10) decide if each sentence is correct or incorrect. If it is correct, choose A (True). If it is not correct, choose B (False). You will hear the text twice.**

Well, I'm a keen athlete, so I try to have a healthy diet. I eat a lot of protein, especially fish and lean meat, and a plenty of fruit and veg. That's no problem, because I like those things and I love crunchy salads. But I also need quite a lot of carbohydrate to give me energy. So I tuck into pasta and baked potatoes/ I can't resist chocolate either; I've cut down a bot. but don't think I'd want to cut it out of my diet completely! Anyway, because I do so much exercise I don't ever put on weight. I have reduced my salt intake though-I never put it on food and I normally avoid junk food, which is full of salt and fat. I go to a training session two evenings a week with my local team. I also belong to a gym and I go there three times a week. I've never smoked and don't drink much alcohol. What I do drink is lots of water-you really need it if you do a lot of exercise. And I also try and get eight hours sleep a night-I find it makes a big difference. I think I'm fit, and being fit helps me deal with stress, at work and at home.

1. I eat lots of fruit and vegetables.

A True B False

2. I never drink alcohol.

A True B False

3. I drink a lot of water.

A True B False

4. I've cut down on chocolate.

- A True B False
5. I go to the gym regularly.  
A True B False
6. I never have to go on a diet.  
A True B False
7. I make sure I get plenty of sleep.  
A True B False
8. I eat a lot of junk food.  
A True B False
9. I've never smoked.  
A True B False
10. There's no stress in my life.  
A True B False

**Task 2. You will hear a boy called Nick talking about something that happened recently. Listen to the story and answer the following questions choosing correct answer A, B or C. You will hear the text ONCE for this task.**

I've played football since I was eight years old and now I'm fifteen. I play in one of the best football teams in my region. My brother who's fourteen is also in the team. My aim is to play in the national team-the under-sixteens of course. Last week we were told that a coach was coming from the national team to watch us play so that he could choose the three best players to play in a match against another country. The big moment arrived on Tuesday and we played our match. Just before the final whistle, I scored a goal and I knew we'd won the match. I looked over at the coach and he nodded to me. The whistle blew. I knew I'd played really well and I was sure I would be chosen. I couldn't wait to hear my name called. I ran over to the other players but I was so excited I wasn't looking where. I was going and bumped into someone. I fell badly and broke my leg. I was taken to the hospital and found out that the coach had chosen me, but I can't play and my brother will take my place. The match is on Saturday.

11. Nick has played football
- A for about seven years.
  - B for almost a year.
  - C since he was six.
12. His brother is
- A a coach.
  - B in the same team.
  - C elder.
13. Who came to watch Nick's team play?
- A his best friends
  - B his parents
  - C a coach from the national team
14. How Nick felt after he scored the goal?
- A upset
  - B relaxed
  - C excited
15. What happened after the match?
- A Nick broke his leg
  - B Nick got a present.
  - C Nick was chosen by the coach.

**Transfer your answers to the answer sheet!**

**READING**

**20 minutes**

**Task 1. You are going to read an article about the effects of tourism on local people. For questions 1-6, choose from the people (A-C). The people may be chosen more than once.**

**Which person**

1. Misses a place they used to go as a child?
2. Says that tourism provides a lot of jobs for local people?
3. States that tourism has destroyed a traditional local industry?
4. Feels that presence of the people from other cultures benefits the local community?
5. Criticizes the behavior of some tourists in their town?
6. Believes that most of the profit from the local tourist industry goes abroad?
7. Claims that tourists are unwilling to learn the local language?
8. Believes tourism helps the local people to get to know the other cultures and their traditions?

**Living with tourism**

*Three people describe how tourism has affected their home town.*

**A. Yusuf Demir**

In my childhood in my home town there was a path I used to go to school, and last summer I went to see if it was still there. It was, but the view from it was different. Now there is a vast shopping mall, with a cinema and some cafes. I don't really worry about that, because it means there are lots more things to do, and I also like the fact that it has a really international atmosphere. It is good for local people to meet visitors from other parts of the world, try new kinds of food and hear about different ways of living.

**B. Matt Walker**

Tourism has changed this town so much, even in the years since I was at school. In those days there was a football pitch near the harbour, but it's gone now, which is a pity. We used to kick a ball around there a lot. In the harbour itself luxury yachts owned by people from richer parts of the country have

replaced the fishing boats which had been owned by locals. And now there is no sign of what used to be the main source of income and employment locally. In the evenings the town is certainly a lot livelier than it used to be. But sometimes people start doing things they would never do in their home towns. And then the police have to be called!

### **E. Daniela Navarro**

I know some of the new hotels and holiday apartments are unattractive, and the bars, restaurants and nightclubs for tourists have changed the nature of the town. Without them the unemployment would be a much higher, particularly among the young. But the problem is that the only ones making any real money out of all this are big tour operators and the owners of the hotels. None of them are actually based in my country. Also, very few tourists learn our language, so it means there's little communication between us and them.

**Task 2. You are going to read a text about the eating habits of the British people. Match the beginning of the sentences (9-15) with the proper endings (A-G).**

9. British people today eat ...	A. ... where their food comes from.
10. They are drinking ...	B ... more convenience foods than they did before.
11. They are eating ...	C ... in the amount of chips, pizza and crisps people eat each week.
12. For the past 20 years, ...	D... healthier food than in the past.
13. Shoppers today have more information about ...	E ... bananas have been the most popular fruit in the UK.
14. There has been a big increase	F ... much less tea than they did 40 years ago.
15. Now people more prefer brown bread	G. .... than they used to do.

**Goodbye, fish and chips: national changing trends in British dining**

Tea, baked beans on toast and fish and chips have always been popular in Britain. But, things are changing, according to data published recently in the National Food Survey.

Everyone knows that the British love tea but they drink more than 50% less tea than in the 1970s. Britons are now drinking on average only eight cups of tea a week – they drank 23 cups in 1974. Tea is still the most popular hot drink in the UK but people now spend more money on coffee.

The data comes from 150,000 families who took part in the survey between 1974 and 2000, combined with information from 2000 to 2014. It shows a move towards healthier food in recent years – people have changed to low-calorie soft drinks, from whole to skimmed milk and they eat more fresh fruit. But, the amount of chips, pizza, crisps and ready meals they eat each week has increased a lot.

There has also been an enormous change from white to brown bread. The survey also shows the amount of bread people eat has fallen from 25 to 15 slices a week over the past forty years. The amount of baked beans people eat has reduced by 20%. But, there has been an increase in other types of convenience food, particularly Italian dishes. The amount of pasta they eat has almost tripled over the same period.

Fresh potatoes are also becoming less popular with a 67% decrease from 1974, when adults ate the around 188g every day. People eat more of other vegetables such as cucumbers and mushrooms. The amount of takeaway food they eat has almost doubled since 1974, from 80g per person per week to 150g.

It seems that British people are now more careful about what they eat – the amount of fruit has increased by 50% since 1974. Bananas have been the most popular fruit in the UK since 1996 – adults ate 221g per adult per week in 2014, much more than apples (131g) and oranges (48g). Half of all soft drinks British people drink are now low-calorie soft drinks.

The UK Environment Secretary, Elizabeth Truss, said: “Food is the heart of our society. People care more about where their food comes from than before, we

can order quality food on the internet, fashionable restaurants give us the latest trends and exciting global cuisines are now as common as fish and chips.”

First published in *The Guardian*, 18/02/16

**Transfer your answers to the answer sheet!**

## USE OF ENGLISH

**Time: 20 minutes**

**Task 1. Read the email. Fill in the gaps with the most suitable word (A, B, C or D).**

Hi Jackie,

I'm writing to tell you about my holiday. We hired bicycles and on the first day we cycled beside the Grand Union (1)\_\_\_\_\_, which was built in 1793 to carry goods from the Midlands to London. It was very relaxing. The next day we cycled around a (2)\_\_\_\_\_. That took a few hours but there was a small sandy (3)\_\_\_\_\_ and a little (4)\_\_\_\_\_ where you could sit (5)\_\_\_\_\_ the shade. We camped there and the next day we hired a boat. The only problem was there was a lot of thick (6)\_\_\_\_\_ at the side of the lake which we got stuck in. We weren't in danger because the water was (7)\_\_\_\_\_, but there was a risk of not being able to get the boat out. On another day we went for a walk to the top of a (8)\_\_\_\_\_. It wasn't very high but we had a lovely (9)\_\_\_\_\_. We came down the other side and stopped in the village at the bottom for lunch in a really nice café. I'd recommend it. See you soon.

Love,

Maria

- |   |          |         |         |             |
|---|----------|---------|---------|-------------|
| 1 | A stream | B canal | C flood | D river     |
| 2 | A sea    | B ocean | C lake  | D waterfall |
| 3 | A banks  | B shore | C beach | D coast     |

- |   |            |           |              |           |
|---|------------|-----------|--------------|-----------|
| 4 | A wood     | B forest  | C rainforest | D timber  |
| 5 | A in       | B under   | C on         | D out     |
| 6 | A sand     | B soil    | C dust       | D mud     |
| 7 | A little   | B shallow | C narrow     | D gentle  |
| 8 | A mountain | B cliff   | C hill       | D cave    |
| 9 | A view     | B look    | C sight      | D scenery |

**Task 2. Fill in each gap with a preposition (for, at, with, in, on, to, after, from).**

I got home (10)\_\_\_\_\_ work (11)\_\_\_\_\_ Thursday (12) \_\_\_\_\_ a really awful sore throat. As I was really tired (13) \_\_\_\_\_ a long day, I went (14)\_\_\_\_\_ bed immediately. When I looked (15)\_\_\_\_\_ the mirror (16) \_\_\_\_\_ Friday morning I realised it was bright red and covered (17) \_\_\_\_\_ spots. So I made an appointment (18) \_\_\_\_\_ the doctor (19) \_\_\_\_\_ the local surgery. My doctor gave me a prescription (20) \_\_\_\_\_ antibiotics. It cleared up quickly once I started taking them.

**Transfer your answers to the answer sheet!**

## **WRITING**

**Time: 30 minutes**

This is a part of an email you have received from your English-speaking friend, Ben, who is helping to organize a music festival. Read Ben's email.



*I'm really glad you want to take part in the music festival in July. Could you just give me some more information?*

*The festival lasts for five nights and I'm trying to arrange the program, so could you tell me something about the kind of music your band plays?*

*The other thing I'd like to know whether you'd prefer to play on the first night of the festival or the last.*

*And where do you and your band want to stay? We're going to camp at the festival, so do you want to do that too?*

*Reply soon*

*Ben*

Write an email to Ben.

**Do not forget to:**

- ) tell him about the music your band plays;
- ) tell him about the time you prefer to perform;
- ) say you do not want to live in a camp and explain why;
- ) remember the rules of email writing.

You should write about **100-120** words.

**Transfer your answers to the answer sheet!**

**You and your classmate are going to launch a new health awareness campaign for your school mates called "Avoiding illnesses is the responsibility of individuals". You have to think TOP FIVE activities they have to follow in their everyday life to keep fit and healthy. Discuss the activities from the list**

below, give your reasons and explain your choices. In the end you have to agree on your choice. You will have 5 minutes to discuss the situation with your partner.

Remember:

- you have to be active and polite
- come up with your ideas
- take turns to speak

You have **2 minutes** to think your choices over before you begin to speak

*washing your hands frequently    taking regular exercise    not smoking*  
*getting enough fresh air    having recommended vaccinations    eating healthily*  
*cleaning your teeth    avoiding sunburn    doing what makes you happy*  
*reducing stress    sleeping enough    drinking enough water    taking vitamins*