

Unit 6 Progress Test A

Grammar

1 Complete the text. Use the correct form of the words in brackets. Use active or passive forms.

Vinegar

Vinegar ¹ _____ (make) by adding acetic acid to water. Today, it ² _____ (use) as a cooking ingredient, but in the past it ³ _____ (produce) in large quantities for industrial and medical purposes. Traces of vinegar ⁴ _____ (find) in Egyptian vases dating from around 3000 BC, suggesting that people ⁵ _____ (know) how to manufacture the product since ancient times. One particularly famous type of vinegar is balsamic vinegar, which originates from the provinces of Modena and Reggio Emilia in Italy. We know that vinegar ⁶ _____ (manufacture) in these regions as long ago as the 12th century, although it ⁷ _____ (not call) balsamic vinegar until the 19th century. Originally a costly product available only to the rich, traditional balsamic vinegar ⁸ _____ (age) for 12 to 25 years before it ⁹ _____ (can / consume). In Holland, Germany and the UK, beer ¹⁰ _____ (use) for centuries in the manufacture of vinegar. In the UK, people love to pour this type of malt vinegar over their fish and chips!

Mark: ____ / 10

2 Complete the second sentence so that it has a similar meaning to the first.

- Experts estimate that the company will have sold a million litres of olive oil by the end of the decade.
It _____ a million litres of olive oil _____ by the end of the decade.
- Somebody should have completed the form before they sent it.
The form _____ before it _____ .
- It is said that potatoes were first brought to Europe by Spanish sailors.
Potatoes _____ to Europe by Spanish sailors.
- I hope the college offers me a place on the course.
I hope _____ by the college.
- I don't want people to remind me of the time when somebody stole my bike.
I don't want to _____ the time when my bike _____ .

Mark: ____ / 10

Vocabulary

3 Complete the sentences with the correct words. The first letter of each word has been given.

- 1 Milk, cheese and butter are all well-known examples of d_____ products.
- 2 Essential m_____ we need include iron and calcium, and they can be found in fish, fruit and vegetables.
- 3 The problem with eating lots of fatty meat or butter is that these foods are full of s_____ fats, which raise the level of cholesterol in the blood.
- 4 F_____ drinks like coke and lemonade are often full of sugar, and can lead to a higher risk of cancer or heart disease in later life.
- 5 Manufacturers add p_____ to packaged foods to stop them from going off and to preserve their shelf life. A common example is BHT, which stops foods from changing flavour and colour.
- 6 It takes a long time for your stomach to d_____ foods such as nuts and cereals. That's why a bowl of cereal for breakfast keeps you feeling full until lunchtime.

Mark: ___ / 6

4 Circle the correct words to complete the sentences.

- 1 I'm from Valencia in Spain, and the **menu / dish / portion** my city is most famous for is paella.
- 2 I've got a black belt in judo, and I love to **beat / win / keep** my opponent. Afterwards though, I'm always respectful.
- 3 My nose is **congested / nauseous / dizzy** and I've got a headache. I don't feel well at all.
- 4 I **go / attend / do** a fitness class twice a week.
- 5 I enjoy **going / doing / making** team sports such as rugby and hockey.
- 6 **Antacid / Cough medicine / Antihistamine** is what you need to treat an insect bite.
- 7 When training for a triathlon, I have to really **pedal / push / play** myself to the limit.
- 8 At the end of the meal, there was only one **amount / leftover / slice** of bread left on the table.
- 9 I played tennis for four hours yesterday. That's why my legs felt so **stiff / swollen / sprained** when I woke up this morning. I went for a short jog and soon felt fine.
- 10 Half of my class are at home ill this week. I think there's a **heartburn / virus / fracture** going round.

Mark: ___ / 10

5 Complete the sentences. Use the words to make compound adjectives.

- 1 In a _____-provoking new book, Professor Karen Carr challenges ideas we may have about what sort of foods are good for us.
- 2 Eating in a revolving restaurant at the top of one of the world's highest towers was amazing – there were _____ taking views of the city, the sea and the distant mountains.
- 3 Usain Bolt is probably the most _____-known sprinter in the world of athletics right now.
- 4 Our team didn't really want to play the match at all. That's why we put in a _____-hearted performance, and deserved to lose 5–0.

Mark: ___ / 4

Use of English

6 Complete the dialogue with the words below.

catch fatigued infection mean mind painkillers same swollen temperature X-ray

Dr Kant Good morning. What can I do for you?

Richard Well, my jaw's ¹ _____ and it really hurts here. I think I've got a tooth ² _____.

Dr Kant I'm afraid I didn't quite ³ _____ that. Would you ⁴ _____ saying that again?

Richard Yes, I'm sorry. It's hard to speak. My jaw is swollen and I think this tooth is infected.

Dr Kant I see. Have you got a ⁵ _____?

Richard Yes, it's quite high.

Dr Kant What do you ⁶ _____ by high? Is it over 37.5?

Richard I think it's around 38.5. I feel really ⁷ _____ too. I could hardly get out of bed this morning.

Dr Kant Ok. Let's have a look at that tooth. Yes, your molar does look like it has an infection.

Richard Molar? Is that the ⁸ _____ as a wisdom tooth?

Dr Kant No, it's not as far back. I'll need to take an ⁹ _____ and I'll prescribe you some ¹⁰ _____. I'm afraid we may need to think about removing it.

Mark: ____ / 10

Listening

7 6 You will hear three texts. Choose the correct answers.

Text 1

- 1 The speaker compares the kiwi to other fruits in terms of ...
 - A how many vitamins it contains.
 - B the way it looks and how big it is.
 - C how firm, smooth, or creamy it is.
- 2 A study of children in Italy discovered that kiwi fruit ...
 - A had more nutrients than other fruit.
 - B helped kids with breathing difficulties.
 - C helped prevent diabetes.

Text 2

- 3 In the interview, how does Dr Smith describe nuts?
 - A He says they are healthy so long as they don't have any additives.
 - B He says that some contain more proteins and minerals than others.
 - C He says that eating too many can be bad for your heart.
- 4 What does Dr Smith say about macadamia nuts?
 - A They tend to be processed in some way.
 - B They are more fattening than some other nuts.
 - C They aren't as healthy as other nuts such as pecans.

Text 3

- 5 How should the piece of news be headlined?
 - A Food with 'healthy eating' labels are high in fat
 - B Call to add 'healthy eating' labels to food
 - C 'Healthy eating' labels make obesity crisis worse

Mark: ___ / 5

Reading

8 Read the text divided into three parts. Match questions 1–5 with paragraphs A–C.

Sleepwalking

A Recent research has uncovered some remarkable facts about sleepwalking. It has been established, for example, that most sleepwalkers rise from their beds during the first third of a night's sleep, during a stage of their sleeping cycle called non-REM sleep. During this stage, they are in deep sleep, and their brains are very inactive. The fact that the brain is not really thinking about anything explains why sleepwalkers walk around with blank expressions and, if woken, can't remember what they were doing. It also proves that the long-held belief that sleepwalkers act out dreams is simply not true. Sleepwalkers can't be dreaming if their brains aren't switched on. Remarkably, though, to my mind at least, the body, unlike the brain, is still active during non-REM sleep. Most people toss and turn in bed early in their sleep cycle, and pull at the bedsheets. Sleepwalkers simply take this behaviour to another level.

B While people of all ages may walk in their sleep, the phenomenon is most common in young children. It is believed that this is because their brains are still developing and, therefore, more likely to get confused. Sleepwalking has been described as a state of the brain in which the boundary between being awake and asleep is uncertain. Something in the sleeper's brain tells the body to move when it should be telling it to rest. It makes sense, therefore, that sleepwalking children behave in the way they do. Not only is a child's brain immature, but it is also developing very fast. It is no surprise that it should make mistakes. It is no surprise either that most kids soon grow out of sleepwalking. It is harder to explain why the phenomenon seems to run in families, though, and why it is much more likely that a boy, rather than a girl, should be a sleepwalker.

C It has been shown that children are more likely to go sleepwalking when over-tired or stressed, so a simple remedy is often to make sure they get a good night's sleep. Cutting out certain medicines or food types may also have a positive effect on a person's tendency to sleep walk. Sleepwalking may be a symptom of something more serious in adults, however. Indeed, it could be a symptom of Parkinson's disease. It is also fair to say that walking around in your sleep, unaware of what you are doing or where you are going is, naturally, dangerous in itself. Many have had accidents, and some have committed crimes. In 2005, a British man was found not guilty of murdering his father after he explained to the court that he had killed him while walking round the house fast asleep.

In which paragraph does the author ...

- 1 dismiss a once popular theory about sleepwalking? ___
- 2 express concerns about sleepwalking? ___
- 3 admit to a current lack of understanding about why particular people sleepwalk more than others? ___
- 4 express surprise about an aspect of sleepwalking? ___
- 5 provide an example of why sleepwalking in adults may be problematic? ___

Mark: ___ / 5

Writing

9 Read the task below. Write an article.

You've read an article saying that fewer teenagers are taking part in team sports. Write an article for your school website about why it is important for teenagers to take part in team sports, and how students can be persuaded to do more team sport.

Mark: ___ / 10

Total: ___ / 70