

## Unit 6 Progress Test B

### Grammar

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

##### Olive oil

As everybody knows, olive oil <sup>1</sup> \_\_\_\_\_ (produce) by pressing whole olives. Every year, over three million tons of the oil <sup>2</sup> \_\_\_\_\_ (sell) worldwide, and the number of consumers is rising. This is because, in recent years, olive oil <sup>3</sup> \_\_\_\_\_ (market) as a healthy and tasty alternative to butter in much of northern Europe and North America. The liquid has a long history. Archaeological evidence shows that olives <sup>4</sup> \_\_\_\_\_ (turn) into oil as long ago as 6000 BC. The practice <sup>5</sup> \_\_\_\_\_ (may / begin) in Mesopotamia, but nobody knows for sure. On the island of Crete in the Mediterranean, vases for holding oil <sup>6</sup> \_\_\_\_\_ (find). Some of these are over five thousand years old, suggesting that olive oil production in the Mediterranean is also ancient. It <sup>7</sup> \_\_\_\_\_ (know) that the first oil presses <sup>8</sup> \_\_\_\_\_ (invent) about two thousand years ago. Before that time, olives <sup>9</sup> \_\_\_\_\_ (press) by hand. It is amazing to think that many of the dishes which <sup>10</sup> \_\_\_\_\_ (must / prepare) by the Ancient Egyptians were as dependent on olive oil as many of our dishes are today.

Mark: \_\_\_\_ / 10

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

- 1 People should allow teenagers to stay in bed longer.  
Teenagers \_\_\_\_\_ .
- 2 The council must have completed the repairs before they reopened the building.  
The repairs \_\_\_\_\_ before the building \_\_\_\_\_ .
- 3 It is believed that nightmares are caused by eating too much cheese.  
Nightmares \_\_\_\_\_ too much cheese.
- 4 Since the mayor has only just opened the shopping centre, we can forgive the shops there for having very little stock.  
Since the shopping centre \_\_\_\_\_ , the shops there \_\_\_\_\_ for having very little stock.
- 5 People once believed that somebody had made the moon from cheese.  
It \_\_\_\_\_ the moon \_\_\_\_\_ from cheese.

Mark: \_\_\_\_ / 10

## Vocabulary

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

- 1 Did you know that people in Switzerland c\_\_\_\_\_ more chocolate per head of the population than any other country?
- 2 V\_\_\_\_\_ D is essential for the correct development of our bones, and is found in liver and fish oils.
- 3 Eating foods rich in animal fats can raise the level of c\_\_\_\_\_ in the blood, which in turn can lead to heart disease.
- 4 Eating a banana is a great way of b\_\_\_\_\_ your energy levels during the afternoon. Just one will stop you feeling tired and leave you feeling much more active.
- 5 People have been using a wide range of food a\_\_\_\_\_ for centuries to improve the flavour or appearance of food products. These include antioxidants to make food last longer, and sweeteners to make foods taste more sugary.
- 6 There are only 52 c\_\_\_\_\_ in an apple, but 155 in an egg, so eating an apple is good if you are on a diet.

Mark: \_\_\_ / 6

### 4 Circle the correct words to complete the sentences.

- 1 The sprinter tested herself with short **burns** / **bursts** / **pumps** of high-intensity exercise.
- 2 I'm sucking on these menthol sweets because I've got a sore **sprain** / **throat** / **flu**.
- 3 The body is able to **convert** / **attend** / **lift** fat into energy.
- 4 My brother and his friends **go** / **play** / **lift** weights in the gym. They want to have big muscles!
- 5 Let's have a look at what's on the **menu** / **leftover** / **portion**. OK. I think I'll have the veggie burger.
- 6 There was a small **amount** / **slice** / **diet** of soup left in the bowl at the end of the meal.
- 7 My brother's got a chest **temperature** / **infection** / **sting** and keeps coughing all the time.
- 8 I hit the wall with my knee when I fell off my bike. There's a nasty **rash** / **stiff** / **bruise** and it's gone black and blue.
- 9 If you cut yourself, clean the wound and put a **bandage** / **tablet** / **medicine** round it.
- 10 Whenever I go to the gym, I **pedal** / **push** / **beat** on a bike for an hour.

Mark: \_\_\_ / 10

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

- 1 Canoeing down the rapids in Canada was a \_\_\_\_\_-blowing experience. It was exciting, dangerous and completely unforgettable.
- 2 In a \_\_\_\_\_-breaking performance, the star striker scored eight goals in one match. Nobody had done that before!
- 3 Dan's excuse seemed \_\_\_\_\_-fetched. Nobody really believed that the sandwiches had been stolen by a pack of dogs. We knew he'd eaten them all!
- 4 The literature festival has chosen a \_\_\_\_\_ respected poet to give a lecture.

Mark: \_\_\_ / 4

## Use of English

### 6 Complete the dialogue with the words below.

attend chest dizzy feel heartburn mean push rest think X-ray

- Dr Jin** Hi. How can I help you today?
- Hope** Well, I always <sup>1</sup> \_\_\_\_\_ my fitness class on Mondays, but yesterday during the workout I had this terrible <sup>2</sup> \_\_\_\_\_.
- Dr Jin** Did you <sup>3</sup> \_\_\_\_\_ nauseous as well?
- Hope** Sorry, do you <sup>4</sup> \_\_\_\_\_ you could repeat that, please? There was a noise outside the room and I didn't catch what you said.
- Dr Jin** Of course. Did you feel nauseous or sick?
- Hope** Yes, and I felt very <sup>5</sup> \_\_\_\_\_ too – the room was spinning around me. Today I've been feeling very fatigued.
- Dr Jin** What do you <sup>6</sup> \_\_\_\_\_ by fatigued?
- Hope** You know, I just haven't got any energy at all. Everything feels like a huge effort.
- Dr Jin** And when you go to the gym do you always <sup>7</sup> \_\_\_\_\_ yourself to your limit?
- Hope** I get out of breath, but it isn't very strenuous.
- Dr Jin** OK, I'm going to send you for an ultrasound on your <sup>8</sup> \_\_\_\_\_.
- Hope** Is that something like an <sup>9</sup> \_\_\_\_\_?
- Dr Jin** Yes, it doesn't hurt. In the meantime, make sure you get lots of <sup>10</sup> \_\_\_\_\_.

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 its appearance.
  - B its size.
  - C its taste.
- 2 The article specifically states that the kiwi fruit is good for people with diabetes because ...
  - A it is rich in Vitamin C.
  - B it is a great source of fibre.
  - C it contains phytonutrients.

#### Text 2

- 3 In the interview, which of the following does Dr Smith recommend people to do?
  - A avoid eating most sorts of nuts
  - B choose a particular type of nut to eat
  - C eat nuts with no additives
- 4 What does Dr Smith say about chestnuts?
  - A They are usually processed and packaged.
  - B They aren't as fattening as pecans.
  - C They are much healthier than most nuts.

#### Text 3

- 5 How should the piece of news be headlined?
  - A Poor labelling adds to obesity crisis
  - B Solution to obesity crisis found
  - C Obese people eat fewer healthy foods

Mark: ___ / 5
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## 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 explain why people of a particular age group tend to sleepwalk more than others? \_\_\_\_
- 2 mention the way people look when sleepwalking? \_\_\_\_
- 3 suggest ways of preventing sleepwalkers from behaving in the way they do? \_\_\_\_
- 4 give a specific example of how sleepwalking can have negative consequences? \_\_\_\_
- 5 discuss how the brain is behaving during sleepwalking episodes? \_\_\_\_

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