

**A**

 Listen to a conversation between Noah and Ashley. Choose the correct answers.

- 1 Why does Noah need Ashley's help?
  - A** to help him choose a design to paint on his face
  - B** to show him how to paint his face
  - C** to paint his face for him
- 2 Noah says he wants the new design to be different from normal by ...
  - A** including the main colors of the team he supports.
  - B** reflecting an element of the sport being played.
  - C** being simple and discreet.
- 3 According to Noah, why is this a special occasion?
  - A** It's unusual for his team to go so far in the competition.
  - B** It will be the first time his team has appeared on TV.
  - C** His team is playing in the stadium for the first time.
- 4 Noah wants Ashley to paint the number 47 on his forehead ...
  - A** because it's his favorite number.
  - B** because it appears in the name of his team.
  - C** to honor one of the players.
- 5 When Noah's friends see his painted face, Ashley thinks they will ...
  - A** be confused.
  - B** be impressed.
  - C** be jealous.

\_\_\_\_\_ / 10 (2 points each)

**B**  Listen to a conversation between William and his daughter, Alyssa. Choose the correct answers.

- 1 How does William feel about his upcoming retirement?
  - A excited about all the things he's going to do
  - B concerned that he won't have people around him
  - C worried that he won't be helping anyone
- 2 Alyssa suggests her father should ...
  - A find something relaxing to do.
  - B be careful with how he spends his money.
  - C find a new way to help others.
- 3 How does William think his life will change?
  - A He is sure he will find a new circle of friends.
  - B He feels that he will do something important.
  - C He won't get up as early as he used to.
- 4 What does William say about his first day of retirement?
  - A He is excited about going running in the morning.
  - B He is expecting someone to bring some fishing equipment to his house.
  - C He is going to meet up with an old friend.
- 5 Alyssa thinks that her father should ...
  - A paint her bedroom a new color.
  - B help her mother reorganize the garage.
  - C read all the magazines that he has not read yet.

\_\_\_\_\_ / 10 (2 points each)

**C** Complete the chart with the words from the box.

adaptation	cattle	cholesterol level	digestion
ethnicity	genes	heritage	immune system
resistance	shortage	supply	transition

Discussing Global Food Issues	Discussing Health Issues	Talking about Ancestry	Talking about Change
cattle			

\_\_\_\_\_ / 11 (1 point each)

**D** Choose the correct answers.

- 1 The speech the manager gave had the *desired* / *unforeseen* effect on the sales team, and they increased sales by 20% that afternoon.
- 2 The designers chose *muted* / *saturated* colors for the background so the dark headline would stand out.
- 3 Not all cultures celebrate a *rite* / *practice* of passage for a boy becoming a man.
- 4 After playing tennis, Nick often had pain in his elbow and knee *organs* / *joints*.
- 5 Production of crops like rice and other *fiber* / *cereals* has risen in the last few years.
- 6 Her matching outfit and accessories *conjured up* / *implied* that she knew how to dress well.
- 7 João's trip to India had a *profound* / *gradual* effect on him. It made him realize how fortunate he was and that he should be grateful for all he had.

\_\_\_\_\_ / 7 (1 point each)

**E** Complete the sentences with the correct form of the words from the box.

ancestor    circulate    concentrate    foresee    renew    saturate

- 1 Sitting for a long time isn't good for your \_\_\_\_\_.
- 2 The \_\_\_\_\_ home of George Washington, the first US president, is in Sulgrave, England.
- 3 Geothermal is a type of \_\_\_\_\_ energy that comes from the heat of the Earth itself.
- 4 The success of the electric scooter was completely \_\_\_\_\_ and took the local authorities by surprise.
- 5 You should avoid bright, \_\_\_\_\_ colors for the background of your website.
- 6 It only takes a momentary lapse in \_\_\_\_\_ to make a mistake when driving.

\_\_\_\_\_ / 6 (1 point each)

**F** Choose the correct answers to complete the conversation.

- Kate** I'm going to a lecture at our community center on how to reduce my <sup>1</sup> *carbon footprint* / *fossil fuels*. I've already <sup>2</sup> *cut back on* / *wound down* the meat I eat, but I want to <sup>3</sup> *embrace* / *implement* some new changes, especially regarding transportation.
- Rob** Good for you. I'm a member of the <sup>4</sup> *green* / *renewable* party, and they believe in a <sup>5</sup> *biofuel* / *low-carbon* economy that focuses on alternative energy sources like wind and solar power. If I were you, I would travel by bicycle. You would get in shape and produce zero emissions.

\_\_\_\_\_ / 5 (1 point each)

**G** Complete the conversation with the words from the box. There are three words or expressions that you do not need to use.

be green	blown away	complicated	frustrated
lose focus	multi-task	stay focused	turn red

**Amanda** Jack, could you get the laundry out of the washing machine, please?

**Jack** I'm making dinner.

**Amanda** Can't you <sup>1</sup> \_\_\_\_\_?

**Jack** Not really. I don't like doing two things at a time. If you keep asking me questions, I'm going to <sup>2</sup> \_\_\_\_\_ and burn dinner. Can't you do it? This is the part of the recipe where things get <sup>3</sup> \_\_\_\_\_. Oh no! It's burning! Look what you made me do!

**Amanda** OK, don't get <sup>4</sup> \_\_\_\_\_. Keep calm. You <sup>5</sup> \_\_\_\_\_ on dinner, and I'll take care of the laundry.

\_\_\_\_\_ / 5 (1 point each)

**H** Choose the correct answers.

- 1 The city orchestra *is / are / be* going on a tour this summer.
- 2 Not until I had added up everything *I realized / did I realize / I was realized* how much our wedding had cost.
- 3 Everything on the news *are / was / were* depressing to Rick.
- 4 *I would / had / did* sooner we watched something else. I hate cooking shows.
- 5 The only thing that *Tim got / is getting Tim / gets Tim* jumping off the sofa is when his team gets a touchdown.
- 6 Our attention spans seem *being / to be / are* getting shorter.
- 7 Twenty dollars *is / are / be* a lot of money to give to a six-year-old.

\_\_\_\_\_ / 7 (1 point each)

**I** Complete the second sentence with two to five words so that it has a similar meaning to the first sentence. Use the word in parentheses ( ).

- 1 I can't do my work if you keep making noise. (get)  
I can't \_\_\_\_\_ if you keep making noise.
- 2 Historians think that the Egyptians were the first to use a word for the color blue. (thought)  
A word for the color blue \_\_\_\_\_ first used by the Egyptians, according to historians.
- 3 We really should change the color of our bedroom walls. (high)  
It's \_\_\_\_\_ the color of our bedroom walls.
- 4 We definitely can't finish painting this room in an hour! (way)  
\_\_\_\_\_ finish painting this room in an hour!
- 5 If you were adopted, would you try to find your biological parents? (supposing)  
\_\_\_\_\_ adopted, would you try to find your biological parents?
- 6 It might look like Kayla is enjoying giving her presentation, but really she is nervous. (appears)  
Although Kayla \_\_\_\_\_ giving her presentation, really she is nervous.
- 7 Our wedding photo is on our bedside table. (sits)  
On the bedside table \_\_\_\_\_.

\_\_\_\_\_ / 7 (1 point each)

**J** Complete the article with the words from the box.

a as gets her it the their this

### Extreme Wedding Traditions

If you thought getting married was an event to always be taken seriously, check out two of the most extreme wedding traditions.

- In parts of Scotland, the friends and relatives of the couple will “blacken”<sup>1</sup> \_\_\_\_\_ bride by filling a bucket full of disgusting things like bad milk, flour, tar, sauces, food waste, and sausages. All this<sup>2</sup> \_\_\_\_\_ thrown over<sup>3</sup> \_\_\_\_\_. She is then tied to<sup>4</sup> \_\_\_\_\_ tree.<sup>5</sup> \_\_\_\_\_ is said that this prepares her for any humiliation she might face in her marriage!
- In parts of China, grooms of the Yugur culture shoot<sup>6</sup> \_\_\_\_\_ future brides with bows and arrows.<sup>7</sup> \_\_\_\_\_ you can guess, the arrows aren’t real. Having finished, the groom collects the arrows and breaks them.<sup>8</sup> \_\_\_\_\_ is supposed to mean the couple will always be in love.

\_\_\_\_\_ / 8 (1 point each)

**K** Choose the correct answers to complete the conversation.

**Jane** Wow! Mary! What happened to your hair?

**Mary** I wanted a change, so I decided to get<sup>1</sup> *colored my hair / my hair colored*. A friend recommended a hairdresser I’d never been to before. There were two stylists there, but neither of<sup>2</sup> *them / they* were experienced. What I wanted was<sup>3</sup> *a / the* deep red color, but<sup>4</sup> *as / since* you can see, it came out orange!

**Jane** No way<sup>5</sup> *would I / I would* risk something new with someone I didn’t know. Did you<sup>6</sup> *get / receive* your money refunded?

**Mary** No, I didn’t. I was just glad<sup>7</sup> *to have left / leaving* the salon with my hair intact! I insisted the manager<sup>8</sup> *be / is* informed of what had happened.

\_\_\_\_\_ / 8 (1 point each)

**L** Read about four people who have problems working in an office. For questions 1–8, choose from the four people, Brad, Jade, Anne, and João. Each person may be chosen more than once.

**Brad**

People are always asking me questions while I'm working. I don't mind helping people, but I do get incredibly frustrated that I can't make progress on larger projects because I can't get into a rhythm. A colleague suggested I use headphones to shut out distractions, but I think that's a bit rude. I have no idea what the solution is.

**Jade**

My problem is my computer. It is so slow. I swear it takes five minutes just to come on. I keep telling the IT department I need a new one, but they say there is no budget for new computers. The worst problem is when my computer freezes, and I can't do anything. I usually end up switching it on and off again, but I always lose what I've been working on. I try to remember the work I've done, but it's never as good as the original.

**Anne**

I like my working environment, but if I'm at the computer for over an hour, my eyes start to hurt and I can't concentrate. The doctor told me to take a 3-minute break, walk around, and if possible, look out of a window. I'm supposed to repeat this every half an hour. The problem is, when I do this, I end up chatting with a colleague and waste even more time.

**João**

I'm very disorganized and I waste a lot of time looking for things. I read Einstein and Steve Jobs had messy desks – apparently it's good for creativity. But for me, I can't work like that. At the end of the week, I just put everything in a massive pile and move it into a drawer. I start each week with a clear desk, which is good for inspiration. Still, when I need to find something, I can't!

**Which person ...**

- |  |       |
|--|-------|
| 1 received some advice which led to further distractions?            | _____ |
| 2 prefers to not follow some advice they were given?                 | _____ |
| 3 says their problem stems from doing something for too long?        | _____ |
| 4 admits that they create their own problems?                        | _____ |
| 5 says they lose concentration because of constant interruptions?    | _____ |
| 6 has a problem which means repeating work again?                    | _____ |
| 7 says they need a clean environment to get ideas?                   | _____ |
| 8 says they meet resistance when trying to get their problem solved? | _____ |

\_\_\_\_\_ / 8 (1 point each)

### The Night Shift

With competition for jobs on the rise, and employers trying to squeeze every dollar out of the working day, many workers are forced to take jobs with anti-social hours, which in some cases include working right through the night. But what are the health effects of working the night shift?

A 2012 study in the *British Medical Journal* concluded that a night-shift worker had a greater chance of suffering from a heart attack. The study did not explain why, but it has been suggested that changes in sleeping habits affect blood pressure and circulation.

Fighting against your body's natural rhythms can also make night-shift workers more prone to accidents, especially if they fall into "sleep debt" by not sleeping sufficient hours. Studies show that more errors occur during the night shift as reaction times are slower and concentration fluctuates.

Sleeping during the day can affect mental health because the worker becomes socially isolated. Working the night shift inevitably involves less contact with others, and shift workers must accept that when their friends are out having fun, they are working. They also might miss out on time with children and special occasions. All these factors can decrease overall well-being and happiness.

So, what can a night-shift worker do?

The first thing is to eat healthy. Irregular hours often cause workers to turn to unhealthy snacking. Make sure you have a supply of healthy snacks available to you, drink plenty of water, and ensure you move around during your shift to aid sleep later. And when you do sleep, get enough sleep. You must ensure your bedroom is completely dark and quiet. Since your neighborhood is likely to be noisier during the day, wear earplugs. And finally, inform people when you are sleeping and switch all electronic devices off.

- 1 What is the writer's main purpose in writing this article?
  - A to explain the increase in shift work and what food you should eat if you are a shift worker
  - B to outline the health problems of shift work and offer some solutions
  - C to stress the dangers different night-shift workers face
- 2 According to the writer, what problems are caused by lack of sleep?
  - A making mistakes and having accidents
  - B not attending birthdays and children's parties
  - C falling asleep on the job and missing important calls
- 3 The writer recommends that shift workers ...
  - A eat three large meals a day.
  - B eat regularly throughout the day.
  - C consume enough fluids and do some light exercise.
- 4 The writer warns against ...
  - A living in a noisy area.
  - B making poor choices of food.
  - C using a cell phone or computer during the night.

\_\_\_\_\_ / 8 (2 points each)