

NAME: _____

DATE: _____

SCORE: _____ /50

A  Listen to the conversation between Andrea and Luis. Choose the correct answers.

- 1 Luis was most upset about ...
 - A** the number of people in his neighbors' apartment.
 - B** the day his neighbors chose for their party.
 - C** the volume of the music that they were playing.
- 2 What was the attitude of Luis' landlord's wife?
 - A** She was helpful in providing possible solutions.
 - B** She was unwilling to get involved in the situation.
 - C** She was regretful about renting the apartment to irresponsible people.
- 3 What does Andrea say about the traffic outside her house?
 - A** She has become accustomed to it.
 - B** She gets really annoyed by it.
 - C** She prefers it to the quiet of the suburbs.
- 4 What does Luis say about living in the suburbs?
 - A** The doctors weren't as good as they are in the city.
 - B** He could exercise his dog more frequently.
 - C** There were some advantages and some disadvantages.
- 5 When comparing living in the city now with living in the suburbs, Luis says ...
 - A** the food he eats now is healthier.
 - B** now he is able to fit some exercise into his morning routine.
 - C** the journey to work is more pleasant now.

_____ / 10 (2 points each)

B Complete the text with the words from the box.

blood pressure	cardiovascular disease	cholesterol levels	chronic pain	immune system
internal organs	joints	sedentary lifestyle	side effect	

Many people are worried when they go to the doctor and discover that their ¹ _____ are high. High cholesterol increases your risk of ² _____ and heart attacks, so you may want to consider taking up an exercise routine.

We spend hours sitting in front of computers or on the sofa. One ³ _____ of such a ⁴ _____ is that our ⁵ _____ increases. Just 30 minutes of exercise each day can help raise levels of "good" cholesterol. Exercise will also strengthen your ⁶ _____, which will protect your body against disease. Finally, exercise also benefits the ⁷ _____, as it strengthens the heart and sharpens the brain.

I recommend swimming because it puts less pressure on the ⁸ _____, such as the knees, and avoids the ⁹ _____ that is sometimes felt due to a high-impact exercise, like running.

_____ / 9 (1 point each)

C Choose the correct answers.

- 1 If you want to *wind down* / *cut back on* something to lose weight, try reducing your soda intake.
- 2 Buying new exercise equipment was a great idea, but the costs quickly started to *slip* / *add up*.
- 3 The upcoming visit from his parents *built Ben up* / *drove Ben* to clean up his apartment.
- 4 As the therapist massaged her neck, Nicky felt all the tension slowly *slipping away* / *winding down*.
- 5 Some dieticians say it's not a good idea to *cut out* / *add up* carbohydrates completely from your diet.
- 6 The furniture company *racked* / *kept up* \$1 million in sales of standing desks last year alone.
- 7 Rebecca felt the tension *building up* / *drifting off* as the deadline for her project approached.

_____ / 7 (1 point each)

D Complete the text with the words from the box. There are two extra words.

do has it same similar their them they this

Sleeping Tips for Students

One problem that students have in college is that ¹ _____ can't always control ² _____ sleeping environment. So if you have this problem, you're not alone.

³ _____ could be a noisy neighbor that keeps you awake, or it might be a roommate who doesn't want to go to bed when you ⁴ _____ and insists on keeping the lights on when you want ⁵ _____ off.

If that sounds familiar, try using earplugs to block out the sound, and wear a sleep mask to do the

⁶ _____ with the light. Another way to block sound is to use a white noise machine. ⁷ _____ contains a combination of all sound frequencies and thus masks any single frequency. Happy sleeping!

_____ / 7 (1 point each)

E Complete the second sentence with a word from the box in the right form and a continuous infinitive so that it has a similar meaning to the first sentence. You may use the words more than once.

appear could need want

- 1 Don't spend all your money too soon. It's important to save some money for later.
Don't spend all your money too soon. You _____ some for later.
- 2 Dad sometimes sits in the car, so maybe that's where he is.
Dad _____ in the car. He sometimes does that.
- 3 It might seem like Helen is working, but really she is surfing the internet.
Helen _____, but really she is surfing the internet.
- 4 I have no idea where I put the report, so it's possible that we'll have a long search.
We _____ for a while as I have no idea where I put the report.
- 5 You will be late for work if you don't leave the house now!
You _____ the house now, or you'll be late for work!
- 6 It sounds like your doctor is suggesting that you need to exercise more.
Your doctor _____ that you need to exercise more.
- 7 Why are you still designing your invitations? Send them out now! It's important!
You _____ out the invitations now, not designing them!

_____ / 7 (1 point each)

F Read the article. Then choose the correct answers.

Water Overhead

The problem of getting clean drinking water to everyone is a big problem in Africa, but one man, Kennedy Odede, has implemented a unique solution for the settlement where he grew up, Kibera.

Kibera is a vast, informal neighborhood of extreme poverty in Nairobi, Kenya. In most settlements like Kibera, water is scarce and is often contaminated. In Kibera's case, access to water isn't the main issue. The problem is that a local gang steals the water and then resells it to the population. And because the pipes they use run along the ground, the water becomes contaminated.

Kennedy Odede's experience of living in Kibera drove him to found a non-profit organization called Shining Hope for Communities (SHOFCO) to focus on empowering local women and girls. When he saw the water problems, he spoke with the local people, and it was suggested that the pipes run overhead rather than under the ground. If there was a leak, it would be visible and, more importantly, the supply would be free from contamination. Odede liked the idea, and his organization SHOFCO started extracting water and transporting it around the settlement via overhead pipes supported by blue posts. He sells the water at kiosks and has reduced the price of the water by 60%. His scheme expanded quickly because there was no need to dig any trenches to lay underground pipes.

Initially, the gang responded by cutting some of the pipes, so Odede decided to employ some of the gang members' wives and children to work in the kiosks selling the water. To date, SHOFCO's aerial piping system reaches over 11,000 people via 10 kiosks.

In 2018, thanks to the system, SHOFCO won the Hilton Humanitarian Prize – the largest prize of its kind for non-profit organizations working with disadvantaged people.

- 1 From reading the text, what can we infer about Kibera?
 - A It is overcrowded with poor living conditions.
 - B It is a compact, organized city.
 - C It has no access to water.
- 2 According to the text, the biggest problem in Kibera is that ...
 - A the population feels insecure because of the presence of local gangs.
 - B the water that is sold by the gang is not as clean as it could be.
 - C water is too expensive for the people to afford.
- 3 According to the text, Kennedy Odede ...
 - A was born in Kibera.
 - B created a non-profit organization to provide clean water.
 - C didn't come up with the idea for overhead water pipes himself.
- 4 According to the text, the overhead water scheme ...
 - A is a success because overhead pipes leak less.
 - B provides water that is cleaner than before.
 - C has made Odede a rich man.
- 5 What is the main purpose of the text?
 - A to explain how a problem was solved in an original way
 - B to give a brief history of a social entrepreneur
 - C to talk about SHOFCO's main accomplishments to date

_____ / 10 (2 points each)