

Unit 4 Progress Test B

Grammar

1 Choose the correct words to complete the sentences.

- We'll be exhausted when we reach our campsite because we **'ll have been trekking** / **'ll be trekking** for six hours by then.
- Jenny went back into the burning house to rescue the cat, with **none** / **little** or **no** thought to her own safety.
- Text Simon if you want, but I expect he **will have heard** / **will be hearing** the news by now.
- Less than **all** / **half** of the people that we interviewed thought that the world was becoming a safer place, but the facts tell us that it is.
- In the year 2100, will the world's population still **have been growing** / **be growing** as fast as it is today?
- I didn't understand the conversation at all because I don't speak **any** / **some** Japanese.
- Ruth won't want to go out on the night she arrives because she will **be travelling** / **have been travelling** all day when she gets here.
- However **much** / **lot** I try to remember people's names when I first meet them, I still often forget.
- In 50 years' time, petrol cars **will have been replaced** / **will being replaced** by ones which use solar or electric power.

Mark: ____ / 9

2 Complete the dialogues with the quantifiers or the correct form of the verbs in the boxes.

finish whole loads of probably spend a few

- Joe

Have you finished setting up your new website?
- Samantha

No, I haven't. It's taking me a lot of time because I have to do the ¹ _____ thing myself. I think I ² _____ all my summer holiday in front of a computer.
- Joe

Maybe my cousin can help you. He's got ³ _____ experience building websites, so he can probably show you ⁴ _____ ways to save time. I'll have a chat to him tonight if you want. I can't ring him now because he ⁵ _____ work until seven, but I'll call him then and let you know what he says.

much any reach have few sit

- Max

I wonder how far your friend Ryan has got on his Inter Rail trip around Europe.
- Jenny

By now he ⁶ _____ Italy, I think – because he wasn't planning to spend ⁷ _____ time in France. I expect he ⁸ _____ in an Italian café right now and eating a ⁹ _____ nice Italian pastries.
- Max

I'm sure he ¹⁰ _____ a good time wherever he is, but he hasn't posted ¹¹ _____ messages online yet. You should send him a message on *WhatsApp*.

Mark: ____ / 11

Vocabulary

3 Complete the text with the words in the box.

fundamental dried undeniable alter minimal transformed probe bring in large

Call to Earth

In 2015, astronauts on the ISS (International Space Station) made a short film to show to world leaders when they met in Paris for the UN Climate Change Conference. The film was called *Call to Earth*, and in it the astronauts talked about how mankind has totally ¹ _____ Earth's geography and climate. As scientists themselves, ISS astronauts have the opportunity to ² _____ issues like climate change in detail, studying its causes and effects. They made it clear in the film that the evidence that climate change is caused by man is now cut and ³ _____.

Environmental groups at the Paris conference asked world leaders to provide more funding for new energy technologies, and ⁴ _____ legislation to end our dependence on fossil fuels. Sadly, their calls for even quite ⁵ _____ changes are likely to be ignored by some nations. Sadly, by and ⁶ _____, political leaders are more interested in short-term goals such as economic growth and securing their own re-election than longer-term goals like saving the planet for future generations.

However, what is now ⁷ _____ is that mankind is causing ⁸ _____ and irreversible changes to the environment, and these changes are something that we cannot ignore forever. In the end it boils down to a simple decision: we must ⁹ _____ the way that we live some day soon – or prepare to face a global catastrophe.

Mark: ____ / 9

4 Match the words in the box to the definitions.

subtle mutation plateau through and through caution escalate momentous

- 1 Completely or thoroughly _____
- 2 To increase in amount or intensity _____
- 3 An accidental change in biology caused by damage to DNA _____
- 4 Very important: having a lasting effect _____
- 5 Difficult to notice; not striking _____
- 6 To warn people about something _____
- 7 To stop growing or increasing _____

Mark: ____ / 8

5 Match the parts of the sentences and complete them with the correct form of the words in the box.

raise make radical conjecture

- 1 In order to pay for some ambitious new projects, the council may ...
 - 2 My dad gave up his job in the police and became a poet. It was a pretty ...
 - 3 There's a theory that the Polynesians arrived in the Americas centuries before the Vikings, but ...
 - 4 It's possible for people to buy and sell medicines on the internet, but ...
- A it's all _____ at the moment. There's no hard archaeological evidence.
- B the government wants to _____ this illegal because it's so dangerous to people's health.
- C have to _____ some local taxes.
- D _____ change of career, but it worked out well.

Mark: ____ / 4

Use of English

6 Complete the second sentence so that it means the same as the first. Write no more than five words, including the word in brackets.

- 1 Maybe so, but sustainability is the most important thing here. (boils)
Maybe so, but _____ to is sustainability.
- 2 I understand what you're saying, but at the same time, this is damaging the environment. (point)
I _____, but at the same time, this is damaging the environment.
- 3 I see what you mean, but ultimately, it's about gender equality. (end)
I see what you mean, but at _____, it's about gender equality.
- 4 Perhaps, but I still think voting should be compulsory. (so)
Perhaps, but _____, I think voting should be compulsory.
- 5 They left us without any money. (dry)
They left us _____.
- 6 True, but the real issue is climate change. (comes)
True, but _____ to is climate change.
- 7 The neighbours are fed up with the noise. (sick)
The neighbours _____ of the noise.
- 8 OK, but I still think it's better to build more cycle lanes. (point)
That's _____, but I still think it's better to build more cycle lanes.
- 9 I think we should ban fossil fuels. (view)
_____, we should ban fossil fuels.
- 10 We arrived unharmed. (sound)
We arrived _____.

Mark: ____ / 10

Listening

7  **4 Listen to five people talk about crowdfunding. Choose the correct answer (A–H) for each speaker (1–5). There are three extra sentences.**

What problem did each speaker encounter?

- | | | |
|---|---|-------|
| A | Not being able to present an idea well. | _____ |
| B | Waiting to hear news. | _____ |
| C | Being unable to find a suitable crowdfunding website. | _____ |
| D | Not being able to help a friend. | _____ |
| E | Not knowing people with the right experience. | _____ |
| F | Not getting a place at university. | _____ |
| G | Finding something to give people in return. | _____ |
| H | Convincing people to trust them. | _____ |

Mark: ____ / 5

Reading

In our Health Spot this week, author Wendy Tanner reviews recent findings about happiness, sadness and the human body.

A

The scientific evidence that long-term unhappiness is bad for your health is cut and dried. Negative emotions like worry and anger cause the body to produce a lot of stress hormones, which damage our health over time. Now new scientific studies suggest that even brief moments of happiness or sadness can make a great deal of difference.

In one recent study, scientists took blood samples from healthy volunteers, then showed one group a very funny comedy video. Later, all the volunteers had their blood tested again. Compared to the group who hadn't watched the video, the group who had watched the comedy programme had significantly more of several types of white blood cells than before. This is important because white blood cells help our bodies to fight infections. Unsurprisingly therefore, another recent study has found that if an optimistic and a pessimistic person both get influenza, on average the optimist will have recovered before the pessimist. It seems that our body's ability to fight disease fluctuates with our feelings, so it's important to try and look on the bright side of life.

B

A lot of actors report that when their faces convey a particular emotion on stage, they begin to feel that emotion inside too. Science is now supporting this anecdotal evidence, suggesting that, for example, pretending to be happy can actually make you feel happier.

We all suppress facial expressions in order to hide our emotions and be polite. For example, we wouldn't want our boss to see we were angry with them, or our dinner party host to see that we hated their food. But research suggests that when we suppress a facial expression, we actually feel the emotion less inside too. Similarly, patients apparently feel less emotional when they've just had injections of botox – a drug which partially paralyses the facial muscles.

In another study, people were shown funny cartoons, and some were also asked to hold a pen in their mouths, forcing the muscles of the face to stay in a smiling position. People who had pens in their mouths found the cartoons much funnier than people who didn't as being forced to smile made them enjoy the experience more. So, the next time you're feeling a bit down, smile anyway. After a few minutes, perhaps that fake smile will have become real.

C

A new study by the University of Michigan suggests that a simple walk in the park could make you both happier and more successful. Being outside, even for short periods, seemed to adjust the thought patterns of people in their study, improving their mood, memory and creativity. Other research supports this finding, suggesting that spending time outside is pretty vital to our well-being.

There may be several reasons for this. Firstly, of course, being outside in nature is very restful. This may relax our fatigued brains, allowing us to think more creatively. Secondly, a walk in the park exposes us to sunlight, and this stimulates the body to produce serotonin, a hormone that improves mood and appetite. In contrast, being indoors away from the sun makes us produce more melatonin – the hormone that makes you feel tired and sleepy at night.

Considering that year-round, the average person today spends about 93% of their time indoors, there could be a lot to be gained from a quick stroll in the park – something which takes little or no effort. Who knows ... you may find that you'll have had some bright ideas by the time you get back.

D

People talk about 'feeling blue' when they're sad, and often describe their lives as being 'grey'. New evidence suggests that these aren't just linguistic phrases.

Scientists at the University of Freiburg, in Germany, found that people who were depressed had a lot more difficulty distinguishing between light and dark tones of the same colours than people who were happier. In another study, people who had just watched a funny video clip had hardly any trouble telling the difference between colours that were very similar. In contrast, people who had seen a sad video had a lot more difficulty distinguishing between the same colours.

One possible explanation for the link between mood and vision is the fact that being sad affects the body's production of a chemical called dopamine, causing levels of dopamine to plummet. Dopamine helps our brains to function correctly, and it improves our mood. Interestingly, dopamine is also linked to our perception of colours. It seems that being sad makes the body unable to see a lot of rich, vibrant colours. Just as people often say, when we feel sad everything really does look grey.

8 Read the text. For questions 1–5 choose the correct option (A–D).

- 1 In section A, what does the text say about happiness, sadness and health?
 - A Happiness and sadness have no long-term health effects.
 - B The link between emotions and health is still being investigated.
 - C Emotions have a rapid and measurable effect on the body.
 - D Emotions only affect the body in the long term.
- 2 In section B, what does the experience of actors suggest?
 - A People are good at suppressing their emotions.
 - B Pretending to feel something can make you really feel it.
 - C It's impossible to suppress an emotion completely.
 - D It's difficult to tell how people are really feeling.
- 3 The effects of a walk outside are partly due to ...
 - A the balance of chemicals in the body.
 - B the way it helps us to sleep.
 - C the fact that we are usually indoors.
 - D the way it improves our appetite, making us eat better.
- 4 What is the implication of the research discussed in section D?
 - A Language affects our colour perception.
 - B Emotional states can change the way we perceive the world.
 - C Watching upsetting videos can damage your eyes.
 - D The link between colours and emotional states is subjective.
- 5 What is the main point of the text as a whole?
 - A Scientists don't fully understand emotional states.
 - B There are a lot of ways in which we can improve the way we think.
 - C There are strong links between our emotions and our physical bodies.
 - D Returning to a more natural way of life will improve both our emotions and health.

Mark: ____ / 5

Writing

9 Read the task below and write a letter to an editor (220–260 words). Remember to plan your paragraphs before beginning to write.

You have read an article in a local newspaper about a proposal to close a major street in your home town to traffic, making the road open to pedestrians only. You feel that there are both advantages and disadvantages to this idea. Write a letter to the editor of the newspaper discussing the pros and cons of the scheme. Explain whether overall you think it would benefit the town or not.

Mark: ____ / 10

Total: ____ / 70