

Unit 4 Test • Version A

Part A

GRAMMAR

Ex 1

- 1 'll/will be playing
- 2 'll/will have finished
- 3 might be working
- 4 won't have had
- 5 will be living
- 6 could be using
- 7 'll/will have driven
- 8 won't have studied
- 9 'll/will have completed
- 10 won't be coming

Ex 2

- 1 is thought
- 2 was expected
- 3 is reported
- 4 is believed
- 5 has been shown
- 6 has been reported
- 7 was thought
- 8 has been suggested
- 9 has been disproved
- 10 was believed

VOCABULARY

Ex 3

- 1 do a regular workout
- 2 cut down on
- 3 expand my horizons
- 4 transformed my lifestyle
- 5 keep mentally active

Ex 4

- 1 allergies 2 run down 3 antibiotics 4 asthma
- 5 vaccine

Ex 5

- 1 insomniac 2 snore 3 drop off 4 have a lie-in
- 5 keep me awake

Ex 6

- 1 d 2 b 3 e 4 c 5 a

HOW TO ...

Ex 7

- 1 high-impact 2 strength 3 flexibility
- 4 teamwork 5 encouragement

Ex 8

- 1 couldn't agree 2 up to a point 3 on the other hand
- 4 a fair point 5 ask me

Part B

LISTENING

Ex 1

- 1 C 2 F 3 A 4 E 5 G 6 B 7 D

Ex 2

- 1 T 2 F 3 T 4 F 5 F 6 T 7 T 8 F

READING

Ex 3

- 1 D 2 B 3 A 4 E 5 C

Ex 4

- 1 a 2 b 3 b 4 a 5 a 6 b 7 b 8 b 9 a 10 b

WRITING

Ex 5

- 1 not only 2 but 3 addition 4 a result 5 Moreover

Ex 6

Example answer:

How to have a healthier lifestyle

It is known that people in the developed world eat badly, do too little exercise and don't sleep enough. Sedentary jobs, binge-watching and junk food are the main problems. So how can we have a healthier lifestyle?

To start with, we need to avoid junk food, which is full of sugar and fat. In addition, we should try to consume more fruit and vegetables as well as organic rice and pasta. Furthermore, people who are employed in office jobs should spend more time doing exercise. It is thought we should be doing at least three hours of moderate exercise a week as well as 75 minutes of more vigorous exercise. Lastly, we need to spend more time sleeping. After a long day at work, it can be relaxing to sit down and binge-watch your favourite series, but it can be difficult to get a full night's sleep afterwards.

With our busy careers, it's easy to forget the importance of having a healthy, balanced lifestyle. However, if we don't look after ourselves properly, we're likely to suffer from health problems later on.

181 words

Part C

SPEAKING

Ex 1

- 1 Do you do anything to stay in shape?
- 2 What can you do to expand your horizons at work?
- 3 What do you think you'll/will be doing in five years' time?
- 4 How often do you have a nap in the afternoon?
- 5 Do you agree (that) time is running out to save the planet?

Ex 2

Example answers:

1 *(Is there anything you'd like to cut down on?)*

I should probably cut down on coffee because I drink far too much.

2 *(What's/is the best way to keep mentally active?)*

Personally, I think reading is really good, but games like jigsaws and sudoku are great as well.

3 *(What do you think you'll/will have learnt by the end of this course?)*

I think I'll have improved my speaking and listening skills. Hopefully, my grammar will have got better as well.

4 *(When was the last time you overslept?)*

I overslept this morning because I forgot to switch my alarm on last night.

5 *(Do you agree (that) the future of the oceans is under threat?)*

If you ask me, we've got a big problem with the oceans. There's too much plastic in them as well as too much fishing.

Ex 3

Example answer:

In this picture, there are two people who seem to be sitting in an airport. I think it's a couple because they're sitting near each other. The rest of the airport looks quite empty. They're wearing smart clothes and the man has a suitcase next to him. They're both holding their passports so I imagine they're waiting for a flight. I think they've been waiting for a long time because it looks like the woman's dropped off. She's sleeping on the man's shoulder. However, the man has stayed awake, but he looks quite worried. They've probably got an important meeting or an appointment and he's anxious about getting there on time.

Unit 4 Test • Version B

Part A

GRAMMAR

Ex 1

1 will have opened

2 will be doing

3 'll/will have run

4 might be driving

5 won't have completed

6 'll/will have arrived

7 won't be watching

8 might have found

9 won't have seen

10 'll/will still be living

Ex 2

1 is expected

2 has been thought

3 is believed

4 was believed

5 has been suggested

6 was expected

7 was disproved

8 has been reported

9 is reported

10 was thought

VOCABULARY

Ex 3

1 stay in shape

2 does a sedentary job

3 vary my diet

4 keep up my progress

5 work long hours

Ex 4

1 medication **2** antibiotics **3** food poisoning **4** allergies

5 first aid

Ex 5

1 oversleep **2** heavy sleeper **3** nightmare **4** nap

5 exhausted

Ex 6

1 e **2** a **3** c **4** b **5** d

HOW TO ...

Ex 7

1 moderate **2** stamina **3** discipline **4** confidence

5 incentive

Ex 8

1 my point of view **2** makes sense **3** on the other hand

4 what you mean **5** As far as

Part B

LISTENING

Ex 1

1 G 2 C 3 E 4 A 5 F 6 D 7 B

Ex 2

1 F 2 F 3 T 4 T 5 F 6 F 7 T 8 T

READING

Ex 3

1 E 2 C 3 A 4 D 5 B

Ex 4

1 b 2 a 3 a 4 b 5 a 6 b 7 a 8 b 9 a 10 a

WRITING

Ex 5

1 led to 2 Furthermore 3 not only 4 but 5 addition

Ex 6

Example answer:

How to have a healthier lifestyle

It is known that people in the developed world eat badly, do too little exercise and don't sleep enough. Sedentary jobs, binge-watching and junk food are the main problems. So how can we have a healthier lifestyle?

To start with, we need to avoid junk food, which is full of sugar and fat. In addition, we should try to consume more fruit and vegetables as well as organic rice and pasta. Furthermore, people who are employed in office jobs should spend more time doing exercise. It is thought we should be doing at least three hours of moderate exercise a week as well as 75 minutes of more vigorous exercise. Lastly, we need to spend more time sleeping. After a long day at work, it can be relaxing to sit down and binge-watch your favourite series, but it can be difficult to get a full night's sleep afterwards.

With our busy careers, it's easy to forget the importance of having a healthy, balanced lifestyle. However, if we don't look after ourselves properly, we're likely to suffer from health problems later on.

181 words

Part C

SPEAKING

Ex 1

- 1 Is there anything you'd like to cut down on?
- 2 What's/is the best way to keep mentally active?
- 3 What do you think you'll/will have learnt by the end of this course?
- 4 When was the last time you overslept?
- 5 Do you agree (that) the future of the oceans is under threat?

Ex 2

Example answers:

1 (*Do you do anything to stay in shape?*)

I try to go to the gym once or twice a week, but I should probably do more.

2 (*What can you do to expand your horizons at work?*)

I think it's important to work hard and be flexible. I always try to be enthusiastic about new challenges.

3 (*What do you think you'll/will be doing in five years' time?*)

I'd like to be working for myself. I'm an interior designer so I'd like to have set up a business.

4 (*How often do you have a nap in the afternoon?*)

I never sleep in the afternoon because I feel more tired afterwards.

5 (*Do you agree (that) time is running out to save the planet?*)

I'm not sure time's running out, but I think we need to change some of our bad habits.

Ex 3

Example answer:

This picture shows a group of older people who seem to be doing some moderate exercise. There are three people standing in the background and they're holding different gym equipment, like some weights and that kind of thing. They look quite serious and I'm not sure if they're enjoying it, although one of the men is smiling. At the front of the picture, there is another older woman who seems to be in a wheelchair. It looks like a nurse who's standing behind her. She's helping the older woman do her exercises. I guess they're doing some low-impact exercises to improve their flexibility and help them stay in shape.