



I. Reading Section (15 marks)

Read the advertisement.

Adapted from: the editorial review of
the book *Take a Nap! Change your Life!*
by Sara C. Mednick Ph.D

Imagine a product that increases your energy levels, reduces stress, helps you make better decisions and lose weight, keeps you looking younger, reduces the **risk** of a heart attack, improves your **mood**, and **strengthens** your memory. Now imagine that this product is nontoxic, has no dangerous **side effects**, and, best of all, is absolutely free.

This miracle drug is the "nap": the right nap at the right time.

Take a Nap! Change Your Life explains the five **stages** of the sleep cycle, and the benefits each one provides. It explains how to assess your tiredness and set up a personal sleep profile. It also discusses how to ignore the voice in your head that tells you that you are lazy because you like napping.

Using the unique, moveable "Nap Wheel" on the **cover**, the book shows us exactly when the best time to take a nap is, and exactly how long we should try to sleep. It even shows how it's possible to design a nap to inspire creativity one day, and the next day design one to help us with our memory.

Fill the gaps in the following summary with suitable words. (5 marks).

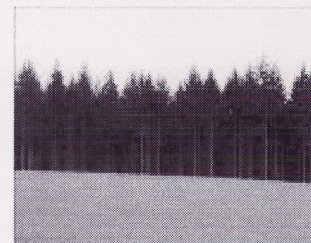
The advertisement is for a (1) _____. It explains that (2) _____ is good for your health and your happiness. Taking a nap isn't (3) _____ and it doesn't cost anything! The book includes a (4) _____ which you can use to calculate (5) _____ to take a nap.

Match the words from the text (6-11) with their definitions (a-f) (3 marks):

6. risk	a. a negative consequence of taking a drug
7. mood	b. the way you feel
8. strengthen	c. the outside part of a book
9. side effect	d. make stronger, better
10. stage	e. the possibility that something bad will happen
11. cover	f. part of a process

Read about Richard's holiday experience.

The best holiday I've ever had was when I took my wife, Judy, and our six-year old son, Sebastian, to a *Center Parc* in Wiltshire, England. Basically, we spent a week living in a comfortable **lodge** in the middle of a big forest surrounded by nature. It sounds boring, but it wasn't because there are so many activities to do there.



We arrived on a Saturday afternoon by car. At the gate, we checked in and they gave us the keys to our lodge – a two-bed roomed bungalow with a kitchen, bathroom and living room. There are hundreds of lodges in the park, but you don't notice because they are spread out. It's very private.

After leaving our things in the lodge, we set off to look around the park. There are very few roads so it's best to travel by bicycle. We cycled for around an hour. We found a swimming pool, restaurants, tennis courts, a sports bar over-looking a large lake and – the part that interested my wife the most - a health spa.

The week went really quickly. As well as playing tennis and badminton, we tried a number of new sports and activities. One day we went sailing on the lake. The next, my wife and I tried a yoga class. I wasn't very keen, but Judy loved it.

The best day, however, was the day my wife and I spent in the **health spa**. We left Sebastian at the daycare centre early in the morning and headed off to the spa. After a healthy breakfast, we sat in a Jacuzzi and read the paper, and talked in the Japanese garden. Then, we had a sauna. For lunch, they gave us some soup and a salad – all made with organic vegetables. After that, we went for a massage and my wife had her toenails painted. The whole day was so relaxing.

I'd definitely recommend the *Center Parc*. It's worth going there.

Are the following statements true or false? If they are false, re-write them so that they are true. (6 marks)

12. Visitors usually go to the lodge to check in.
13. Visitors are not supposed to drive a car around the *Center Parc*.
14. You can't eat out at the *Center Parc*. Visitors have to cook their own food in their lodges.
15. Judy has done yoga many times.
16. At the *Center Parc*, you can relax or do some exercise. It's your decision.
17. Richard, Judy and Sebastian spent a day at a health spa.

Choose the best definition for the underlined word or phrase. (1 mark)

18. Basically, we spent a week living in a comfortable lodge in the middle of a big forest.
 - a. a small house with one floor
 - b. a hotel
 - c. a caravan

19. The best day, however, was the day my wife and I spent in the health spa.
 - a. a place where you can eat organic food and ignore your children
 - b. a place where you can relax, eat healthy food and get beauty treatments
 - c. a place where you can do sports and get fit

II. Use of English Section (25 marks)

Change these sentences into reported speech. Use *said* or *told*. (4 marks)

Example: "I want to earn more money." (John to his friend)

John told his friend that he wanted to earn more money.

20. "I'll study in the evenings and at weekends." (Joanna)
21. "I'm going to find a job in Britain one day." (Marta to me)
22. "My family is very important to me." (Colin to his boss)
23. "I can't take any time off work to study" (Robert to his teacher)

Make questions with these words. (5 marks)

Example: Why / you / learn / English / this school?

Why are you learning English at this school?

24. How long / Eve / live / her flat?
25. What / Nick / watch / at the moment?
26. How many cars / you / have / in your life?
27. What / Andrew normally / do / the weekend?
28. Where / they / go / holiday last year?

Choose the correct words. (3 marks)

Example: We've been here *for/since* five years.

29. My uncle has *directed/been directing* 20 films in his life.
30. She's been to ten countries *for/since* she left school.
31. How long have you *known/been knowing* your teacher?
32. *I've been living/I lived* here since March.
33. We've been waiting at the bus stop *for/since* ages.
34. How long have you *had/been having* your car?

Tick the correct sentences. Change the incorrect sentences. (4 marks)

lost

Example: I've ~~been losing~~ my keys.

35. You shouldn't to work too hard.
36. Our last exam was incredibly difficult.
37. My husband's a great cooker.
38. That film was very brilliant.

Complete these words for ways of cooking and things in the kitchen. (5 marks)

Example: We usually have *roast* chicken on Sundays.

39. It's useful to have a f_____ because you can keep food in it for months.
40. It's healthier to cook sausages under the g_____, not in a f_____ p_____.
41. My grandmother loves b_____ cakes and biscuits.
42. A lot of people have a m_____ because you can heat things up in it very quickly.
43. When the water b_____, put the pasta in the s_____.
44. Put that bottle of lemonade in the f_____ to keep it cold.
45. Don't forget to put the chicken in the o_____.
46. It's really quick to make soup in a b_____.

Make these sentences negative by changing the words/phrases in bold. (4 marks)

Example: I like watching sport on TV.
I don't like watching sport on TV.

47. They're **playing** tennis at the moment.
48. **All** of my friends can drive.
49. **Everyone** in my family likes football.
50. John's **been** to Italy before.

III. Listening practice (10 marks)

A. Cindy is talking about her vacation. Are the statements true or false? (6 marks)

51. Cindy hated her trip to San Francisco.
52. The food in China Town was great.
53. She took photos of the Golden Gate Bridge.
54. Napa Valley is well-known for its wine.
55. Cindy hit another car on the road.
56. She had to get a taxi back to the hotel.

B. Listen to the four conversations. Where are the people? Choose the best answers. (4 marks)

One

57. The students are ...

- a. in the library b. in the cafeteria c. in a classroom d. in the street

Two

58. The two men are ...

- a. in an elevator b. in a car c. in a workshop d. in the street

Three

59. The two women are ...

- a. in a coffee shop b. in a train c. in a car d. in the street

Four

60. They're ...

- a. in a call centre b. in an office c. in an elevator d. in the street

IV. Writing Section (15 marks)

Question One: What are your goals for this year? (5 marks)

Question Two: What do you like doing at the weekend? Write about your likes and dislikes. (5 marks)

Question Three: What would you do if you won \$1,000,000 in the lottery? (5 marks)

V. Oral (15 marks)

VI. Homework and tests (20 marks)