



8 | YELLOW

VOCABULARY: Adverb + adjective collocations

1 Work in pairs. Decide if the statements are True or False.

- 1 There are a few different species of bee.
- 2 Male bees do most of the hard work.
- 3 Bees communicate through sound.
- 4 The average honey bee produces 12 teaspoons of honey in its lifetime.
- 5 Honey can last forever.
- 6 Bees are vital for human survival.

2  8.1 Listen to part of an online talk about bees and check your answers to Ex 1.

3  8.2 Choose the correct alternatives. Listen again and check.

- 1 Many species are **completely** / **fully** different from each other.
- 2 They're all **closely** / **highly** effective team workers.
- 3 Honey is an **incredibly** / **vitaly** interesting substance.
- 4 Bees and humans have been **closely** / **fully** linked for thousands of years.
- 5 Bees are **vitaly** / **widely** important in the growth of fruit, crops and other plants.
- 6 We just have to look at our breakfasts to **fully** / **highly** understand their importance.
- 7 This is **incredibly** / **widely** believed to be the result of a loss of habitat.
- 8 People around the world ... are **closely** / **deeply** concerned about the survival of bees.

4 Work in pairs. Identify the odd one out in each group.

- 1 **closely** associated, divided, linked, related
- 2 **completely** different, normal, separate, unlikely
- 3 **deeply** affected, concerned, hurt, slow
- 4 **fully** awake, aware, impossible, understand
- 5 **highly** effective, fantastic, likely, unusual
- 6 **widely** believed, considered, known, safe

5 Look at the sentences below. What collocation from Exs 3 and 4 do you think fits each gap?

- 1 I've never _____ why people keep bee hives.
- 2 My dad makes _____ meals like peanut butter and cheese on toast!
- 3 Chocolate is _____ for my well-being!

6 Work in pairs. Write three of your own sentences that each include a different collocation from Exs 3 and 4. Don't write the collocation. Leave a gap.

7 Swap sentences with another pair. Can you guess the missing collocations?

8 With your partner, think of as many adverbs as you can that can come before the words below. You have two minutes. Go!

important interesting understand



1 Work in pairs. Write down as many words as you can in two minutes associated with the four seasons shown above. Compare answers with the class.

EXAM FOCUS

Paraphrasing in questions

The questions will not use the same words as the texts. It is therefore important to focus on key words in the questions and imagine how they might be expressed in the texts. For example, Question: Which writer **suffers** from an **illness triggered by light**?

Text extract: A **lot of sunshine** has a strange **effect on me**. **As soon as** I start wearing shorts or T-shirts **I get** these **odd itchy spots** on my arms and legs.

2 You are going to read two sections of an article about the effect daylight has on animals and people. Read the Exam focus. Before reading the sections of the article, look at questions 1-5 and identify the key words. Note down what you might expect to find in the sections.

Which section mentions

- 1 a concern for the survival of some animals?
- 2 the reason behind the change of seasons?
- 3 the importance of light for wild animals to breed?
- 4 ways people can benefit from an extension of daylight?
- 5 how environmental changes can confuse certain animals?

3 Read the sections of the article. For questions 1-5 in Ex 2, choose from the sections (A or B). Identify the paraphrasing in the sections.

A I love the spring. That first sign that days are beginning to get longer as the earth continues its annual journey round the sun is welcome to animals and humans alike. Humans might appreciate the opportunity that more daylight gives us to do what we couldn't do in winter, such as working outside until later in the day or not travelling to work in darkness! However, for many animals the arrival of spring can link directly to their survival as a species, as this indicates when they should start mating. Birds will start singing when the days start to get longer in order to attract mates and they'll begin nesting in preparation for their eggs. In fact, some songbirds can actually be tricked into starting the process early if they are close to artificial light sources.

EXAM BOOST p14

Complete Exam file SECTION C on page 14.

4 You are going to read an article where different people are talking about seasons. Match the people (1-4) with their contributions (A-D).

- | | | | |
|--------------|--------------------------|--------------|--------------------------|
| 1 an athlete | <input type="checkbox"/> | 3 a gardener | <input type="checkbox"/> |
| 2 a teacher | <input type="checkbox"/> | 4 a student | <input type="checkbox"/> |

EXAM TASK

5 Read the article again. For questions 1-10, choose from the contributions (A-D). The contributions may be chosen more than once.

Which contribution mentions

- 1 a desire for a complete change of environment?
- 2 a belief that others should not be envious of her situation?
- 3 having changed her attitude to a particular season?
- 4 some people's biological suitability to a certain climate?
- 5 a desire for some peace and quiet during the summer?
- 6 an appreciation that her attitude might change under different circumstances?
- 7 resenting the predictability of the weather?
- 8 the start of health problems in certain months?
- 9 a preference for spending time outside at particular times of day?
- 10 not sharing the same attitudes as other people in her country?

B But apparently, climate change is having a worrying effect on some of our wildlife, and it's because it's making them think that spring has come earlier than expected – a full three weeks in some parts of the world. Warmer temperatures mean that hibernating animals are getting the wrong signals about when it's time to wake up. Hedgehogs, for example, are coming out of hibernation too early and may suffer if the weather turns cold again. Birds are tempted to mate and nest early, endangering their young which may be too weak to survive cold spells.



THE PEOPLE'S FAVOURITE SEASON?



Summer's just around the corner so we thought we'd find out whether the hot summer sun lights up your life!

Check out some readers' contributions.

A You'd expect someone like me to have summer down as the best time of the year. After all, I have those long holiday weeks to look forward to, with no more evenings spent marking homework until September. I know many of my friends wish they had a break like I do, but they probably don't see the drawbacks. My holidays are inevitably the same as the children's and as a result summer beaches are usually really crowded and any holiday abroad costs a fortune because it's peak season! Not only that, but the hotels I **can** afford are the family ones and overrun with children. I imagine I'd appreciate places like this if I were a parent. But I'm not! Don't get me wrong – I love children, but I share every working day with them and I'd just like to escape in the holidays. That's my main beef about summer. Not my favourite time of the year.

B Where I live we don't get seasons like most countries do. It's pretty much summer all year round, apart from the hurricane season when we get torrential rain and really destructive winds. The tourists love coming here because it's practically guaranteed sunshine, but to tell the truth, for me it is SO boring. Every day the temperature is the same – no element of surprise at all – and that is hot, hot and maybe even hotter! If you're out in the midday sun it just saps your energy, so I usually do my outdoor training early in the morning or late at night. I've competed in London and that's where I would love to live. You can get four seasons in one day! Imagine not wearing T-shirts and shorts all year round, but investing in a proper wardrobe, with furry hats, boots, sweaters? Tourists think I'm crazy, but I'd swap the burning sand for some chilly frost and snow any time!

C I'm Russian and I know I should be used to the winter months, like most Russians, but I am definitely not! I absolutely detest the cold. Not only do I hate putting on layer after layer of clothing, but I also can't bear the almost permanent feeling that I'm just about to come down with flu or something – which never actually happens. If I'd been born in Siberia or somewhere near the Arctic, apparently my body would be better adapted for the cold weather of long winters. Scientists say that people from that part of the world have a different physique – shorter bodies and limbs so as to keep as much body heat as possible. I'm tall and skinny and feel the cold terribly. So, for me, summer is when I come alive! There's a buzz in the air and people have smiles on their faces and you don't go to college and come home again in the dark. Give me summer any time.

D What's not to like about summer? For me – actually quite a lot. I'm one of those people who suffer when the pollen levels start to rise, sneezing throughout the summer months. What's more, I have the sort of blood that mosquitoes seem to love and if I'm out at dusk I get bitten to death! I haven't had these allergies all my life, only in the last couple of years, and it's a real pain because I used to adore the long days and the picnics and trips to the seaside. Now, it's completely different. I have to take regular medicine, which makes me really sleepy by the way, and my job, which involves cutting lawns and hedges, is a bit of a challenge. Although it feels wrong on so many levels, I look forward to darker evenings and the changing colours of the leaves.

Speaking or writing

6 Discuss the questions in pairs.

- Has your attitude to different seasons changed since your childhood?
- Do you think changes in the weather can affect people's moods? In what ways?

7 Write a short blog post for a website. Choose A or B.

- Why it's good to spend [choose a season] in [name a town, area or country].
- Why you need to escape [choose a season] in [name a town, area or country].

VOCABULARY: Adjective suffixes 2

1 Do the survey and compare your answers with a partner.

Emojis and me

- 1 What was the last emoji you sent?
- 2 Are there people you would NOT send emojis to? Why?
- 3 Do you use a small set of emojis regularly or a wide range?
- 4 Which is your favourite emoji at the moment? Why?
- 5 Do you think using emojis will become outdated soon?

2 8.3 Work in pairs and do the quiz. Then, listen to an extract from a talk about World Emoji Day and check your answers.

EMOJI FACTFILE

- 1 When is World Emoji Day?
- 2 When was the first emoji used?
- 3 Which country was it created in?
- 4 How many emojis are sent on Facebook's Messenger every day?
- 5 How many emojis are there?

3 Complete sentences from the recording by changing the words in capitals.

1 There are a _____ number of celebration days.

CONSIDER

2 These cheeky little icons have come to play a _____ part in how we communicate.

SIGNIFY

3 Last year's choice wasn't my favourite, which is '_____'.

SLEEP



4 Form adjectives from these words and add them to the table.

access confide convenience efficiency enjoy memory recognise sport storm suit trick violence wealth



-ent/-ant	-able/-ible	-y
evident	understandable	sleepy

5 Complete the questions with words from Ex 4 and then answer them.

- 1 Are most shops in your area _____ for wheelchair users?
- 2 What is a _____ moment for you from last weekend?
- 3 Is there someone in your family who is very _____ and wins lots of races?
- 4 Would you be _____ now to people who haven't seen you for ages?

EXAM BOOST p6

➤ Complete Exam file SECTION D on page 6.



EXAM TASK

6 For questions 1-8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

A new language?

It is (0) EVIDENT that emojis have changed the way we communicate. And their use is not limited to millennials. 18-34-year-olds only make up 54 percent of users. Emojis make reading and writing messages ever more (1) _____ for everyone. The result is increasingly more (2) _____ communication. Indeed, some experts are (3) _____ that these icons could develop into a truly global language.

EVIDENCE

After all, when we speak, our conversation is supplemented by our body language. Gestures, facial expressions and positioning combine to add clarity, express mood and elements of our (4) _____. Emojis, which are visual and therefore (5) _____ across languages and cultures, do the same for the written word. They make what we're saying (6) _____ to an international audience.

**ENJOY
EFFECT
CONFIDE**

With so many forms of written communication today, different conventions are developing all the time, particularly concerning punctuation. One of these is the (7) _____ about whether or not to use full stops in texts and messages. Is it rude? All we can be sure of is that nothing stays the same and creativity will continue to make written communication ever more (8) _____, but definitely interesting.

**PERSON
RECOGNISE**

UNDERSTAND

CONFUSE

TRICK

7 Discuss the questions in pairs.

- 1 Some people worry that using emojis is a lazy form of communicating. What's your opinion?
- 2 Are there a lot of differences between the written and spoken forms of communication in your language?

1 Work in pairs and discuss the questions.

- 1 What are the benefits and challenges of having friends?
- 2 Are you a good friend? Why? / Why not?

2 **8.4** You will hear four people talking about friendships. Read the sentences and predict what each speaker will say. Then listen and check.

- 1 Speaker 1 thinks it's better to have **lots of / a few** friends.
- 2 Speaker 2 appreciates a gift because of **its appearance / its meaning**.
- 3 Speaker 3 **can be himself / shares interests** with his friends.
- 4 For speaker 4, friends are **more / less** important than family.

EXAM FOCUS

Understanding opinions

When expressing and justifying an opinion, a speaker often uses more subtle language than 'I think ... is interesting because ...'. You may hear expressions such as the following:

Expressing an opinion: I find ... very interesting. / What's interesting is ... / ... is particularly interesting. / There are various reasons why ... interests me.

Emphasising one idea above others: The most interesting thing is ... / I'd say it's more about ... than ... / What I've come to realise is that ... / Above all ...

3 **8.5** Read the Exam focus and listen again. Complete the sentences with the words you hear.

- 1 I find _____ really interesting, It's definitely more about _____ than _____.
- 2 It's _____ to have friends that keep an eye out for you I like yellow, but that's _____ they're special.
- 3 There are a few _____ why my friends are my friends But the _____ is that I can just relax with them.
- 4 I _____ friends were more important than family, So, I've _____ it's not true.

4 **8.6** You will hear part of a radio interview with a woman called Cristina Milenta, who is talking about the importance of friendships.

- 1 What does she say is the most important factor?
- 2 What phrase does she use to say this?

EXAM TASK

5 **8.7** You will hear a radio interview with a woman called Cristina Milenta, who is talking about the importance of friendships. For questions 1-7, choose the best answer (A, B or C).

- 1 According to Cristina, what is the most important factor in a friendship?
 - A the friends appreciate each other equally
 - B the friends enjoy each other's company
 - C the friends get together regularly
- 2 In Cristina's opinion, we choose friends who are similar to us because
 - A it's easy to talk to people we understand.
 - B they appear to be more approachable.
 - C we want to avoid conflict in our lives.
- 3 How does Cristina feel about the idea that diverse friends make us cleverer?
 - A pleased by the discovery
 - B puzzled by the science
 - C worried about the concept
- 4 How does Cristina feel about different scientific ideas regarding the size of the human brain?
 - A happy that her idea is popular among her peers
 - B frustrated by the reasons behind a new idea
 - C disappointed that she has had to change her mind
- 5 How does Cristina feel about the effect of friendships on our health?
 - A surprised our chance of catching a disease is reduced
 - B concerned it can raise our feelings of anxiety
 - C fascinated by the increase in life expectancy they bring
- 6 Cristina believes that as children, friends
 - A teach each other how to play.
 - B give useful feedback to each other.
 - C learn to be spontaneous with each other.
- 7 Why does Cristina tell a story about her friendship with Maria?
 - A to persuade listeners to spend time with new acquaintances
 - B to encourage listeners to reconnect with long lost friends
 - C to stress the importance of sharing secrets with new friends

EXAM BOOST p34

6 Complete Exam file SECTION B on page 34.



Speaking or writing

6 Work in pairs. Write between five and ten tips on one of these topics. Share them with the class. Which tips do you think are the most useful?

How to make new friends How to be a good friend
How to end a friendship

7 A friend is conducting research into what makes a good friend. Write a paragraph for them about someone you know, saying who they are and why their friendship is important to you.

GRAMMAR: Passive forms

- 1 Work in pairs. Are there any famous dishes from your country that contain cheese? How do you make them?
- 2 You will hear a news report about a cheese carving championship. Guess the answers to these questions.
 - 1 Where were the first known food carvings made?
 - 2 What food items are used to make carvings these days?
 - 3 Why is cheese thought to be good sculpture material?
 - 4 What tools might be used to make a cheese sculpture?
- 3  8.8 Listen to the news report and check your ideas.
- 4 Underline the passive forms in Ex 2 and answer these questions.
 - 1 Why has the passive form been used each time?
 - 2 What different tenses feature in questions 1-3? How are they formed?
 - 3 Question 4 uses a modal verb. How are passives formed after modal verbs?
- 5  8.9 Complete the sentences with the correct passive form of the verbs in brackets. Listen and check.
 - 1 It _____ (believe) food was first carved over 2,000 years ago.
 - 2 Food _____ (may / use) to carve shapes long before that.
 - 3 One time, I _____ (ask) to make a cheese sculpture.
 - 4 Cheese _____ (consider / be) a really nice material to work with.
 - 5 Once a piece is removed, it _____ (can't / put) back on.
 - 6 Your sculpture _____ (will / make) live in front of an audience.

EXAM BOOST p8

-  Complete Exam file SECTION D on page 8.

EXAM TASK

- 6 For questions 1-6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words.
 - 0 Selling certain well-known cheeses is illegal in shops in the USA.

ALLOWED

 Shops in the USA ARE NOT ALLOWED TO SELL certain well-known cheeses.
 - 1 People say that someone invented cheese by accident.

THOUGHT

 It _____ invented by accident.
 - 2 Food manufacturers have to keep some food cool while transporting it.

MUST

 Some food _____ a low temperature during transportation.
 - 3 In 2018, scientists estimated that cheese they had found in Egypt was 3,300 years old.

THAT

 In 2018, it _____ which had been found in Egypt was 3,300 years old.
 - 4 Manufacturers use plant-based ingredients to make vegan alternatives to dairy products.

WITH

 Vegan alternatives to dairy products _____ plant-based ingredients.
 - 5 There'll be a huge onion festival in Bern next year.

HELD

 A huge onion festival _____ in Bern next year.
 - 6 It's a good idea to remove cheese from the fridge an hour before serving.

SHOULD

 Cheese _____ from the fridge an hour before serving.
- 7 Work in pairs. Which fact in Ex 6 did you find the most surprising? Why?
- 8 With a partner, come up with five interesting facts about food. Use the passive form where possible. Share them with another pair. Which fact is the most interesting?

- 1 Do you have certain clothes that you wear on different occasions or for different events? If so, give examples. Think about:

going to college or work
doing sports or a hobby socialising

- 2 **8.10** Listen to a podcast about clothes and answer the questions.

- How does the speaker divide his clothes?
- Are you similar to him? How?

- 3 Look at the photographs. Which item of clothing in both photographs could be found in the speaker's wardrobe?



- 4 **8.11** Look at the photographs again and read the task below. Work in pairs and discuss what you might say. Listen to a student doing the task. Did she mention the same things as you did?

Your photographs show people wearing yellow jackets in city streets. Compare the photographs and say why the people have decided to wear the yellow jackets. You have about one minute to do this.

- 5 **8.12** Listen to another student doing the task. Why is his answer not as good as the first speaker's? Read the Exam focus and check your ideas.

EXAM FOCUS

Organising a long turn

You need to talk about the photographs for about one minute in Part 2. Consider these points.

- Start by comparing two or three aspects of the photographs.
- Continue by answering the question.
- Structure your short talk by using discourse markers and linking devices.

Starting: To begin with ... / Firstly ...

Answering the question: As for ... / Thinking about the reasons for ...

Finishing: Lastly ... / To finish I must say that ...

EXAM BOOST p38

- Complete Exam file SECTION C on page 38.

EXAM TASK

- 6 Work in pairs. Student A do the task below. Student B listen and then answer the question below the photographs. Then go to page 112 and change roles.

Student A, your photographs show people wearing yellow items of clothing in different situations. Compare the photographs and say why you think the people are wearing these yellow items.



Student B, do you enjoy swimming? (Why? / Why not?)

- 1 Work in pairs. What do you think is the best way to lead a healthy lifestyle? Make a list of ideas. Think about these things.

exercise food indoors/outdoors sleep
socialising sunlight technology work/studies

- 2 Do you think people generally follow your ideas in Ex 1? Why? / Why not?
- 3 Read the two essay paragraphs about healthy lifestyles. In which paragraph (A or B) are the ideas connected more clearly? How?

A One way that people can lead a healthier life is to spend more time outdoors. Many people work inside, which means that they do not get the opportunity to breathe in fresh air during the day. In addition, they might not get the amount of vitamin D they need to live healthily, especially in winter, as they see little or no sunlight at all. This can affect a person's physical and mental well-being. However, if everyone makes an effort to go out in sunlight for just 15 minutes each day, they can ensure they all get the nutrients from nature that they need to live more happily.

B Food is vitally important for a healthy lifestyle. The type of food we eat has a significant impact on both our physical and mental health. Plates of beige food, like chips, pasta and rice, may look and taste delicious. They're full of carbohydrates. They do not provide all the vitamins and minerals needed to lead a healthy lifestyle. Experts say that it is better to 'eat the rainbow'. We should eat a meal full of different-coloured food, particularly fruit and vegetables. We get a more balanced diet with all the nutrients needed to lead a healthier life.

EXAM FOCUS

Connecting ideas in a paragraph

To create a coherent paragraph and connect our ideas, we can use linkers to:

- add information, e.g. *and / furthermore / as well as that*
- show contrast, e.g. *but / on the other hand / despite (the fact that)*
- explain the result of something, e.g. *as a consequence / consequently / therefore*
- explain the reason for something, e.g. *because / due to (the fact that)*.

- 4 Underline four phrases in paragraph A in Ex 3 which connect and organise ideas. Match them with the functions in the Exam focus.

- 5 Connect the ideas in each pair of sentences using an appropriate word or phrase from the Exam focus and Ex 4.

- 1 People should do regular exercise. It is vital for the health of our heart.
- 2 Many people feel they do not have time for regular exercise. They become unfit.
- 3 Fresh air can improve our blood pressure. It helps us to digest food more easily.
- 4 Sunlight is very beneficial. It can result in sunburn.
- 5 Many people sit down in their jobs. They get little opportunity to move about.
- 6 Using less technology is desirable. Its use is vital to our everyday lives.

- 6 Add linkers to paragraph B in Ex 3 to create a more coherent paragraph.

EXAM BOOST p16

- Complete Exam file SECTION C on page 16.

EXAM TASK

- 7 Read the exam task. Add your own idea.

In your English class, you have been talking about how to lead a healthier lifestyle. Now, your English teacher has asked you to write an essay.

Write an essay using all the notes and giving reasons for your point of view.



People do not spend enough time outdoors in their everyday lives. Do you think this problem can be solved?

Notes

Write about:

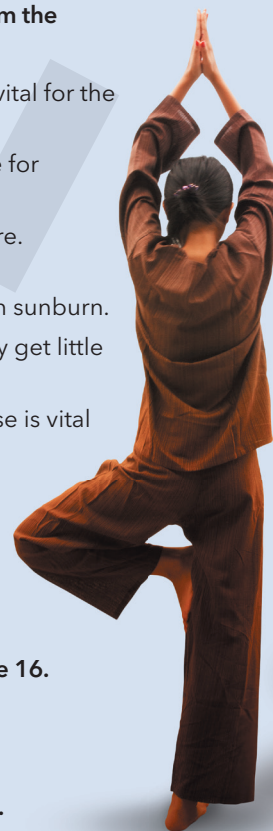
1. work and studies
2. open spaces
3. _____ (your own idea)

- 8 Work in pairs. What could you say about each topic in the notes? Write down your ideas. Then, organise them into an essay plan (introduction, main body, conclusion).
- 9 Write your essay in 140–190 words. Then, swap essays with a partner. How have they linked their ideas in each paragraph? Is each paragraph coherent?

EXAM FILE p17

VOCABULARY FILE pp108-109

WRITING FILE p113



REVIEW | UNITS 1-8

READING AND USE OF ENGLISH - Part 1

- 1 Read the text below and decide which answer (A, B, C or D) best fits each gap.

Don't try this at home

It's a popular sport, but few would (0) D that there is a time and a place to go skateboarding. There are special parks where skateboarders can practise and (1) _____ off new skills, without interfering with pavement or road users. These are well used by young people who are (2) _____ about their sport. But imagine a parent's (3) _____ if their child attempted to use their home as a practice area! One professional skateboarder and world champion, Pierre Andre Senizergues, dreamt of a home where skateboarders could do just that. He (4) _____ up with the idea for an amazing house which is a (5) _____ of a home and a skatepark.

The (6) _____ of the house in Malibu has everything you would need in a normal home but there is also a practice space for skateboarders to (7) _____ their skills. Here the walls, floors and ceilings are curved and are (8) _____ to let skateboarders speed up ramps, do tricks and jumps and skate between rooms. Who needs an outdoor park when there's one in the next room!

- | | | | | |
|---|--------------|--------------|---------------|---------------|
| 0 | A debate | B tell | C discuss | D argue |
| 1 | A present | B show | C create | D display |
| 2 | A devoted | B fascinated | C absorbed | D passionate |
| 3 | A impression | B reaction | C feedback | D consequence |
| 4 | A came | B took | C made | D went |
| 5 | A sequence | B section | C combination | D link |
| 6 | A facilities | B luxury | C interior | D decoration |
| 7 | A imagine | B support | C create | D develop |
| 8 | A considered | B designed | C proposed | D used |

READING AND USE OF ENGLISH - Part 2

- 2 Read the text below and think of the word which best fits each gap. Use only one word in each gap.

A cheesy story

We love our cheese. It can (0) BE eaten in sandwiches or as (1) _____ delicious main meal. However, a couple of cheeses which (2) _____ recently made the news will definitely not appear on our plates! Cheese was found in an Egyptian tomb and is probably 3,300 years old. (3) _____ was believed that this was the oldest cheese ever discovered. However, only a short time later remains of another cheese were found in Croatia. This is thought to have (4) _____ made 7,200 years ago. No one has any idea (5) _____ these cheeses taste like. And no one is ever going (6) _____ find out!

One old cheese that could appear on a plate today - (7) _____ you had enough money - is a 40-year-old cheese from Winsconsin. It was put at the back of a cooler, forgotten and then rediscovered when the 73-year-old cheesemaker (8) _____ closing down the company. Apparently, it's extremely strong. Anyone for some 40-year-old cheese and biscuits?

READING AND USE OF ENGLISH - Part 3

- 3 Read the text below. Use the word given in capitals at the end of some of the lines to form a word that best fits in the gap in the same line.

The colour purple

Parents like to have souvenirs of (0) MEMORABLE moments in their children's lives and my mother still displays a picture that I painted aged two. There is little (1) _____ in it; bright purple figures which are barely (2) _____ as people. Now, as a colour psychologist, I appreciate how (3) _____ important painting is for young children. It's fun and it can help their (4) _____ in many ways. It teaches good hand-eye coordination and kids become more skilful at using their hands. It helps develop (5) _____ and also decision-making abilities, as they choose what (6) _____ colours to use and plan - even if very roughly - where to put things in the pictures. Painting also allows children to express themselves without using words, painting out their feelings, and this is often used as therapy when young ones have (7) _____ problems. Looking again at my purple picture, I wonder what was on my mind. Why did I use purple? Was I releasing anger, pressure, (8) _____? I was probably just too lazy to look for another colour!

MEMORY

ORIGIN

RECOGNISE

VITAL

DEVELOP

CREATIVE

PRIME

EMOTION

FRUSTRATE



READING AND USE OF ENGLISH - Part 4

4 Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given. Here is an example.

0 He doesn't often play football at the weekends.

EVER

He HARDLY EVER PLAYS football at the weekends.

1 Tina wrote last month's award-winning short story.

WAS

Last month's award-winning short story _____ Tina.

2 I didn't go to the cinema because there were long queues.

PUT

I _____ to the cinema by the long queues.

3 I received some advice from an assistant in the shop but he's on holiday now.

WHO

The shop assistant _____ is on holiday now.

4 The plan is to cancel all local bus services.

DO

They're _____ all local bus services.

5 People don't think the new product will be popular.

EXPECTED

The new product _____ popular.

6 Could you look out for Danny as I need to ask him something.

EYE

Would you mind _____ Danny as I need to ask him something?

READING AND USE OF ENGLISH - Part 1

5 Read the text below and decide which answer (A, B, C or D) best fits each gap.

Mindfulness

Mindfulness - the state of shutting out everything in our minds except what is happening around us now - has been in (0) C for centuries. However, its (1) _____ over the last few years has grown so (2) _____ that it's now a multi-billion Euro industry. There are books, apps and courses all designed to help us learn to be fully (3) _____ of the present and nothing else. The promised benefits of increased relaxation and reduced stress (4) _____ complete sense. After all, fully (5) _____ a spectacular view in front of us and not spending the time on stressful thoughts about work or family is surely beneficial.

However, we should be cautious about mindfulness's potential advantages. People who regularly practise it say it improves their mental (6) _____, and those who have experienced very stressful situations say it has been highly (7) _____ in helping them in their recovery. However, this is not yet (8) _____ in research. Studies so far have been small, with the results of larger studies yet to be seen.

- | | | | | |
|---|-----------------|-------------|---------------|-----------------|
| 0 | A presence | B reality | C existence | D duration |
| 1 | A popularity | B approval | C fashion | D reputation |
| 2 | A approximately | B typically | C essentially | D significantly |
| 3 | A clear | B aware | C familiar | D awake |
| 4 | A give | B make | C do | D have |
| 5 | A appreciating | B realising | C accepting | D knowing |
| 6 | A satisfaction | B enjoyment | C well-being | D comfort |
| 7 | A powerful | B effective | C useful | D active |
| 8 | A defined | B displayed | C marked | D evident |

READING AND USE OF ENGLISH - Part 2

6 Read the text below and think of the word which best fits each gap. Use only one word in each gap.

Relaxed performances

I (0) HAD never heard of 'relaxed performances' before I went to see a dance show in the theatre a couple of weeks (1) _____ with my friend and her son. It was quite amazing and I think these performances should (2) _____ better advertised.

So, what is a 'relaxed performance'? Well, apparently, they've (3) _____ available for a long time now. They are shows which (4) _____ been specially adapted for certain audiences. Some adults and children have learning difficulties or other problems which may prevent (5) _____ from enjoying things like ballets, plays and musicals. They sometimes feel uncomfortable with the bright lights or loud, sudden noises in the theatre. They may even be affected by strong perfumes. A 'relaxed performance' is informal and (6) _____ is accepted that people can walk around or talk during it. The lights are (7) _____ bright than usual and the music is quieter.

These performances give everyone the opportunity (8) _____ enjoy shows and I truly hope that they are made available to more and more people in the future.

READING AND USE OF ENGLISH - Part 3

7 Read the text below. Use the word given in capitals at the end of some of the lines to form a word that best fits in the gap in the same line.

Money, money, money

It's been around for a very long time, but perhaps not for much longer.

(0) FINANCIAL experts believe that a cashless society could be just around the corner. The use of notes and coins has been going down

(1) _____ in recent years. Most people around the world buy and sell things electronically and we enjoy the (2) _____

of it. Meanwhile, cash can be heavy, notes get dirty and they can carry a range of (3) _____, and it can be lost. Cyber currencies are becoming more and more popular.

Isn't it (4) _____ to go cash free?

But not everyone is convinced that cash will become completely (5) _____ and believe that there will always be a place for it. Many people (6) _____

use cash because they don't trust online transactions or simply do not use the internet. Others value the (7) _____ that

a cash deal gives them; there is less chance of identity theft. And if we went totally cash free, imagine the (8) _____ if the internet

went down. For the moment it seems that cash is important but in 10 or 20 years' time, who knows?

FINANCE

SIGNIFICANT

EASY

ILL

SENSE

RELEVANT

CURRENT

SAFE

CONVENIENT

READING AND USE OF ENGLISH - Part 4

8 Complete the second sentence so that it has a similar meaning to the first, using the word given. Do not change the word given. You must use between two and five words, including the word given. Here is an example.

0 I haven't seen him this happy for ages.

THAN

Today he is HAPPIER THAN HE HAS BEEN for ages.

1 He only joined the club because of boredom.

BEEN

If he hadn't _____ have joined the club.

2 Unfortunately, eating out is extremely expensive in the tourist season.

FORTUNE

Unfortunately, it _____ out in the tourist season.

3 It is believed that she wrote this song in 2016.

HAVE

She _____ this song in 2016.

4 The committee will discuss the issue at the next meeting.

ADDRESSED

The issue _____ the committee at the next meeting.

5 This summer there are fewer tourists than there were last year.

AS

This summer there are not _____ there were last year.

6 'I'll email or text you when I get home, Lara,' Tom said yesterday.

TOUCH

Yesterday Tom told Lara that he _____ her when he got home.

