Ready for First

Progress Test 6: Units 11–12

Reading and Use of English

Part 2 Open cloze

For questions **1**–**8**, read the text below and think of the word which best fits each gap. Use only **one** word in each gap. There is an example at the beginning (**0**). Write your answers in **CAPITAL LETTERS**.

Example: 0 *HAD*

The wrong time of year

I remember my first visit to the Caribbean very well. I **(0)** _____ been saving up for ages to afford a couple of weeks' break somewhere really hot. I needed **(1)** _____ sunshine! Eventually, I had **(2)** _____ money to pay for a fortnight on the sunny island of Barbados. But when I arrived I was surprised. Where was the sunshine? The sky was cloudy and grey, just as if I **(3)** _____ back in the UK. I kept thinking that the clouds **(4)** _____ disappear and reveal the clear blue skies in the brochure, but no such luck. It remained cloudy for three days and **(5)** _____ it started to rain. I had to buy an umbrella and the streets were soon flooded. In the whole fortnight, we had very **(6)** _____ sunny days – just two! On my way home, another passenger helpfully suggested that next time I **(7)** _____ choose dates outside the rainy season. If I ever have the chance, that's exactly what I **(8)** _____ do.

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Reading and Use of English

Part 3 Word formation

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 space in the same line. There is an example at the beginning (**0**). Write your answers in **CAPITAL LETTERS**.

Example: 0 *COMEDIANS*

Funny food!

Every two years the BBC holds an event called *Comic Relief* to raise money for charity. It involves a large number of **(0)** _____ who put **COMEDY**
on an eight-hour TV show to encourage the public to make **(1)** _____. **DONATE**
In 2013, there was also a large banquet and the **(2)** _____ to find chefs **COMPETE**
was tough. The chefs were put under a lot of **(3)** _____ to produce **PRESS**
possible dishes, and meeting the judges' **(4)** _____ was challenging, **APPROVE**
to say the least. As well as being delicious, the dishes also had to be funny.
This was hard, and the chefs came up against many **(5)** _____. There **DIFFICULT**
were some incredible **(6)** _____ on the programme. In one particular **SEE**
show we saw a marvellous **(7)** _____ that looked like a miniature **CREATE**
volcano – and it exploded like one too. The series was both **(8)** _____ **INFORM**
and hilarious to watch. I wonder what they will think of doing in two years' time.
I for one can't wait.

Reading and Use of English

Part 6 Gapped text

You are going to read a magazine article about a new fitness and diet. Six sentences have been removed from the article. Choose from the sentences **A–G** the one which fits each gap (**1–6**). There is one extra sentence which you do not need to use.

A It is a matter of self-maintenance, she believes, which can have a beneficial effect in every area of your life.

B But then you get chatting to people and they realize that you're like everybody else, really.

C For Gunnell, the idea of determining her own fitness programme after two decades of being told what to do and when by athletics coaches brought its own sense of freedom.

D I'm trying to balance being a mum and working, and just trying to build fitness into my life.

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E With this in mind, the exercises have been very much designed for different levels and abilities.

F If they see you going out of the door and going for a run, or going to the gym, you make it a culture within the family.

G The golden girl of British athletics in the 1990s retired from the track more than fifteen years ago.

Get fit in 28 days

'We're going to turn right, is it right? Here, just where these cars are going. Yeah, go on.' Dusk is falling and Sally Gunnell is being driven back home after a day-long photo shoot. Such is the ceaseless pace at which her life moves that this short journey is almost the only free time she has had all week.

When she is not travelling up and down the motorways of Britain on her motivational speaking tours, she is looking after her three children, undertaking promotional work or appearing on television. 1 ____ However, she is still showing few signs of slowing down. 'A lot of what I do now is being a taxi service,' she says with a smile.

So the first thing I want to know is where on earth she found the time to put together a fitness and diet programme, giving you the chance to train like an Olympic champion. 'I always say I'm like everybody else now,' she says. '2 ____ I think it's about finding something that you enjoy. If you've only got five minutes, you'll be better off doing some sit-ups rather than doing nothing at all. You're better off adapting fitness to your lifestyle in this way. If you want to perform better at work, if you want to deal with stress and day-to-day living, fitness is a key part of it.'

Just as she uses motivational speaking to unlock people's potential in the workplace, so Gunnell is passionate about spreading the word about healthy living. 'People always say to me: "I feel so stressed because I can't get this done, I can't think straight," and they might have all sorts of aches and pains. But often, the amount of energy you have in a day is linked back to lack of exercise or what you're eating or not eating.' 3 ____ 'Whatever you're trying to achieve, whether it's trying to be a better mum, or performing to your highest ability at work, it often does come back to how you feel about yourself.'

So as well as slotting into the hectic lifestyle, Gunnell believes exercises in her fitness plan will suit people of all ages and shapes. 'I always think that with exercise there's no quick fix or secret remedy. It's often just something that fits in with what you can do at home.' Practicality is a primary objective. 4 ____

5 ____ 'I was an athlete from the age of 14 to the age of 31, and it was very demanding. When I retired, it was nice to choose what I wanted to do. I could go running, or go to the gym. I thought, "Wow, this is great."'

So do people still expect her to be a finely sculpted athlete? 'Sometimes they do,' she says. '6 ____ I still have to work at it. I still have to watch what I eat, and I know how it affects my mood. If I ate everything, I'd put on loads of weight.'

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Listening

Part 4 Multiple choice

You will hear part of a radio interview with a weather forecaster called Peter Mason. For questions **1**–**7**, choose the best answer (**A**, **B** or **C**).

1 Peter first became interested in the weather because

A he read a book about it when he was very young.

B he was surprised at how the weather constantly changed.

C his father had an interest and passed it to his son.

2 How does Peter feel about the weather these days?

A He is surprised by unexpected weather events.

B He is impressed by the speed at which weather events occur.

C He is confident in man's ability to predict events.

3 What does Peter say about making weather forecasts?

A The computer information is very complex.

B The people involved are all well-qualified professionals.

C A range of factors have to be taken into account.

4 According to Peter, we all talk about the weather because

A it is often the only thing people have in common.

B it is the expected way to start a conversation.

C it has an influence on every aspect of life.

5 Peter believes that weather forecasters

A are often creative people.

B need to study acting.

C should have interests apart from the weather.

6 Peter enjoys

A travelling around the country.

B watching different weather conditions.

C explaining the reasons behind weather conditions.

7 What does Peter believe will happen in the future?

A Forecasting will become more exact.

B Computers will eventually create the forecasts.

C Forecasting will prevent events such as forest fires.

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Vocabulary

Complete the gaps in each sentence with an appropriate word. The beginning of each word has been given to help you.

1 When I was a child I was a **fu**_____ eater and I refused to eat any vegetables.

2 I ate two **ba**_____ of chocolate this afternoon and now I don't feel very well.

3 The fence was blown down in the **ga**_____-force winds last night.

4 How did Chris get that **bl**_____ eye? Has he been in a fight?

5 We had **gl**_____ sunshine for the whole of our week's holiday. It was fabulous.

6 Add a **pi**_____ of salt before you put the stew in the oven.

7 You're putting your child at **ri**_____ if you don't have a special seat in the back of the car.

8 Mike eats so quickly. He never **ch**_____ his food, he just gulps it down.

9 The documentary was about a herd of elephants during a terrible **dr**_____ in Africa.

10 The weather forecast predicted **sc**_____ showers, but we've only had a very short one.

11 Don't get angry or your blood **pr**_____ will go up again!

12 With heavy snow like this there's a likelihood of an **av**_____ in the mountains.

13 You need to put much more **ef**_____ into your studies if you want to do well.

14 It doesn't mean you've got flu just because you've got a **ru**_____ nose!

15 There hasn't been a volcanic **er**_____ in this area for fifty years.

Writing

Part 2 Report

The director of your language school wants the school to do more to help the environment. You have been asked to write a report about how the school could save energy. You should explain how you think energy is wasted at the school and what could be done to reduce this.

Write your **report** in **140–190** words.

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