

B1 Progress test 3A Units 7–9

1 ▷ Listen to a man giving a lecture about co-education. For questions 1–5, complete the sentences. Use one word or the name of a country in each space.

- 1 Co-education is when boys and girls have classes at school _____.
- 2 Boys become better students by _____ what girls do in class.
- 3 Co-education allows teenagers to prepare for their future roles in _____.
- 4 A study carried out in _____ found that co-education and single-sex education gave similar results for both boys and girls.
- 5 The speaker thinks that in the future, we should study any connection between co-education and students from rich and poor _____.

2 points for each correct answer

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▷ Listen again. For questions 6–10, decide if the sentences are true (T) or false (F).

- 6 The speaker says that at lower grades, girls generally do better than boys. _____
- 7 Some parents believe that it's better for teenagers to only have friends of the same sex. _____
- 8 According to the speaker, girls and boys are taught all subjects in the same way. _____
- 9 Most studies on co-education found that it is better to teach boys and girls separately. _____
- 10 Single-sex education may be better because of the way the brain develops. _____

2 points for each correct answer

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B1 Progress test 3A Units 7–9**2 Read the blog. Which TWO of the following statements are true about the writer's desert trip?**

Choose TWO letters, A–E.

- A He planned to do some of the journey alone.
- B He would cross part of the desert in a car.
- C He wasn't able to carry all the food and drinks that he needed.
- D He was going make the journey across the desert on foot.
- E He had carefully planned when to make the trip.

2 points for each correct answer

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3 Which TWO of the following statements are true of the tent the writer bought?

Choose TWO letters, A–E.

- A It was inexpensive.
- B It was easy for him to put up.
- C It was the second time it would be used.
- D It was difficult to carry because of its weight.
- E It could offer protection from all kinds of weather.

2 points for each correct answer

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4 Do the statements agree with the views of the writer in the reading passage? Decide if the sentences are true (T) or false (F). If there is no information about this, choose 'not given' (NG).

- 1 He was confused about which direction to take. _____
- 2 The landscape helped the writer to understand how far he had walked. _____
- 3 He was able to deal with the early-morning heat. _____
- 4 He found walking on sand challenging. _____
- 5 He regretted taking his walking sticks. _____
- 6 He took a break of four hours from walking. _____

2 points for each correct answer

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Desert Travels

I checked my mobile phone and then looked towards the dirt path lit by our car lights. 'It should be to our left,' I said. We were passing through a small village, trying to reach the place I'd entered on my phone's Global Positioning System (GPS).

Within minutes, we spotted what we were looking for. My companion stopped the vehicle. We looked into the night as our eyes got used to the dark and the view. We'd arrived at the start of our adventure. The plan was straightforward: leave the car and carry enough food and water in our backpacks to last a few days, and set out across the desert until we reached the road.

And we'd chosen to do all this at the time of a full moon, which meant we could start our journey and walk mainly in the cool of the night. However, we wouldn't set off on our desert adventure just yet. We put up the tent that we'd picked up while buying food at a local shop before setting off. The tent wouldn't protect us from wind or rain, but it wasn't complicated to put together, didn't weigh much and cost less than a CD. Most importantly, it gave us somewhere to get a few hours' rest.

We got up under the moonlight, lifted our backpacks and walked across some rough ground towards the sand. Our route was easy – we simply had to go east. We recorded how far we'd gone on my phone's GPS, and checked our progress by counting the dunes – the great hills of sand that rose up like mountains across the desert. My GPS told me exactly how many there would be in total. Although it was still the early hours of the morning it was already hot, but we could just about handle it. After the night had passed, and as the sun moved higher in the sky, the heat became more unkind. There was no wind and no shade, but we carried on.

It is tiring to walk uphill; to do so with a heavy backpack is harder still, and walking on sand makes the whole experience almost impossible. I knew I had to save my energy, and even though I'd carefully planned what to take on the trip, at that point in time I was sure I'd got it wrong. I was glad, however, that I'd taken along two walking sticks.

These sticks actually served several purposes. As mid-morning approached, we stopped at the first tree we saw. We used it, my walking sticks and an old sheet to give us some shelter from the sun, resting as we waited for the cruel heat of the day to pass. It was only day one, and I already felt a strange mixture of excitement and exhaustion.

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5 Complete the text with a suitable word. Use one word in each space.

Fit or Fat?

We all know how you are supposed to lose weight: eat low-fat foods, don't miss meals and do lots ¹ _____ exercise, and the extra kilos will fall off. Scientists have advised this for many years, but people around the world are still getting larger. So what can be done?

Many people are excited ² _____ a new type of eating plan which has attracted a lot of attention and has achieved amazing results. It's called the 5:2. It's not a typical diet – instead, ³ _____ this diet, you eat normally five days a week, and reduce your calories to a quarter of their normal level on the other two days. This means that on a Monday and a Thursday, for example, a man ⁴ _____ not eat more than 600 calories (500 for a woman). On the days when you are eating fewer calories, your food should ⁵ _____ of plenty of fish, meat and vegetables. You ⁶ _____ not have to eat your calories for the day in one meal – you can eat two small meals if you prefer. Experts say that if you follow this plan, you will ⁷ _____ able to lose around 0.46kg per week. As well as losing weight, you should see other benefits for your ⁸ _____ too, such as feeling fitter and happier.

So, can anyone do the 5:2 eating plan? Well, it's ⁹ _____ really suitable for the elderly, or teenagers who are still growing. For all adults, it's best to get advice from your doctor before you start. ¹⁰ _____ people find it easy to adjust, while others find it much harder.

2 points for each correct answer

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6 Rewrite the sentences to make a short note to your friend. There are five things to delete. Do NOT use the language of text messages.

I'm catching the last train. I'll be home at eight o'clock.

1 point for each correct answer

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7 Imagine you have applied to study at a college in England. The college manager has sent you the following form which you must fill in and return. Complete the form for yourself and remember to fill in all sections.

PART 1: PERSONAL INFORMATION

- ¹ Title: _____
- ² Forename: _____
- ³ Surname: _____
- ⁴ DoB: _____
- ⁵ Gender: _____
- ⁶ Nationality: _____
- ⁷ Occupation: _____
- ⁸ Course you are applying for:

PART 2: CONTACT DETAILS

- ⁹ Full address: _____

- ¹⁰ Tel Number: _____
- ¹¹ Email address: _____

- ¹² Name of next of kin: _____
- ¹³ Relationship to you: _____
- ¹⁴ Mobile tel: _____
- ¹⁵ Applicant's signature: _____

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Name _____

Navigate

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SPEAKING

Student A

8 You are a doctor and you are at work in your surgery. A patient visits you because he/she is not feeling well.

- Find out what the problem is and when it started.
- Give some advice.
- Advise the patient to come back and see you again.

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Name _____

Navigate

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SPEAKING

Student B

8 You woke up this morning feeling ill. You've decided to visit the doctor. Student A will start the conversation.

- Explain to the doctor what the problem is and when it started.
- Check if there's anything else you should do.
- Say when you plan to visit the doctor again and thank him/her.

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