

Unit 4 Standard Test B ★ ★

Listening

1 [1.06] Listen to the interview. Write *T* (true) or *F* (false). (10 marks)

Peter says that ...

- 1 stress creates chemicals in our body. ____
- 2 small amounts of stress are dangerous to our health. ____
- 3 it's a good idea to drink green tea if you feel angry. ____
- 4 small amounts of chocolate can make you feel stressed. ____
- 5 concentrating on your problems for ten minutes a day can help you to relax. ____
- 6 controlling your breathing can feel strange at first. ____
- 7 a massage of the hand can reduce stress in other parts of your body. ____
- 8 you should avoid exercise if you feel worried. ____
- 9 exercise helps you to sleep better. ____
- 10 he likes to spend time outdoors when he is worried. ____

Vocabulary

2 Complete the words. (10 marks)

- 1 Their TV was very loud, so I asked them to turn it d____.
- 2 Jo is unhappy. I want to c____ her up.
- 3 You're running too slowly. S____ up!
- 4 If you spend a month in the UK, your English will i____.
- 5 Music can help you to relax. It can r____ stress.
- 6 I couldn't c____ on my homework, because there was a lot of noise outside.
- 7 S____ down! You're driving too fast.
- 8 We knew all the songs at the concert, so we sang a____ with the band.

- 9 I told the children to c____ down, because they were very noisy and excited.
- 10 Nobody was listening to the radio, so I decided to t____ it off.

3 Choose the correct words. (5 marks)

- 1 Going to the dentist can be quite **frightened** / **worry** / **stressful**.
- 2 Were you **relaxing** / **surprised** / **excitement** when you won the prize?
- 3 Mr Parsons was **disgusting** / **annoyed** / **anger** when we arrived late.
- 4 I have a lot of **sympathy** / **boredom** / **stress** for Martin. His life is quite difficult.
- 5 I think basketball is an **excited** / **annoyance** / **exciting** sport to play.

Language focus

4 Choose the correct words. (10 marks)

- 1 It **may** / **must** / **should** rain tomorrow. I don't know.
- 2 You've just run five kilometres. You **can't** / **must** / **might** be tired!
- 3 The exams start next week. You **may** / **can't** / **should** do some revision!
- 4 I **couldn't** / **won't be able to** / **don't have to** see you tonight. I've got too much homework.
- 5 I'm not sure what nationality that girl is. She **can** / **has to** / **might** be Japanese.
- 6 It's a free concert. You **don't have to** / **might not** / **mustn't** buy a ticket.
- 7 You **may** / **must** / **could** wear a seat belt when you're in a car. It's the law.
- 8 I **could** / **might** / **can** sing well when I was a child.
- 9 Using your phone in lessons is against the rules. You **couldn't** / **mustn't** / **don't have to** do it.
- 10 You **mustn't** / **may not** / **can't** be hungry. You've just had lunch!

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5 Complete the sentences with the words in the box. (5 marks)

must might should don't have to shouldn't

- We _____ get up early at weekends.
- This exam is important. You _____ pass it if you want to go to university.
- You _____ eat too much fast food. It isn't good for you.
- I _____ go to the music club tomorrow if I have time.
- You're always tired! You _____ try to get more sleep.

6 Correct the underlined mistakes. Write one, two or three words. (10 marks)

- You haven't eaten since eight this morning. You can be hungry! _____
- You've broken another cup. You might be more careful! _____
- This shouldn't be Sandra's bag. It's the wrong colour. _____
- Hurry up! We don't have to be late for the meeting! _____
- He can play the piano when he was five years old. _____
- We haven't decided what we're doing tonight. We will go to the youth club. _____
- You might not take your phone into the exam room. It's against the rules! _____
- If you practise the piano regularly, you are able to play really well in the future. _____
- The concert is free. We mustn't pay anything to see it! _____
- Anna is very fit. She could run faster than anyone else I know. _____

Reading

Hi Stephanie – How are you? Sorry you couldn't make my party at the weekend. Lots happened ...

I told you that Mum and Dad agreed to a party for my birthday. They were worried we might upset the neighbours. So I was allowed to have a party, but only if I promised not to invite more than ten of my closest friends and it had to finish at eleven o'clock.

The night of the party came and Mum and Dad left the house for the evening. My friends arrived, and we put some music on. Half an hour later, a large group of people from school arrived. They had all heard about the party. Amy admitted she was so excited about the party that she might have mentioned it on social media! I was so annoyed with her.

By nine o'clock, there must have been over 70 people in the house. Someone kept turning up the music after I kept turning it down. Then people started singing along to it. I was so stressed by the noise. What might the neighbours think? What would Mum and Dad do?

Ten minutes later, there was a knock at the door. It was our neighbour. I was afraid what she might say. I explained the situation. I was so embarrassed. I was surprised at how sympathetic she was. Thankfully, she took control of the situation. She turned off the music and told all the uninvited guests to go home.

I don't know if I want to have another party at home!

Claire xx

7 Read the email. Complete the sentences. (10 marks)

- Stephanie's parents said that _____ have a party as long as it wasn't noisy.
- They said that she couldn't invite more than _____.
- After Claire's parents had _____ out, her _____ arrived.
- Amy _____ that she had probably _____ the party on social media.
- Claire felt _____ because the party was so noisy, but the noise stopped when her _____ took control.

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Communication

8 Complete the sentences. (5 marks)

- 1 I know you lost, but look on the bright s_____.
You might win next time!
- 2 I'm sorry to h_____ that you aren't in the team.
- 5 Don't w_____ about the test. It won't be
difficult.
- 3 Cheer up! I know the weather's terrible, but it's
not the e_____ of the world.
- 4 Someone stole David's wallet. He m_____ be
feeling angry.

Writing

9 A friend of yours has lots of arguments with his brother. Write some advice for him. Use some of the phrases in the box and the plan to help you. Write 80–100 words. (10 marks)

OK, well this is a ... For a start, ... Let's think.
What could you do? I reckon ...
You should probably ... What else?
And one more thing. Anyway, ...

Paragraph 1: Comment and give advice

Who should your friend talk to?

Paragraph 2: Offer further advice

What should he do next?

Paragraph 3: Reassure them and wish them luck

What can you say to sympathize with him?

Total marks:

Listening _____ / 10 Vocabulary _____ / 15
Language focus _____ / 25 Reading _____ / 10
Communication _____ / 5 Writing _____ / 10
TOTAL _____ / 75

