

# Unit 4 Basic Test ★

## Listening

### 1 [1.06] Listen to the interview. Complete the sentences with the words in the box. (10 marks)

angry calm feel concentrate health relaxation  
worried help relax stressful

- 1 Peter is an expert on \_\_\_\_\_.
- 2 In the interview, he's giving advice on how to be \_\_\_\_\_.
- 3 \_\_\_\_\_ experiences create chemicals in the body.
- 4 Peter says that a little stress can \_\_\_\_\_ us in dangerous situations.
- 5 It's bad for our \_\_\_\_\_ if we experience stress for a long period of time.
- 6 Peter says that drinking green tea can help us if we are \_\_\_\_\_.
- 7 A small piece of dark chocolate can help us to \_\_\_\_\_.
- 8 Peter thinks it's a good idea to \_\_\_\_\_ on your breathing for about ten minutes a day.
- 9 Exercise helps us to \_\_\_\_\_ good.
- 10 Peter goes outdoors if he feels \_\_\_\_\_.

### 3 Complete the sentences with the words in the box. (10 marks)

surprised cheer relaxing calm increases  
concentrate distracting sympathy angry turn

- 1 He's really down. I don't know how to \_\_\_\_\_ him up.
- 2 Fast music \_\_\_\_\_ your heartbeat.
- 3 \_\_\_\_\_ the music down. It's too loud!
- 4 You're too excited. \_\_\_\_\_ down!
- 5 That noise outside is \_\_\_\_\_ me. I can't focus on my work.
- 6 I was \_\_\_\_\_ when she messaged me after so many months.
- 7 Liz reads a book after a busy day because she finds it \_\_\_\_\_.
- 8 I'm so \_\_\_\_\_ that he lied to me. It's really annoying!
- 9 Please \_\_\_\_\_ when you are driving.
- 10 I got so much \_\_\_\_\_ from everyone when I broke my leg.

## Language focus

### 4 Choose the correct words. (8 marks)

- 1 They **should** / **shouldn't** listen to her advice because she knows a lot about the subject.
- 2 Be quiet! Everyone **can** / **could** hear you.
- 3 You **don't have to** / **mustn't** be in a moving car without wearing a seat belt. It's illegal.
- 4 I **may** / **have to** go to the cinema on Friday, but I'm not sure yet.
- 5 You **don't have to** / **can't** be hungry. You've just eaten a big lunch!
- 6 This **can** / **must** be Martin's bag. Look, it's got his name on it!
- 7 I don't know where Anna is. She **has to** / **could** be at her cousin's house.
- 8 Don't drop that bottle. You **must** / **may** be more careful!

## Vocabulary

### 2 Choose the correct option. (5 marks)

- 1 Your bad mood might \_\_\_\_ how your friends feel.  
**a** affect **b** improve
- 2 Please \_\_\_\_\_. I can't walk that fast.  
**a** speed up **b** slow down
- 3 Please can you \_\_\_\_ the TV. No one's watching.  
**a** turn off **b** turn up
- 4 I find this TV presenter so \_\_\_\_\_. I can't watch him.  
**a** annoying **b** annoyed
- 5 We are \_\_\_\_ because my brother isn't home yet.  
**a** worry **b** worried

# Unit 4 Basic Test ★

## 5 Choose the correct option. (7 marks)

- 1 You \_\_\_\_ be late for school.  
**a** mustn't **b** don't have to
- 2 I \_\_\_\_ concentrate during the exam yesterday.  
**a** can't **b** couldn't
- 3 The children are laughing. They \_\_\_\_ be scared.  
**a** can't **b** mustn't
- 4 We \_\_\_\_ to water the plants every day when the weather's dry.  
**a** have **b** must
- 5 You \_\_\_\_ phone your parents to say you're OK, otherwise they'll worry.  
**a** may **b** should
- 6 It's quite warm today, so you \_\_\_\_ wear a jacket.  
**a** couldn't **b** don't have to
- 7 I've never tried skiing. I think it \_\_\_\_ be fun.  
**a** might **b** should

## 6 Complete the text with the words and phrases in the box. (10 marks)

couldn't will be able might mustn't can had to  
don't have to should must shouldn't

I'm about to start a new school and I'm so excited. I  
1 \_\_\_\_\_ get up at seven o'clock any  
more. I 2 \_\_\_\_\_ wake up later because  
the school is closer to my house than my old school.  
I 3 \_\_\_\_\_ walk to my old school – I  
4 \_\_\_\_\_ take the bus. Soon I  
5 \_\_\_\_\_ to walk to school. However, I  
6 \_\_\_\_\_ be late on my first day so I  
7 \_\_\_\_\_ remember to set my alarm  
clock. I asked my mum for some advice about my  
new school. She says I 8 \_\_\_\_\_ be  
friendly to everyone and I 9 \_\_\_\_\_ look  
untidy. I think I 10 \_\_\_\_\_ start planning  
my outfit now!

## 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 that I could have a party for my birthday. They were a bit 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. 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 surprised at how sympathetic she was. She turned off the music and told 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. Choose the correct words. (10 marks)

- 1 Stephanie **went** / **didn't go** to Claire's party.
- 2 Claire's parents **knew** / **didn't know** about the party.
- 3 Claire invited about **10** / **70** people to the party.
- 4 Claire's friends arrived **before** / **after** her parents had gone out.
- 5 **Amy** / **Claire** had probably mentioned the party on social media.
- 6 Claire was **excited** / **angry** when a large group of people arrived.
- 7 When the party became very noisy, it was a **boring** / **stressful** experience for Claire.
- 8 Claire's neighbour **came to Claire's house** / **phoned Claire**.
- 9 When Claire explained the situation, her neighbour was **sympathetic** / **angry**.
- 10 **Claire** / **Claire's neighbour** turned off the music.

# Unit 4 Basic Test ★

## Communication

### 8 Complete the email. (5 marks)

Hi Sandra

I'm really <sup>1</sup>s \_ \_ \_ y to hear that you didn't pass your driving test. You must be <sup>2</sup>f \_ \_ \_ \_ \_ g fed up! But don't <sup>3</sup>w \_ \_ \_ y about it too much. It's not the end of the <sup>4</sup>w \_ \_ \_ d. You can take your test again soon, and you'll probably pass it next time. Look on the <sup>5</sup>b \_ \_ \_ \_ t side!

Love, Oliver xx

**10 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.**  
(5 marks)

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

## Writing

### 9 Complete the email with the words in the box. (5 marks)

bet let's anyway else start

Hey, Brian, thanks for writing to me about your problem with homework. <sup>1</sup> \_ \_ \_ \_ \_ think. For a <sup>2</sup> \_ \_ \_ \_ \_ , you should ask your teachers for advice. I <sup>3</sup> \_ \_ \_ \_ \_ they can help you. What <sup>4</sup> \_ \_ \_ \_ \_ ? Well, you could go to the library – it's quiet there, and the staff are really helpful. <sup>5</sup> \_ \_ \_ \_ \_ , good luck!

#### Paragraph 1: Comment and give advice

Who should your friend talk to?

*This isn't an easy time for you, is it? For a start, ...*

#### Paragraph 2: Offer further advice

What should he do next?

*I reckon ... / I bet ...*

#### Paragraph 3: Reassure him and wish him luck

*I hope that things work out for you.*

Total marks:

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