For spaces 1 – 15, read the text below and decide which answer A,B,C or D best fits each space. There is an example at the beginning.

The House That Time Forgot.

To the passer-by, number 7 Blyth Grove, in Worksop, looks (0) ….. like any other fairly old house in Britain. But (1) …. inside and you go back into a vanished world, (2) ….. Wiliam Straw´s house is exactly as his parents left it when they died in the 1930s.

Wiliam Straw, who died in 1990, lived in the house with his brother Walter after their parents´ deaths. They lived (3) ….. a strict routine, never married and had no (4) ….. friends. They had no social life and callers were never (5) …. into the house.

Their parents had a successful grocery shop and the family moved into the house in 1923, immediately spending £70 – a huge (6) ….. in those days – on a (7) ….. redecoration. Their father died in 1932 and their mother in 1939, when William, then a history lecturer at London University, returned to Worksop. He (8) …. his job and set up house with Walter, who had been (9) …. the shop since their father´s death. (10) ….., the two cut themselves off from the rest of the world.

Nothing that their parents had owned was ever moved or (11) ….. away. Towards the end of their lives, it seems that they became (12) ….. of the value of what they had done, because they began to put (13) ….. on various pictures and items of furniture, explaining where they (14) ….. came from. Today, the house is open to the public, and visitors quickly (15) ….. that it is the closest they are ever likely to come to time travel.

0/ A/ yet    B/ still    C/ just    D/ even
1/ A/ step    B/ stamp    C/ tread    D/ trip
2/ A/ then    B/ for    C/ from    D/ so
3/ A/ based on    B/ according to    C/ along with    D/ as from
4/ A/ close    B/ deep    C/ familiar    D/ warm
5/ A/ greeted    B/ requested    C/ invited    D/ offered
6/ A/ quantity    B/ wealth    C/ fund    D/ sum
7/ A/ absolute    B/ whole    C/ throughout    D/ total
8/ A/ gave up    B/ finished off    C/ ended with    D/ got out
9/ A/ leading    B/ commanding    C/ running    D/ conducting
10/ A/ Ever since    B/ At the moment    C/ From then on    D/ That time
11/ A/ removed    B/ thrown    C/ done    D/ dismissed
12/ A/ clear    B/ aware    C/ thoughtful    D/ wise
13/ A/ certificates    B/ posters    C/ messages    D/ labels
14/ A/ originally    B/ at the earliest    C/ from the start    D/ sooner
15/ A/ catch    B/ regard    C/ distinguish    D/ realize

Total ____/15pts
Top of the World

Oliver Burr went back to school last week with a story to tell about his holidays. At 13, he had set a new world record the youngest Briton ever to climb the Matterhorn, a giant 4,478m ice-capped mountain in the Swiss Alps. He was three years younger than the usual minimum age even attempting the climb.

“The climb was very hard work,” says Oliver. “Several times I like giving up. We started walking up the mountain at 4am. It was totally dark for an hour, I was quite scared, but then the sun came up, and that was fantastic. For the last 200m we to put on special equipment to climb the ice face. It a long time but I liked that best. When we got to the top, we see the other mountains. It was amazing.”

“When he came back down again, he was treated like a hero,” says his father made the climb with him. His mum stayed at home and wasn’t quite as enthusiastic. “I didn’t really want him to do “, she says. I felt very nervous and was glad when he got back home. It was dangerous mountain to climb – perhaps he could have tried something smaller.”

Total ___/10
READING COMPREHENSION (1)

I. You are going to read an article about convenience food. Choose from the list A – I the sentence which best summarizes each part (1-7) of the article. There is extra sentence which you do not need to use. There is an example at the beginning.

A It is worth paying more for less fat.
B Convenience food is often not as good for you as food cooked at home.
C Added ingredients may improve convenience products.
D Convenience food has some advantages.
E Convenience food is usually an expensive alternative.
F Convenience products are now available which are claimed to be healthier.
G You may often need to serve additional food.
H Some convenience products need careful storage and cooking.
I There is now a greater choice of convenience food.

CONVENIENCE FOOD

0 / __ I __
Technological advances have dramatically increased the quality and range of convenience meals that are now available. Vacuum-packed or frozen pre-cooked meals ready for the microwave, packets of soup, cake and sauce mixes, instant mashed potato and frozen peas are just a few of the time-saving foods many people now rely on.

1/ ______
Although pre-prepared meals save time, they may not always be as nutritious as those prepared in your own kitchen. This is because each time they are heated they lose some of their vitamins, and many “heat and eat” meals have already been cooked before they are reheated. Convenience food also tends to contain more sugar, salt and fat than most other food.

2/ ______
However, there are increasing numbers of so-called “healthy” meals, usually identified by “healthy eating” symbols or the manufacturer’s own brand name for their low-calorie products. Some labels mention “reduced” or “controlled” sodium, but these may still contain considerable amounts of salt.
READING COMPREHENSION (2)

3/ ______
A meal in a packet is a useful standby, especially in families who like to eat different things at different times, and for people who work late. It is often cheaper than a takeaway and a convenient alternative to cooking from scratch. And it saves on washing up.

4/ ______
The “healthy” version of most pre-prepared dishes are more expensive than their standard equivalents, but may be a better choice if they are lower in fat. The amount of ingredients in the standard and “healthy” varieties are usually similar.

5/______
Although some ready-made foods are sold as “complete” meals, they are rarely a good source of vegetables or starchy foods. It is a good idea, therefore, to add extra vegetables or a salad along with a starchy food, such as brown rice or a wholemeal roll.

6/______
Despite the fact that food manufacturers and retailers have improved hygiene and food safety at many stages of the food chain, pre-cooked foods found in chill cabinets may still be a source of food poisoning. Consumers should keep and prepare these foods with great care to prevent the spread of bacteria. This means bringing food home as soon as possible after purchase, keeping it in a refrigerator or freezer, following microwave guidelines and making sure food is really hot before eating.

7/______
Although many people view additives with suspicion, they have their advantages. Their presence is often vital if food is not to spoil, and many result in better taste, texture or colour. All additives are the subject of strict safety checks and allergic reactions are very rare.

II. Go back through the text and find the words or phrases in the text that match the definitions.

8/ ordinary ________________________________

9/ quick to prepare ________________________________

10/ buying ________________________________

Total ____/10
LISTENING COMPREHENSION

You will hear people talking in different situations. For questions 1 – 5, choose the best answer A, B or C. You will hear each extract twice.

1. You hear part of an interview on the radio. Who is being interviewed?
   A – an inventor
   B – a journalist
   C – a businesswoman

2. A man speaks to you in the street. What does he want you to do?
   A – give him directions
   B – answer some questions
   C – donate some money

3. At the bus stop you hear this couple talking. How is the woman feeling?
   A – amused
   B – irritated
   C – worried

4. You are listening to a radio phone-in. Why has Susan phoned?
   A – to ask some advice
   B – to complain about something
   C – to suggest something

5. You hear this advertisement on the radio. What is being emphasised about the product?
   A – It is a good value.
   B – It is high quality.
   C – It is unusual.

Total ____/5pts