

E_{SE4}

2018/2019



Name / Surname(s):

School:

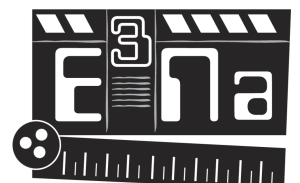
Group:

City / Town:

Date:

English Literacy

Year 4 of Secondary Education





Instructions

This test consists of four parts: Listening, Reading, Rewriting and Writing.

Listening

We will begin with a listening test. You will hear someone speaking about a situation.

- First read the questions (3 minutes).
- Listen carefully to the recording. You will hear the recording twice.
- After each part you will have time to answer the questions.

For each question you have to circle the right answer. *For example:*

Example 1. How many months are there in a year?

- A. 2 months.
- B. 17 months.
- C. 12 months.
- D. 10 months.

If you decide to change your answer, cross out (X) your first option and circle your new answer. *For example:*

Example 1. How many months are there in a year?

- A. 2 months.
- B. 17 months.
- C. 12 months.
- D. 10 months.

Reading

You will read one text and answer several questions.

Rewriting

You will do some sentence rewriting.

Writing

Lastly, you will write a short text, following some instructions.

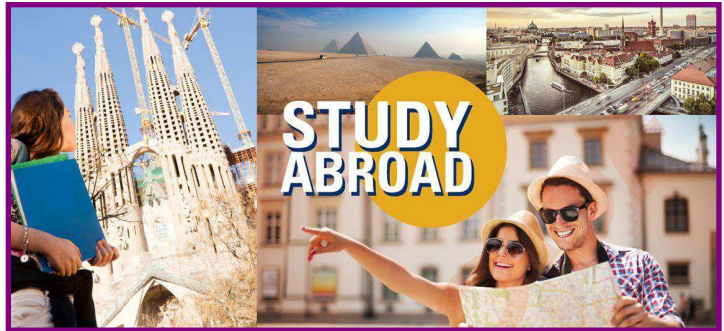


The whole test lasts 50 minutes.



Listening – Study abroad

On Today's Program Kevin is talking about **studying abroad**. He interviews **Leyre**, a girl from Madrid who studied abroad last year. **She tells Kevin about her experience**. Listen to the interview and answer the questions that follow. You will hear the **recording twice**.



1. Complete the sentence:

Since 2000 there has been an increase of a _____% each year in the number of students studying abroad.

2. South Korea...

- A. is the fourth most populated country in the world.
- B. sends most of its students to the UK.
- C. sends most of its students to the USA.
- D. sends the highest number of students abroad.

3. In relation to studying abroad, in Spain...

- A. not many students do it.
- B. people used to study abroad more in the past.
- C. students prefer Europe.
- D. the US is the most popular destination.

4. At the beginning Leyre...

- A. didn't know where to go.
- B. didn't really like the idea of studying abroad.
- C. wanted to go to an English speaking country.
- D. would have preferred to go to a more exotic country.

5. Leyre wanted to study abroad to...

- A. become more independent.
- B. to learn English.
- C. to get an international degree.
- D. to do some tourism.

6. Complete the sentence:

Leyre was _____ years old when she arrived in the USA.

7. Complete the sentence:

Apart from her family and the food, what Leyre missed most were her _____.

8. In the US, Leyre didn't like eating...

- A. alone.
- B. always the same kind of food.
- C. hamburgers and tacos.
- D. unhealthy food.

9. Complete the sentence:

**Leyre mentions the following facilities: a stadium, two _____
and a _____.**

10. Leyre's advice for people travelling abroad would be...

- A. not to forget about their home.
- B. to be extrovert.
- C. to be open to new things.
- D. to defend their ways and culture.

11. The best summary for Leyre's experience would be...

- A. the US was too boring to make my stay unforgettable.
- B. it was an awesome experience. I learnt so much...
- C. I learnt English, my first goal, and I ate exotic food.
- D. I found people in the US racist, and I didn't like most of the things there.



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Reading – Healthy habits

As you get older, you're able to start making your own decisions about a lot of things that matter most to you. You may choose your own clothes, music, and friends. You also may be ready to make decisions about your body and health. Making healthy decisions about what you eat and drink, how active you are, and how much sleep you get is a great place to start.

Your body needs energy to function and grow. Balancing the energy you take in through food and beverages with the energy you use for growth, activity, and daily living is called "energy balance". "Energy balance" may help you stay a healthy weight. The number of calories you need depends on whether you are male or female, your genes, how old you are, your height and weight, and how active you are.

Try to replace foods high in sugar, salt, and unhealthy fats with fruits, vegetables, whole grains, low-fat protein foods, and fat-free or low-fat dairy foods. Control your food portions, many people consume larger portions than they need, especially when away from home.

Skipping meals might seem like an easy way to lose weight, but it actually may lead to weight gain if you eat more later to compensate for it. Follow these tips to stay healthy:

- Eat breakfast every day. If you're short on time in the morning, grab something to go, like an apple or banana.
- Eat dinner with your family. When you eat meals with your family, you are more likely to consume healthy foods.

Physical activity should be part of your daily life, whether you play sports, take physical education (PE) classes in school, do chores, or get around by biking or walking.

Sleep was long considered just a block of time when your brain and body shut down. On the contrary, sleep research studies show that how well you function depends not just on your total sleep time but on how much sleep you get each night and the timing of your sleep stages. You may have problems getting along with others or feel angry and impulsive if you are not getting enough sleep.

To improve your sleep habits, it also may help to:

- Go to bed and wake up at the same time every day. Try to keep the same sleep schedule on weeknights and weekends.
- Use the hour before bed for quiet time. Avoid vigorous exercise and bright artificial light. Turn off your cell phone or other devices before you go to bed.
- Avoid nicotine and caffeine. Nicotine and caffeine are stimulants, and both substances can interfere with sleep. The effects of caffeine can last as long as 8 hours.
- Keep your bedroom quiet, cool, and dark (a dim night light is fine, if needed).

12. The text is aimed at...

- A. children.
- B. middle-aged people.
- C. old people.
- D. teenagers and young adults.

13. This text could be part of...

- A. a text book.
- B. a health guide.
- C. a scientific article.
- D. a personal blog.

14. "Energy balance" depends on...

- A. how active you are.
- B. the calories you need and you burn.
- C. the calories you take and you burn.
- D. the age only.

15. If you want to have healthy eating habits, keep in mind that...

- A. all fats are unhealthy.
- B. low-fat milk and other milk products should be part of your diet.
- C. sharing mealtimes with people doesn't make any difference.
- D. you should eat sugar and salt containing products.

16. If you want to keep a healthy weight, a good piece of advice would be...

- A. to take just a piece of fruit for breakfast.
- B. not to miss dinner.
- C. to get smaller food portions than recommended.
- D. to take soft drinks.

17. When the text refers to *physical activity*, it means not only playing sports but

also _____ , _____ or
_____.

18. Mark with an X the three of these statements that are true.

- Getting enough quality sleep at the right times helps you function well.
- Getting just 1 hour less sleep per night than needed will not have any effect.
- Sleep is considered to be a time when your body and brain shut down.
- The way you feel depends in part on the stages you go through while you're sleeping.
- Your sleeping environment can also affect your sleep.
- Watching TV before bed is a relaxing activity that does not disrupt your sleep.

19. According to the text, which of the following tips to sleep better at night is NOT TRUE?

- A. Late morning is a good time for a cup of coffee.
- B. Intense physical exercise at any time is great.
- C. Keep your bedroom at a comfortable temperature.
- D. Switch off every electronic device one hour before bed time.

20. Find in the text ONE WORD which means:

(a) Full of light, shining: _____

**(b) The type of substances that make the mind
or body more active:** _____

21. The statement that best summarizes the text is...

- A. daily habits for happiness.
- B. diets and sleep.
- C. keep an active life.
- D. take responsibility for your health.

Rewriting

22. Rewrite the following sentences using the words in brackets without changing the meaning of the original sentence.

(a) You mustn't cook and throw litter in national parks. (*allowed*)

(b) Unless we do something to eliminate all superfluous waste, our future will be in danger. (*if*)

(c) The Endangered Species Act was created in 1973 by President Nixon to offer legal protection for endangered species. (*President Nixon*)

President Nixon _____

(d) Although some plastic makes our lives easier, too much of it is a problem. **(but)**

(e) Plastic bags will no longer be offered at this market. They are one of the greatest problems of the consumer society. **(which)**

(f) Rebecca Prince-Ruiz is an inspiring woman. Her initiative - *Plastic Free July*- made a nation re-think their plastic consumption. **(whose)**

This part is for the teacher only

Mark
0, 1, 2, 3, 4, 5 or 6

Item 22 – Total:

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Writing – Being Environmentally Friendly

Read the blog entry below and post a comment giving your opinion.

MY PLASTIC FREE LIFE BLOG – LIVING LIFE WITH LESS PLASTIC SINCE 2007



Think we can't live without plastic? Think again. In 2007 I decided to stop buying any new plastic & I've almost succeeded! Won't you join me? Let's see what plastic-free looks like today for the health of our bodies, our oceans, our planet. You can do it too!

Join me in living life with less plastic.

Posted by: Oakland, CA
Also in: [Zero Waste Blogs](#).
Web site: myplasticfreelife.com/blog.

Post a comment giving your opinion on **AT LEAST THREE** of these questions:

- *How important is it to reduce the consumption of plastic? What are the steps you have taken to do so?*
- *Is it better to use paper or plastic?*
- *Is it better to reuse or to recycle?*
- *Why is it important to recycle? Does your family recycle?*
- *How do you feel when you are environmentally friendly?*

Notes & draft box (to write ideas or key words). This planning **is NOT** marked.

23. Write your text here. Your text must have about 100 words. Be careful with the punctuation and remember the use of paragraphs and capital letters. Be creative!



This part is for the teacher only

		Mark 0, 1 or 2
Task	Adequacy	
	Coherence	
Language	Cohesion	
	Grammatical accuracy	
	Spelling accuracy	
	Lexical Range	
Item 23 – Total:		

