

TAREA 1

PUT TO THE TEST

Adapted from www.web2.uvcs.uvic.ca, 420 words

ANSWER BOX

| GAP | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---------|---|---|---|---|---|---|---|---|
| EXTRACT | F | H | A | G | D | I | J | B |

TEXT

0. F. LUCKY AMULETS

Some students **bring good luck charms** to school on test days. They might keep a four-leaf clover in their pocket or wear a pair of lucky underwear. While these things can't hurt, there are better ways of doing well on a test.

1. H. PREPARE BY TRAINING YOUR ABILITIES

Runners train before a big race. They **practise their skills** in the same conditions as in the marathon. **You can train for a test in a similar way because** the goal of a test is usually **to apply the skills you have learned** and **practised** in class. For a reading test, there may be comprehension questions. You may also be asked to summarize the text. For a writing test, you may be asked to write a story or give your opinion about something.

2. A. GET READY FOR THE EXAM

Just like before a big race, it is a good idea **to take care of your basic needs before the test begins**. For example, get plenty of **sleep the night before**. During the day of the test, **get enough to eat**. **Go to the bathroom ahead of time**. These things will help you focus.

3. G. MANAGE YOUR TIME WELL

When you get the test, take a quick look at each page and the different sections. Like a runner, **you will want to be careful about your rhythm**. **If you have a limited amount of time to complete the test**, you will want to **leave yourself enough time for the sections that are worth the most marks**.

4. D. DON'T HURRY YOUR START

Now don't forget to put your name on the test. **Read** the instructions and questions **very carefully**. **Take your time**. Make sure you understand what you are being asked to do.

5. I. START BY WARMING UP YOUR BRAIN

Some activities get your brain ready so that it will work more efficiently. During a reading test, it can help to do a quick **pre-reading exercise**. For example, try scanning the text to figure out the topic before you read the whole thing more carefully. Then think about what you already know about the topic. For a writing test, brainstorm your ideas and organize them **before you start writing**.

6. J. USE YOUR MIND POWER TO RELAX

Some runners use **positive self-talk** when they are nervous. They tell themselves things like, **"I feel good about myself and my abilities. I am not going to worry. I will do the best that I can."** Give this strategy a try.

7. B. CHECK OUT!

Before you hand in your test, review your answers. Unlike a marathon, it doesn't matter who **finishes** first during a test. Check your grammar and spelling. Make sure your instructor will be able to read your handwriting. Finally, **be sure that you answered every question**.

TAREA 2

ED SHEERAN

Adapted from www.highgateprimaryacademy.net and www.wikipedia.com, 324 words

ANSWER BOX

| QUESTION | ANSWER |
|----------|--|
| 0 | <u>Ed</u> |
| 1 | As a child |
| 2 | By taking him to concerts/He took him to (live) concerts |
| 3 | In 2011 / a year after his trip (to the USA) |
| 4 | You need me, I don't need you / Lego House |
| 5 | By supporting Taylor Swift |
| 6 | He went on (a world) tour |
| 7 | At Glastonbury Festival |

TEXT

Edward Christopher Sheeran, or **(0) Ed as he is better known**, was born on 17th February 1991 in West Yorkshire. He is a guitarist, songwriter, singer and record producer. **(1) As a child, he began learning how to play the guitar** and started writing his own songs while at high school. When he was a teenager, **(2) his father took him to live concerts that would inspire his musical creations**. These included seeing Eric Clapton at the Royal Albert Hall or Paul McCartney in Birmingham. He recorded his first music in 2004 and moved to London in 2008.

(3) In 2010, Ed visited Los Angeles in America. It was on this trip that he was spotted by Jamie Foxx, an American singer, songwriter and producer. **Jamie** was very impressed with Ed's musical talent and **invited him to record in his studio the following year**.

Ed's first album was called '+', and featured many hits such as **(4) 'You Need Me, I Don't Need You' and 'Lego House'**. The album was very successful and within six months had sold over one million copies in the UK alone. After this success, Sheeran won Brit awards for Best British Male Solo Artist and British Breakthrough Act of the Year in 2012. **(5) He later supported Taylor Swift on her tour which saw his popularity rise in the USA**. In June 2014, Ed achieved his first number one hit in the UK with 'Sing', and then released his second album, "x". This album was number one in both the UK and the USA and **(6) he followed it with a world tour**.

After winning more awards in 2015, Ed took a break from music and social media. He returned with his next album "Divide" in 2017. It went straight to number one in many countries around the world. **(7) Sheeran was the main artist at Glastonbury Festival** in 2017. Ed creates all the sounds on stage by himself. His success continues to rise around the world.

TAREA 3

FREAKSHAKES

Adapted from www.bbc.co.uk, 252 words

ANSWER BOX

| QUESTION | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
|----------|---|---|---|---|---|---|---|
| ANSWER | B | C | A | C | C | A | C |

TEXT

(0) The campaign group Action on Sugar in the UK is demanding a prohibition of freakshakes and all milkshakes with more than 300 calories.

These freakshakes are sold in restaurants and fast food shops in the UK, and they contained "grotesque levels of sugar and calories". Freakshakes are milkshakes that also contain chocolates, sweets, cake, cream and sauce. **(1) A Freakshake can contain up to 1,280 calories, which is similar to 39 teaspoons of sugar.** That is more than half the daily recommended amount of calories for an adult and over six times the amount of sugar recommended for seven to 10-year-olds. In terms of sugar, **(2) it is the equivalent of drinking five cans of cola.**

The British Heart Foundation calculates **(3) a 25-year-old would need to jog for nearly three hours or clean the house for five hours to burn off the calories.**

Freakshakes were invented in Australia, but **(4) have become increasingly popular in the UK in recent years thanks to social media.**

One of the restaurants' owners responded to this campaign by saying that they shared their nutritional information online, took their nutritional responsibilities seriously, worked according to a sugar reduction programme, **(5) and also were not aiming at children with their shakes.**

Public Health England (PHE) also **has a sugar reduction programme as part of the government's childhood obesity plan.** It is challenging businesses to cut sugar by 20% by 2020 and milkshakes are included in that. **(6) One PHE'S representative said: "These high calorie milkshakes need to be reduced immediately below 300 kcalories".**