

## Reading

### 1 Read the text. Choose the best answers.

#### WALKING TALL

If, like myself, you have recently suspected that women are growing taller these days and wondered what particular dietary supplements are contributing to this spurt in growth, then be assured – this is no magical twist to evolutionary development, it is simply the current obsession with shoes. This trend, like many before it, shows that some people are willing to suffer any amount of pain or discomfort and even jeopardise their health in the name of fashion.

It may be a cliché, but women especially are quite willing to admit that they are 'slaves to fashion'. If we look a long way back in time there was a period when tiny waists were to die for – and many women nearly did! They wore corsets so tight that they displaced internal organs and even cracked their ribs. Men were not immune to paying the price for vanity either. In seventeenth-century Europe the popular male practice of using white face powder to give themselves that pale, interesting look could be rather dangerous as the early powders contained arsenic!

One of today's major fashion health hazards is the six-inch heels made popular by celebrities and catwalk models the world over, despite various public tumbles. It's certainly true that the extra height is slimming and glamorous and the high heels make even the dumpiest person's feet look quite stunning. What is a problem, however, is when the wearers of such footwear attempt to actually move! Apart from the likelihood of falling over and twisting an ankle, the possible damage to the body is significant. It goes without saying that the feet can be badly affected – resulting later in life in distorted toes and bunions – but the problems can extend to the whole skeleton, as the posture the wearer has to adopt to stay upright can cause severe back problems. Add to this the fact that the wearer may also be carrying a fashionably big bag over one shoulder and it's clear that the poor vertebrae don't really stand a chance.

There is one advantage to the fashion for such high heels. Social interaction is obviously restricted as most wearers can do little more than stand in the same place or sit. This allows the shorter, flatter footed amongst us to run rings round them at parties!

- 1 In the first paragraph the writer tells us
  - A how to increase our growth.
  - B how to be healthy and look good.
  - C that external appearance can be the most important thing.
- 2 Unhealthy fashion trends
  - A can influence both genders.
  - B are a relatively recent phenomenon.
  - C cost an excessive amount of money.
- 3 Very high shoes
  - A can make us look elegant.
  - B can make some of us look fatter.
  - C can make people's feet look ridiculous.
- 4 Wearing high shoes
  - A has an immediate effect on our feet.
  - B alters our posture dramatically.
  - C can be dangerous for others.
- 5 What happens at parties?
  - A More people approach you to start a conversation.
  - B Other people have the chance to enjoy the occasion.
  - C High shoes make a good topic of conversation.

Mark  /10

## Vocabulary

### 2 Complete the sentences with the correct item of clothing.

- 1 Sam's mum definitely wears the \_\_\_\_\_ in their household!
- 2 I'd come with you to Spain at the drop of a \_\_\_\_\_. You just have to ask!
- 3 He got into a lot of trouble at work for an off-the-\_\_\_\_\_ comment he made about a client.
- 4 The driver got hot under the \_\_\_\_\_ when the pedestrian started to shout at him.

5 Winning the award was a real feather in his \_\_\_\_\_.

Mark  /5

**3 Complete the sentences with the words in the box. There are two more words than you need.**

light plain raw rich rotten stale tough

- I'll just have a \_\_\_\_\_ snack before we start the journey.
- \_\_\_\_\_ food like red meat and cheese always gives me indigestion.
- The protester threw \_\_\_\_\_ eggs at the politician. They smelled awful!
- Don't forget to put out some \_\_\_\_\_ bread for the birds this winter.
- I nearly broke a tooth at the restaurant – the meat was so \_\_\_\_\_.

Mark  /5

**4 Choose the correct answers.**

- Nadal was wearing a new \_\_\_\_\_ in the tennis final yesterday.  
A cravat B bandana C buckle
- After trekking in the mountains Dave needed a good shave to get rid of three days' \_\_\_\_\_.  
A stubble B goatee C dreadlocks
- How on earth do you get into those \_\_\_\_\_-tight jeans?  
A zip B long C skin
- Helen used to wear her long hair in \_\_\_\_\_ when she was younger.  
A a chain B plaits C extensions
- Watch you don't trip over – your \_\_\_\_\_ are undone.  
A buttons B buckles C laces
- Everyone wears \_\_\_\_\_-toed shoes in the hot weather.  
A loose B open C full

7 I took one \_\_\_\_\_ of the cough medicine and immediately felt sick.

A pinch B knob C sip

8 I think we need a \_\_\_\_\_ of holly or something on the Christmas cake, don't you?

A sprig B clove C slice

9 She looked rather \_\_\_\_\_ after her walk along the beach.

A scrawny B shabby C dishevelled

10 Is that her own hair or has she had \_\_\_\_\_?

A plaits B a bob C extensions

Mark  /10

## Grammar

**5 Complete the sentences with the correct form of the modals in the box and the verbs in brackets. You will use some of the modals more than once.**


be able to have to might must need would

- His English is improving all the time so he \_\_\_\_\_ (apply) for jobs in England shortly.
- I \_\_\_\_\_ (want) to invest money in that company at the moment – they're not doing very well.
- We \_\_\_\_\_ (hand) in this work until Friday afternoon, thank goodness!
- I \_\_\_\_\_ (be) about eleven when I saw this film for the first time.
- It \_\_\_\_\_ (take) a long time to get to Manchester by car – it depends on the traffic on the motorway.
- I \_\_\_\_\_ (go) to the station to meet Rita because there were a lot of taxis there when I arrived.
- It \_\_\_\_\_ (be) difficult balancing a job and family for all those years.
- The company made a good profit last year so they \_\_\_\_\_ (give) everyone a big bonus.

- 9 My gran \_\_\_\_\_ always  
\_\_\_\_\_ (buy) doughnuts  
when she knew I was coming round for tea!
- 10 Bill disappeared for two days last March, but  
he \_\_\_\_\_ (tell) anyone  
where he'd been.

Mark  /10

## Listening

**6**  **5.08** Listen to four people talking about different celebrity chefs. Are the sentences true or false?

- 1 Speaker 1 says that Heston Blumenthal is on television a lot more than other chefs. T / F
- 2 Speaker 1 thinks Heston Blumenthal has a talent for putting things together that we normally wouldn't expect. T / F
- 3 Speaker 2 mentions that Jamie Oliver is also involved in promoting healthy eating. T / F
- 4 Speaker 3 observes that Gordon Ramsay isn't a very calm person. T / F
- 5 Speaker 4 admires the fact that Delia Smith doesn't overcomplicate recipes. T / F

Mark  /10

## Writing

**7** Write a report for a local tourist guide giving information about the different places of interest to visit. Use the writing guide to help you. Write 200–250 words.

**Paragraph 1:** Introduction. State the aim of the report.

**Paragraph 2:** Describe the first type of place, attractions, any important information.

**Paragraph 3:** Describe the second type of place, attractions, any important information.

**Paragraph 4:** Give your recommendation.

Mark  /10

Total  /60