

## File Test 8

### Grammar, Vocabulary, and Pronunciation A

#### GRAMMAR

#### 1 Complete the sentences with the gerund or the infinitive form of the verb in brackets.

Example: I had to ask for help. I didn't know what to do (do).

- 1 I'd love \_\_\_\_\_ (be) sitting in a café in Berlin right now.
- 2 I would rather \_\_\_\_\_ (have) gone to Australia for Christmas. It's much warmer there!
- 3 I thanked Michelle for \_\_\_\_\_ (have) helped me when I was struggling with my assignment.
- 4 We're tired of \_\_\_\_\_ (be) told to wait in the queue. We've been standing here for hours!
- 5 The headlights on our car need \_\_\_\_\_ (be) repaired because they aren't working.
- 6 It's no use \_\_\_\_\_ (worry). You'll just have to wait and see what happens.
- 7 There is plenty of time \_\_\_\_\_ (eat) before we have to go to the departure gate.
- 8 By the time I'm 40, I hope \_\_\_\_\_ (have) visited all of the world's continents.

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#### 2 Underline the correct word(s).

Example: I'm about *going* / to go to the shop. Do you need anything?

- 1 *Are* / *Will* we be meeting outside the cinema?
- 2 Quick! The bus *to leaves* / *leaves* in five minutes!
- 3 I'm *about to* / *to go* for lunch. Would you like to join me?
- 4 You're going *getting* / *to get* an electric car next year, aren't you?
- 5 The conference *is due to* / *due* start at nine o'clock.
- 6 It has been announced that the Prince *is* / *going* to visit next week.
- 7 Hiro and Mika *move* / *are move* into their new flat next month.

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#### 3 Is the sentence right or wrong? Write C (*correct*) or I (*incorrect*). Correct the incorrect sentences by writing them below.

Example: I see Melanie after class tonight. I

I'm seeing Melanie after class tonight.

- 1 It is believed that the company director is on the point of to resign. \_\_\_\_\_

\_\_\_\_\_

- 2 Will we be eating lunch at the usual time? Your sister wants to know. \_\_\_\_\_

\_\_\_\_\_

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3 The Prime Minister is open the new shopping centre here on Saturday. \_\_\_\_\_

\_\_\_\_\_

4 My sister-in-law is about to have a baby, so my brother is very nervous. \_\_\_\_\_

\_\_\_\_\_

5 We're to be make sure he's there on time because he's usually late. \_\_\_\_\_

\_\_\_\_\_

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| Grammar total |  | 20 |
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### VOCABULARY

#### 4 Underline the odd word(s) out.

Example: fiddle post rake mule

- 1 blister specialist rash bruise
- 2 soulless spoilt iconic overcrowded
- 3 take placebo treat vaccinate
- 4 jaw-dropping tacky unimposing run-down
- 5 a cold flu food poisoning sprain
- 6 put off delay cancel postpone

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#### 5 Complete the words in the sentences.

Example: The luxury hotel room we stayed in was sheer perfection!

- 1 I really like to get off the beaten t\_\_\_\_\_ when I go on holiday.
- 2 To be honest, I was a bit u\_\_\_\_\_ by the Tower of Pisa. I'd always imagined it was massive!
- 3 Stefan and I can't agree on our next holiday; he wants adventure in br\_\_\_\_\_ scenery, but I want a relaxing spa break!
- 4 It was such an incredible location, we didn't mind that the hotel was a bit r\_\_\_\_\_ - down.
- 5 I'm afraid as a tourist destination, I think the city is vastly o\_\_\_\_\_.
- 6 We want to take photos of p\_\_\_\_\_ scenery on our next holiday, so we're going to Ireland.
- 7 The activities arranged by the tour company were really dull. It was a big l\_\_\_\_\_ - down.
- 8 Let's w\_\_\_\_\_ round the market and see if we can find some interesting souvenirs.

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### Grammar, Vocabulary, and Pronunciation A

#### 6 Complete the sentences with one word.

Example: Adele turned as white as a sheet just before she fainted.

- 1 Where are my glasses? I'm as \_\_\_\_\_ as a bat without them!
- 2 She can be as stubborn as a \_\_\_\_\_. I can never convince her of anything.
- 3 This new machine works like a \_\_\_\_\_. It was definitely worth the money.
- 4 Marilyn might be nearly 80 but she's as fit as a \_\_\_\_\_!
- 5 We startled a huge deer in the woods but quick as a \_\_\_\_\_ it was gone!
- 6 You'll need to shout when you speak to my grandfather – he's as \_\_\_\_\_ as a post.

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| Vocabulary total |  | 20 |
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#### PRONUNCIATION

#### 7 Match the words to the same sound.

|                                                              |
|--------------------------------------------------------------|
| symptoms <del>stroke</del> blood surgeon unimposing<br>boots |
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Example: throat stroke

- 1 stubborn \_\_\_\_\_, \_\_\_\_\_
- 2 placebo \_\_\_\_\_, \_\_\_\_\_
- 3 reduce \_\_\_\_\_

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#### 8 Underline the stressed syllable.

Example: cos|me|tic

- 1 un|der|es|ti|mate
- 2 coun|se|llor
- 3 vac|ci|nate
- 4 un|der|tak|en
- 5 im|po|sing

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| Pronunciation total |  | 10 |
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| Grammar, Vocabulary, and Pronunciation total |  | 50 |
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**File Test 8**  
**Reading and Writing A**

**READING**

**Read the article about detox products and advertising. Tick (✓) A, B, or C.**

## **Detoxing through the centuries**

If you use social media, you'll be very aware of the vast array of products out there which claim to heal us in all sorts of ways through detoxification. You just can't avoid those pop-ups offering relaxing teas, diet pills, insomnia cures, and revitalizing face masks. Read too many of these adverts and you might just end up feeling unhealthy, overweight, and lacking energy and vitality, even if you're actually fighting fit. The widespread promotion of such products in recent years has become a concern to medical experts, especially as the accuracy of claims that they make in their advertising is difficult to monitor. Many have called for social media platforms to take down posts which advertise them due to their potentially damaging impact on physical and mental health. But while some internet platform operators have taken this into consideration and made an effort to remove posts which make unproven or miraculous claims – about diet and weight loss products in particular – it seems impossible to eliminate such advertising altogether.

While we might think of the promotion of diet and detox products as being a modern phenomenon, it has actually been going on for hundreds of years. Indeed, in the 19th and 20th centuries, detox products were readily available to buy. They contained not only natural ingredients like peppermint, ginger, and cod-liver (fish) oil, but also chemical ingredients such as soap powder and petrol. Advertising claims ranged from improvement of the skin, to boosting mood and purifying the blood. In 1938, just like the medical experts of today, leading physician Lord Horder protested that the public was spending between £25–30 million each year on potentially harmful detox and health products. It is doubtful that those who purchased the products knew exactly what they were consuming as before 1941 there was no legal requirement to list a product's ingredients on its packaging. However, despite being controversial, these products were enormously popular.

*Testimonial advertising* became popular in the 19th and 20th centuries. The idea was that having another 'customer' recommend a product made it appear more trustworthy. These testimonials were probably based on genuine customer feedback. However, there were no guarantees that they hadn't been edited or selected in favour of the product. Today, online testimonial advertising has transformed modern marketing. Brands use social media influencers – a new style of 'expert' – to quickly and effectively promote a brand's products to their followers whether there is any truth to the health claims or not. As with the testimonials of the past, it's equally difficult to determine whether such recommendations are genuine or if the influencer is simply motivated by the money they can achieve through sponsorship. Yet, despite this potential for doubt, studies show that approximately 37% of people aged 18–34 are more likely to buy brands after their favourite influencers have posted sponsored recommendations.

Some influencers have been criticized by the advertising standards authorities for failing to notify people when their posts include content that has been sponsored by a company. Experts are concerned that competitive brands are using increasingly sophisticated ways of attracting customers. There's a growing awareness that people are hooked on social media and are motivated by the feeling of being 'connected' to others. The recommendations can seem very genuine – taking advantage of followers' trust when in fact the product is being recommended because the influencers are being paid by the company to do so.

## File Test 8 Reading and Writing A

So, are they deliberately misleading consumers? It's hard to say as each influencer will have individual motivations. Concern regarding the well-being of their followers has led some conscientious influencers to fight back against misleading health advertising by creating podcasts, posts, and mini documentaries which aim to discourage people from falling for exaggerated claims of so-called health products and cures. This type of backlash also happened in the early 1900s when the British Medical Association (BMA) began testing the ingredients of over-the-counter medicines in order to 'expose' any harmful contents or false claims. But while the BMA's intention was to educate the public, the approach was unsuccessful. Because in doing so, it also seemed to suggest that the public was somehow weak and irrational – it came across as an insult rather than an act of kindness. So, now when podcasts and articles expose such health claims as 'nonsense' perhaps they too appear dismissive of the public, and perhaps they also demonstrate a lack of understanding as to why these products are so popular in the first place. After all, there's little historical evidence to suggest anything experts say will prevent people from buying them.

- 1 The writer's main intention in the text is to \_\_\_\_\_.  
 A criticize the way brands use social media influencers to sell detox products ☐  
 B compare current and past methods of promotion for detox and health products ☐  
 C highlight the potential dangers of using detox products ☐
- 2 According to the writer in paragraph 1, health and detox product advertising \_\_\_\_\_.  
 A is difficult to control ☐  
 B should be banned ☐  
 C only appeals to people who have low self-esteem ☐
- 3 The writer says that internet platform operators \_\_\_\_\_.  
 A are not interested in preventing misleading advertising ☐  
 B have been trying to deal with misleading advertising ☐  
 C are unable to remove adverts once they have been posted ☐
- 4 In the 19th and 20th centuries, detox and health products \_\_\_\_\_.  
 A were only available from medical professionals ☐  
 B contained only natural ingredients ☐  
 C were easy to purchase ☐
- 5 It was not necessary to list a product's ingredients on its packaging \_\_\_\_\_.  
 A unless it was considered potentially harmful ☐  
 B until the 1940s ☐  
 C until Lord Horder's protests of 1938 ☐
- 6 In advertising, the idea of having a customer recommend a product started \_\_\_\_\_.  
 A because brands thought people were more likely to believe another customer ☐  
 B when social media influencers became popular ☐  
 C when experts refused to recommend products which could be harmful ☐

## File Test 8 Reading and Writing A

- 7 The writer suggests that the product recommendations made by social media influencers \_\_\_\_\_.  
 A could sometimes be made for financial gain ☐  
 B were often more reliable than sceptics might expect ☐  
 C were deliberately designed to mislead customers ☐
- 8 According to the writer, social media users \_\_\_\_\_.  
 A don't tend to fall for false advertising anymore ☐  
 B can be tricked into believing that an influencer's recommendations are personal ☐  
 C are more likely to become addicted to detox and health products ☐
- 9 Some social media influencers have started a backlash against false health claims because they \_\_\_\_\_.  
 A can make more money from blogging about controversial issues ☐  
 B have fallen for misleading adverts themselves ☐  
 C are worried about their followers who buy health products online ☐
- 10 The writer suggests that people and organizations who attempt to expose false health claims in advertising \_\_\_\_\_.  
 A should be given greater publicity ☐  
 B are ignoring the needs of those who buy the products ☐  
 C should examine historical evidence ☐

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| Reading total |  | 10 |
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## WRITING

**Choose one of the statements below and write a discursive essay in approximately 250 words:**

- 1 Companies offering expensive medical treatments and therapies take advantage of vulnerable people.
- 2 The benefits that tourism brings outweigh the problems it can cause.
- 3 Nowadays it is not essential to travel to other countries to experience other cultures.

Include the following information:

- an introduction to the topic
- present a balanced view of the topic (include reasons and supporting evidence)
- write a conclusion saying which view you most support.

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| Reading and Writing total |  | 20 |
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## File Test 8 Listening and Speaking A

### LISTENING

- 1 Listen to five people talking about therapies or treatments they have tried. Match the speakers (1–5) to the type they describe (A–H).**

- Speaker 1 ☐  
Speaker 2 ☐  
Speaker 3 ☐  
Speaker 4 ☐  
Speaker 5 ☐

- A chiropractic  
B acupuncture  
C hypnotherapy  
D aromatherapy  
E social prescribing  
F gardening  
G counselling  
H osteopathy

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- 2 Listen to an interview with a man who works in the sustainable tourism industry. Tick (✓) A, B, or C.**

- 1 Javier agrees with the interviewer that \_\_\_\_\_.  
A tourist organizations do not want to operate sustainable businesses ☐  
B travel should only be allowed under certain circumstances ☐  
C considerate tourism choices can lead to positive results ☐
- 2 According to Javier, stopping international travel altogether would \_\_\_\_\_.  
A reduce overcrowding in cities ☐  
B boost national tourism industries based on staycations ☐  
C have a negative impact on the global economy and global employment ☐
- 3 According to Javier, overtourism and holiday rentals \_\_\_\_\_.  
A push holiday accommodation prices up ☐  
B reduce tourists' enjoyment of a city destination ☐  
C limit the opportunities for local people to rent or buy homes in their area ☐
- 4 A serious problem associated with voluntourism is that \_\_\_\_\_.  
A it can limit the job prospects of people in the target area ☐  
B volunteers often don't complete projects to the desired standard ☐  
C volunteers are not always looked after properly ☐

## File Test 8

### Listening and Speaking A

- 5 Javier warns that travellers should \_\_\_\_\_.  
 A have a full health check before leaving their own country ☐  
 B be aware that they could pass illnesses to locals ☐  
 C not travel in remote areas ☐

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| Listening total |  | 10 |
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## SPEAKING

### 1 Ask your partner these questions.

- 1 Which part of the world would you most like to visit? Why?
- 2 Which place in your own country would you most recommend to visitors?
- 3 What are the benefits of vaccinating children?
- 4 Would you consider trying something like aromatherapy, hypnotherapy, or acupuncture? Why / Why not?
- 5 Have you ever been delayed at the airport? If so, for how long? Why?

### 2 Now answer your partner's questions.

### 3 Talk about one of these statements, saying if you agree or disagree. Give reasons.

- 1 'Social prescribing is just a way for doctors to reduce their own workloads.'
- 2 'Tourist numbers at famous attractions should be restricted in order to ensure buildings, monuments, and natural landscape are not damaged by crowds.'
- 3 'It is very hard to have a healthy lifestyle in the modern world.'

### 4 Now listen to your partner. Do you agree with him / her?

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| Listening and Speaking total |  | 30 |
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