Imagine a product that increases your energy levels, reduces stress, helps you make better decisions and lose weight, keeps you looking younger, reduces the risk of a heart attack, improves your mood, and strengthens your memory. Now imagine that this product is nontoxic, has no dangerous side effects, and, best of all, is absolutely free.

This miracle drug is the "nap": the right nap at the right time.

Take a Nap! Change Your Life explains the five stages of the sleep cycle, and the benefits each one provides. It explains how to assess your tiredness and set up a personal sleep profile. It also discusses how to ignore the voice in your head that tells you that you are lazy because you like napping.

Using the unique, moveable “Nap Wheel” on the cover, the book shows us exactly when the best time to take a nap is, and exactly how long we should try to sleep. It even shows how it’s possible to design a nap to inspire creativity one day, and the next day design one to help us with our memory.

Fill the gaps in the following summary with suitable words. (5 marks).

The advertisement is for a (1) _____________. It explains that (2) __________________ is good for your health and your happiness. Taking a nap isn’t (3) ____________ and it doesn’t cost anything! The book includes a (4) ____________ which you can use to calculate (5) ____________ to take a nap.

Match the words from the text (6-11) with their definitions (a-f) (3 marks):

<p>| | |</p>
<table>
<thead>
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<tr>
<td>6. risk</td>
<td>a. a negative consequence of taking a drug</td>
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<td>7. mood</td>
<td>b. the way you feel</td>
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<tr>
<td>8. strengthen</td>
<td>c. the outside part of a book</td>
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<td>9. side effect</td>
<td>d. make stronger, better</td>
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<td>10. stage</td>
<td>e. the possibility that something bad will happen</td>
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<td>11. cover</td>
<td>f. part of a process</td>
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Read about Richard’s holiday experience.

The best holiday I’ve ever had was when I took my wife, Judy, and our six-year old son, Sebastian, to a Center Parc in Wiltshire, England. Basically, we spent a week living in a comfortable lodge in the middle of a big forest surrounded by nature. It sounds boring, but it wasn’t because there are so many activities to do there.

We arrived on a Saturday afternoon by car. At the gate, we checked in and they gave us the keys to our lodge—a two-bed roomed bungalow with a kitchen, bathroom and living room. There are hundreds of lodges in the park, but you don’t notice because they are spread out. It’s very private.

After leaving our things in the lodge, we set off to look around the park. There are very few roads so it’s best to travel by bicycle. We cycled for around an hour. We found a swimming pool, restaurants, tennis courts, a sports bar over-looking a large lake and—the part that interested my wife the most—a health spa.

The week went really quickly. As well as playing tennis and badminton, we tried a number of new sports and activities. One day we went sailing on the lake. The next, my wife and I tried a yoga class. I wasn’t very keen, but Judy loved it.

The best day, however, was the day my wife and I spent in the health spa. We left Sebastian at the daycare centre early in the morning and headed off to the spa. After a healthy breakfast, we sat in a Jacuzzi and read the paper, and talked in the Japanese garden. Then, we had a sauna. For lunch, they gave us some soup and a salad—all made with organic vegetables. After that, we went for a massage and my wife had her toenails painted. The whole day was so relaxing.

I’d definitely recommend the Center Parc. It’s worth going there.

Are the following statements true or false? If they are false, re-write them so that they are true. (6 marks)

12. Visitors usually go to the lodge to check in.

13. Visitors are not supposed to drive a car around the Center Parc.

14. You can’t eat out at the Center Parc. Visitors have to cook their own food in their lodges.

15. Judy has done yoga many times.

16. At the Center Parc, you can relax or do some exercise. It’s your decision.

17. Richard, Judy and Sebastian spent a day at a health spa.

Choose the best definition for the underlined word or phrase. (1 mark)

18. Basically, we spent a week living in a comfortable lodge in the middle of a big forest.

   a. a small house with one floor
   b. a hotel
   c. a caravan

19. The best day, however, was the day my wife and I spent in the health spa.

   a. a place where you can eat organic food and ignore your children
   b. a place where you can relax, eat healthy food and get beauty treatments
   c. a place where you can do sports and get fit
II. Use of English Section (25 marks)

Change these sentences into reported speech. Use said or told. (4 marks)

Example: “I want to earn more money.” (John to his friend)
John told his friend that he wanted to earn more money.

20. “I’ll study in the evenings and at weekends.” (Joanna)
21. “I’m going to find a job in Britain one day.” (Marta to me)
22. “My family is very important to me.” (Colin to his boss)
23. “I can’t take any time off work to study” (Robert to his teacher)

Make questions with these words. (5 marks)

Example: Why / you / learn / English / this school?
Why are you learning English at this school?

24. How long / Eve / live / her flat?
25. What / Nick / watch / at the moment?
26. How many cars / you / have / in your life?
27. What / Andrew normally / do / the weekend?
28. Where / they / go / holiday last year?

Choose the correct words. (3 marks)

Example: We’ve been here for / since five years.

29. My uncle has directed / been directing 20 films in his life.
30. She’s been to ten countries for / since she left school.
31. How long have you known / been knowing your teacher?
32. I’ve been living / I lived here since March.
33. We’ve been waiting at the bus stop for / since ages.
34. How long have you had / been having your car?

Tick the correct sentences. Change the incorrect sentences. (4 marks)

Example: I’ve been losing my keys.

35. You shouldn’t to work too hard.
36. Our last exam was incredibly difficult.
37. My husband’s a great cooker.
38. That film was very brilliant.

Complete these words for ways of cooking and things in the kitchen. (5 marks)

Example: We usually have roast chicken on Sundays.

39. It’s useful to have a f________ because you can keep food in it for months.
40. It’s healthier to cook sausages under the g________, not in a f________ p________.
41. My grandmother loves b________ cakes and biscuits.
42. A lot of people have a m________ because you can heat things up in it very quickly.
43. When the water b_______, put the pasta in the s________.
44. Put that bottle of lemonade in the f________ to keep it cold.
45. Don’t forget to put the chicken in the o________.
46. It’s really quick to make soup in a b________.

Make these sentences negative by changing the words/phrases in bold. (4 marks)

Example: I like watching sport on TV.
I don’t like watching sport on TV.

47. They’re playing tennis at the moment.
48. All of my friends can drive.
49. Everyone in my family likes football.
50. John’s been to Italy before.
III. Listening practice (10 marks)

A. Cindy is talking about her vacation. Are the statements true or false? (6 marks)

51. Cindy hated her trip to San Francisco.
52. The food in China Town was great.
53. She took photos of the Golden Gate Bridge.
54. Napa Valley is well-known for its wine.
55. Cindy hit another car on the road.
56. She had to get a taxi back to the hotel.

B. Listen to the four conversations. Where are the people? Choose the best answers. (4 marks)

One
57. The students are ...
   a. in the library     b. in the cafeteria     c. in a classroom     d. in the street

Two
58. The two men are ...
   a. in an elevator   b. in a car     c. in a workshop     d. in the street

Three
59. The two women are ...
   a. in a coffee shop   b. in a train     c. in a car     d. in the street

Four
60. They’re ...
   a. in a call centre   b. in an office     c. in an elevator     d. in the street

IV. Writing Section (15 marks)

Question One: What are your goals for this year? (5 marks)

Question Two: What do you like doing at the weekend? Write about your likes and dislikes. (5 marks)

Question Three: What would you do if you won $1,000,000 in the lottery? (5 marks)

V. Oral (15 marks)

VI. Homework and tests (20 marks)