B1 Reading Test 1.

**Read a text about cheating in sports, and for questions 1 to 7, choose the correct answer.**

**Cheating in sports**

Anyone who loves sports will agree that cheating is bad. For example, it was simply wrong for Spain to enter people who were not actually disabled into the 2000 Sydney Paralympics basketball team. But sometimes, it is hard to draw a line between what is cheating and what is not. Many sports encourage players to be ‘sporting’, that is, to play honestly and accept when they lose. However, in sports, the prizes for winning are great, so it is natural for people to use different ways to win a game. Sometimes players cheat or bend the rules to get an advantage in a game.

Gamesmanship is when you try to win a game by bending the rules or using dubious tactics. For example, when British Team cyclist Philip Hindes had a bad start in a team race in the 2012 Olympics, he didn’t want to let his team down, and since he knew that if a rider fell early, the race would be restarted, he crashed his bike on purpose. Britain went on to win gold.

Other examples of gamesmanship are when players fake injuries or waste time. This might give them a chance for a short rest, or it could annoy their opponent and affect their concentration. For example, at the 2016 Rio Olympics, badminton player Carolina Marins screamed and shouted every time her opponent made a mistake. This affected her opponent’s feelings, and people thought she behaved rudely. However, she won the gold medal without breaking any rules.

When there is a grey area, it is the referee or umpire’s job to decide whether cheating is taking place. However, players can take advantage of this situation because referees aren’t perfect and can’t see everything. For example, in cricket, if the ball hits a batter’s legs, he is out, and most batters know when they are out, so they should leave the field immediately. However, few cricketers are sporting. They wait until the umpire tells them to go because they want to stay in the game, and the umpire might not see what happened. This isn’t considered cheating.

However, there’s no denying that Diego Maradona cheated in the 1986 World Cup quarter-finals between England and Argentina. In that particular match, Maradona infamously scored a goal using his hand. The referee, who missed the incident, awarded the goal, and unsurprisingly, Maradona didn’t question the decision. But the game of football, however, isn’t always so forgiving of those who bend the rules, as Brazilian player Rivaldo knows. In the 2002 World Cup, he faked an injury during a match. Unlike Maradona, Rivaldo wasn’t so lucky; he was caught out and was later fined, proving that the outcomes of such actions are not always in the player’s favour.

Sometimes, players might even try to lose on purpose. At the 2012 London Olympics, four women’s badminton doubles teams from China, Indonesia and

South Korea purposely played badly. They all wanted to lose because it would lead to an easier place in the tournament. Although none of the players broke any badminton rules, they were all disqualified for their poor sportsmanship.

Where there are games, people will always try different ways to win. But is bending the rules the same as cheating? Or does it just make the game more interesting because sports competitions are not only about physical skills but also about clever strategies?

1. **According to the passage, the 2000 Sydney Paralympics basketball team...**

a.won the gold medal despite cheating.

b.were in a grey area.

c.were rightly accused of cheating.

d.were accused of cheating when they did not.

**2.** **British Team cyclist Philip Hindes…**

a.lost a medal because he cheated.

b.used gamesmanship to win a medal.

c.won a medal despite cheating.

d.lost a medal because of gamesmanship.

**3. Badminton player Carolina Marins…**

a.used gamesmanship to win a game.

b.used gamesmanship, but lost a game.

c.cheated and won a game.

d.did not cheat, but was disqualified.

**4. Cricketers who leave the field when they feel the ball touch their legs…**

a.are breaking the rules.

b.are rare.

c.are using gamesmanship.

d.are following the rules.

**5. Diego Maradona is mentioned because he…**

a.took advantage of a referee’s mistake.

b.challenged a referee’s decision.

c.persuaded a referee to make a decision.

d.was punished for his gamesmanship.

**6. Rivaldo…**

a.didn’t realise he was breaking a rule.

b.exaggerated an injury.

c.was punished for bending the rules.

d.was accused of cheating when he did not.

**7. The four badminton teams were disqualified…**

a.despite not cheating.

b.because they cheated.

c.because they were sporting.

d.after winning their games.

### B1 Reading Test 2.

##### Read a text about home design and answer the questions. For questions 1 to 7, choose the correct answer. You can see some feedback after submitting your answers.

#### Welcome to the home of the future

The 2009 British Homes Awards challenged the industry to design a house that can adapt to different life stages.  
The participants were asked to rethink the construction and design of individual homes, so that they were easily adaptable to less mobile inhabitants, and also to create communities in which ageing occupants could continue to enjoy shared amenities.  
The top design also had to be attractive to its potential buyers, because the competition was put to the public vote.  
The winner, gaining 12,000 votes from Mail on Sunday readers, was the strikingly modern SunnySideUp, designed by Kosi Architects. Here are its three main features:  
   
**1. Upside Down House**  
The architects took as a starting point the accepted norm for a house – rows of houses facing onto streets crammed with cars, with living rooms on the ground floor and bedrooms above. Then they scrapped it.  
They ended up with the living room, dining room and kitchen on the top floor where they can benefit from the light and views, and maximise energy efficiency. And they put the bedrooms on the ground floor where the garden aspect gives inhabitants increased privacy, and a cool temperature is maintained throughout the day. The two floors are linked by wide, gentle gradient stairs, which are designed to allow for a stair lift to be fitted if necessary as owners age.  
   
**2. Concealed Parking Spaces**  
But the feature that, according to Warren Rosing, one of the Kosi architects responsible for the design, was particularly popular with the public, is actually the parking.  
In a SunnySideUp development no one has to look out onto a street full of cars, or worry about their kids being run over, because the terrace zone at the first floor level link all the homes and is a car-free zone.  
Vehicles are tucked away on the lower floor, leaving safe and pleasant spaces outside the houses for people to meet, and kids to play.  
A lift takes people directly from garage to living area, so that all residents, including the elderly and those with heavy shopping, can move comfortably between the floors. The natural feel of the front area is enhanced by the planters that are placed outside the kitchens at the front to encourage residents to grow vegetables and flowers where they can be seen.  
The idea is that not only would they look pretty, but they would be a talking point, encouraging interaction between residents on the terrace area outside.  
   
**3. Flexible Spaces**  
But it’s the fact that the space is designed to adapt to the changing needs, including the fluctuating income of its owners, that makes it a thought-provoking, as well as a winning, design.  
The lower-floor bedrooms have separate outdoor access so they can be easily let. The idea is that owners can get some extra money to pay for their mortgages during the first years. And later in the future, those bedrooms can be used as a granny flat, or an office, and can easily be converted into a separate one-bed flat if your kids won’t leave home.  
And if more space is required, as well as the usual loft that can be converted, there is potential for a gallery floor to be inserted in the living room.  
   
**4. Where can you get one?**  
At the moment the SunnySideUp house is still just a set of drawings. But Warren Rosing says, “We are hoping to have it built.”  
The organisers are in talks with builders, but due to  the economic climate it may take longer than we would like.”Weʼre sure it will be worth the wait” they say.

1. **According to the article, The British Homes Awards challenged architects to design a house …**

a.for disabled people

b.for ageing inhabitants

c.that could adapt to all ages

d.for young families with children

**2.According to the article, in the winning property, bedrooms are downstairs to …**

a.benefit from the view

b.have easier access to the house

c.have more privacy in the living room

d.keep the same pleasant atmosphere the whole day

**3.According to the article, the parking spaces in this house design are …**

a.on the first floor

b.on the ground floor

c.in a separate building

d.in the street

**4. According to the article, in the SunnySideUp house the ground floor ...**

a.can be rented

b.can be sold separately

c.is only used to store cars

d.has a room for grandparents

**5. We learn from the article that …**

a.children can play safely outside the house

b.the houses overlook a street crammed with cars

c.the back garden is the main talking point for the inhabitants

**6. According to the article, the house has been designed …**

a.to be rented

b.to be shared if necessary

c.for families with a small income

**7. According to the article, the SunnySideUp development …**

a.is being built

b.will never be built

c.will hopefully be built

d.has been recently built

### B1 Reading Test 3.

##### Read a text about health in different countries, and for questions 1 to 6, choose the correct answer.

#### The unhealthiest places in the world

According to a study by Clinic Compare, the unhealthiest country in the world is the Czech Republic. The study, which compared data on alcohol, tobacco consumption and obesity in 179 countries, found that Czech Republic residents are among the world’s heaviest drinkers. Indeed, nine of the ten unhealthiest countries are located in Eastern Europe, where smoking is more common than in the rest of the world and is increasing among teenagers. The only one outside this region was the USA, where 36 per cent of the population are obese. Obesity levels are lower in the Czech Republic but are the highest in Europe.

The study must be taken with a pinch of salt, however. According to the rankings, the healthiest country in the world is Afghanistan due to its low obesity and alcohol consumption. In second and third place are Guinea and Niger. But that doesn’t make them healthy places to live. Indeed, four countries listed among Clinic Compare’s top ten healthiest countries, Guinea, DR Congo, Malawi and Mozambique, were among the least healthy nations in another study, the Global Competitiveness Index.

High consumption of alcohol, tobacco and food are diseases of affluence; that is, they are common in wealthy countries. However, many countries, especially in Africa, are still struggling with diseases of poverty. For example, the average life expectancy in DR Congo is just 53 years old. Here, many people die from diseases which could be treated in other countries. In Malawi, tuberculosis and HIV are common. These countries lack basic medical facilities and trained doctors. In Mozambique, where 30% of people cannot access health services, lack of nutrients in the diet is a far more common medical problem than overeating.

Moreover, Nepal, listed by Clinic Compare as the fourth healthiest country, is the tenth most polluted country and Afghanistan the fourteenth. Air pollution is a killer, with 7 million people dying worldwide each year from diseases associated with it. It is not just vehicle fumes and industries which are the problem. Around 2.4 billion people worldwide are exposed to dangerous levels of household air pollution while cooking on fires or stoves fuelled by kerosene, wood, dung and coal.

According to a different study, which measured factors such as the cost of staying healthy, life expectancy, air pollution, obesity, sunlight hours and crime rate, the healthiest country is Spain. This is most likely due to its traditionally healthy diet, clean air, the number of people walking to work (37%), and free healthcare. Interestingly, another study, the Global Health Security Index, ranks the USA as the healthiest nation. This was because its high standards in research, safety and communication allow it to detect and respond to pandemics the most effectively. This contrasts with the Clinic Compare survey, which ranked it the tenth unhealthiest country, primarily because of its high obesity rate.

The countries with the highest levels of obesity, however, are in the Pacific islands. In countries such as Nauru, Tuvalu and Palau, over half the population is obese. This is a relatively new trend, as, before the 1950s, locals consumed a traditional diet that included bananas, coconuts, yams and seafood. Since then, incomes have increased, making imported convenience foods more affordable. This new scenario causes people to make poor food choices despite the availability of healthier, locally-grown options. In many regions of the USA, healthy choices just aren’t available, or they are too expensive. In addition, this country’s driving culture means that many people don’t get enough exercise.

**1.** **Residents of the Czech Republic…**

a.consume more alcohol than any other country in the world.

b.have the highest combined rates of smoking, obesity and drinking alcohol.

c.smoke more than any other country in Eastern Europe.

d.are more obese than people in both the USA and the rest of Europe.

**2. The writer of this article thinks that the Clinic Compare study…**

a.accurately identified the healthiest and least healthy nations.

b.did not include enough countries in its study.

c.failed to identify the healthiest countries accurately.

d.is inaccurate because health issues have changed since the study.

**3. According to the article,**

a.there is more malnutrition than obesity in Mozambique.

b.there are more diseases of affluence in DR Congo than in the USA.

c.life expectancy in DR Congo is the lowest in the world.

d.access to medical facilities and doctors in Malawi is gradually rising.

**4. The text indicates that…**

a.Nepal has more pollution from vehicles and industries than Afghanistan.

b.Fewer people die as a result of air pollution in Afghanistan than in Nepal.

c. 2.4 billion people are currently suffering from diseases associated with air pollution.

d.People put their health at risk when cooking on kerosene, wood, dung and coal.

**5. According to the text, the USA is higher than Spain with regards to…**

a.the number of people who walk to work.

b.the amount of air pollution

c.the affordability of its health care.

d.its ability to respond to disease outbreaks.

**6. According to the text, what is the reason for high obesity rates in the Pacific Islands?**

a.The traditional diet is high in fat.

b.People prefer to buy imported food.

c.Fresh food is no longer grown locally.

d.People do not get enough exercise.

# **B1 Reading Test 4**

For each question, choose the correct answer.

The people below are all looking for a restaurant.  
There are reviews of eight restaurants.  
Decide which restaurant would be the most suitable for the people below.

**1**   It’s Jenny’s 30th birthday and she would like to take a group of friends out for a meal. She’d like a party atmosphere with live music.

**2**   Kieran has an hour to wait before his train leaves. He would like somewhere that serves quality, fast food. He needs somewhere he can get to the station quickly.

**3**   Jon and his wife Debbie are celebrating their 20th wedding anniversary and would like to have a nice romantic meal somewhere not too busy. They love going on holiday to Italy.

**4**   Marie and her husband Harry want to take their young son for a meal. It would be good if there was something for him to do as he has a lot of energy!

**5**   Trevor is working late tonight at the office. He wants to order something over the phone to eat at his desk. He likes spicy food and is happy to pay for delivery.

### ****Restaurant reviews****

**A   Southern Chicken Takeaway**

Ordered a takeaway chicken and chips from this place. Nice food but ordering was difficult. Someone in the kitchen was playing music really loudly and I could hardly hear what the man serving me was saying. I would have ordered over the phone but they don’t deliver.

**B   The Noodle Bar**

This is what fast food should be like. From delicious Japanese soups to hot Thai main meals. Eat in or take away. They’re very popular with locals and if you’re eating at a table it can take a while to get served. They charge 10% delivery for takeaways.

**C   Spice World**

Phew! Just had one of the hottest curries I’ve ever eaten. I must say it was also one of the nicest meals I’ve had for a while. Unfortunately, it has only just opened, and they haven’t organised a takeaway service yet but looking forward to ordering one when they do.

**D   Sandy’s**

A fantastic restaurant just outside of town. Took our young daughter there last weekend and she loved choosing her own meals from the children’s menu. If only they would provide something like a colouring book or an activity to keep children occupied as she soon started to get bored.

**E   Take a Tumble**

We had our grandchildren for the day and were lucky enough to find the new ‘Take a Tumble’ in town. Lots of activities for young children who can climb, slide or swim. They serve simple, cheap lunches that saved us the bother of finding somewhere else to eat.

**F   Macs**

I went to Macs, just opposite the entrance to the station last night. My friends had the fried chicken and I had pizza. We were all really happy with our meal. The food was at our table in ten minutes and it tasted great.

**G   Pasta della Piazza**

Whether it’s a romantic meal for two or a memorable night with friends, Pasta della Piazza is the place to go. We enjoyed a fantastic night out with lovely Italian food

and sang along and danced thanks to their regular pianist. You need to reserve to be sure of a table.

**H   Giovanni’s**

This place is hidden away on the back streets of town. A tiny place with only five or six candlelit tables but with a wonderful atmosphere. Italian music plays softly in the background making you feel as if you’ve been transported to Florence or Rome.

# **B1. Reading Test 5**

Five sentences have been removed from the text below. For each question, choose the correct answer. There are three extra sentences which you do not need to use.

### ****Lost Luggage****

Two years ago, I went on holiday to Rome with my family. It was a four-hour train journey from our home, and we all helped to plan the trip. We were looking forward to seeing the famous sights! Everything went really well and we had a great time visiting the amazing tourist attractions. I was in charge of taking all the photos with my band new phone, which had an excellent camera. We stayed in Rome for two weeks, and it was really incredible.

On the train journey back home, I decided to open my backpack, but I couldn’t find it. **(1)**………. I was very upset because I’d packed my phone in that backpack, along with my travel journal. **(2)**………. Weeks passed, and then months. At first, I contacted the train company every week, but after some time, it was clear that my backpack was never going to be found. After a while, I forgot all about it.

Last month, I took the train to Florence on a school trip. Incredibly, my backpack went missing again! **(3)**………. After Rome, I always kept my phone and other important items in my pockets.

Two weeks after the Florence trip, I received a phone call from the train company. They told me they had my backpack, and they would send it to my local station. I assumed it was my backpack from the school trip. **(4)**………. Someone from the train company had found the backpack from Rome in a dusty old storeroom! Everything inside it was safe, and I finally got to share the photos with my family. **(5)**………. I decided we should all go back to Rome for another holiday … but this time, I would be much more careful with my things!

**A**   I never travelled with the same train company again.

**B**   When I arrived at the station, I couldn’t believe my eyes!

**C**   All my memories of Rome were in that backpack.

**D**   I couldn’t leave the station without my bag.

**E**  It was so wonderful to see them.

**F**  I knew I would never see my new phone again.

**G**   I searched and searched, but it was nowhere to be seen!

**H**   But, this time, there were no precious memories inside.

# **B1 Reading Test 6**

Five sentences have been removed from the text below. For each question, choose the correct answer. There are three extra sentences which you do not need to use.

### ****My first marathon****

The alarm went off at half-past four that morning. It was far too early to get up, and the idea of running 26 miles seemed impossible. **(1)**………… I pulled myself out of bed, showered and pulled on my running gear.

By six o’clock, I was at the Dodger Stadium, where the rest of my running group was already waiting. When they saw the look of terror on my face, they laughed kindly. This was clearly my first marathon. **(2)**………… When I realized that I was just one of them, I felt a little better. Helicopters hovered overhead ready to film us as we ran through the streets of Los Angeles, passing every major landmark until we reached the sea at Santa Monica. Suddenly, I felt very lucky and proud to be a part of it. **(3)**…………

As I began to run, I tried to ignore the aches in my body from eight months of training. Instead, I put one foot in front of the other and kept going. By mile five, my body was complaining, and by mile eight, my muscles were screaming at me.

**(4)**………… I was running alone now, but I was still running. By mile 12, I was ready to give up, and by mile 15, I was moving even more slowly. By mile 18, I was in my neighbourhood. **(5)**………… But by mile 22, there were only four miles to go. Spectators yelled encouragement at me as I ran past. ‘You can do it! Keep going!’

As the finish line came into sight, I started running faster and faster, and I crossed that line running. I grinned as the medal was placed over my head, and then I cried. I had done it. I had run my first marathon!

**A**   After eight months of training, this was going to be easy.

**B**   I slowed down, and the rest of my group moved away.

**C**   But I had trained for this, and I was going to do it.

**D**   There was no way I could finish the race now.

**E**  The horn blew to start the race.

**F**  I was very tempted to turn down my street and go home.

**G**   I was so glad that I had decided to do this.

**H**   Thousands of runners from all over the world were gathered for the race.