

## GRAMMAR

1 Complete the sentences. Use the correct form of the verb in brackets.

Example: We've arranged for the tour to be (be) finished at 9.30.

- Sheila advised me \_\_\_\_\_ (contact) the manufacturer. They may be able to repair the laptop.
- I dislike people \_\_\_\_\_ (talk) while I'm giving a presentation.
- We would hate you \_\_\_\_\_ (think) we don't want to come to your concert.
- Ivan's waiting for the telephone \_\_\_\_\_ (ring). Bart said he'd call us as soon as he got some news.
- Provided Lisa \_\_\_\_\_ (take) her phone with her when she left this morning, we should be able to send her a text message.
- We would \_\_\_\_\_ (wait) to start eating, but we didn't know you were coming.
- If you \_\_\_\_\_ (have) a bit more money to spend, you could buy a bigger TV.
- We \_\_\_\_\_ (not hear) Franco's band play tomorrow night if we don't get tickets.
- By next Friday I hope \_\_\_\_\_ (have) finished this project and started something new.
- It's no use \_\_\_\_\_ (ask) Barry to help this weekend. He's going to be away until Monday.
- He's tired of \_\_\_\_\_ (be) given presents he can't use. He says he'd rather have money.
- Would you rather \_\_\_\_\_ (give) me the blue hat and kept the red one for yourself? We can trade, if you'd like to.

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2 Underline the correct word(s).

Example: You **ought** / **should** to save some money for your holiday.

- We won't **be allowed** / **able** to use the computers in the library without showing our ID.
- You **needn't have** / **needn't** gone to the trouble of cooking, but thank you so much.
- Are** / **Will** you be having dinner with us tonight?
- You **'re start** / **start** your university course next month, right?

- The place** / **What you need** is a good meal and a night's sleep.
- What happened** / **The reason happened** was he lost his keys.
- All** / **Everything** we want is a comfortable hotel by the beach.
- We became **much** / **more and more** relaxed the longer we stayed.
- Saturday was by **far** / **much** the happiest day of my life.
- We studied together at **Tom's** / **the house of Tom**.
- When I finish my degree, I want to train to be a **maths** / **maths'** teacher.
- Aren't you a friend of my **brother** / **brother's**?

12

3 Complete the sentences with the correct word(s).

Example: Why don't we go home now? After all, we got here at seven o'clock this morning.  
At least    After all    Otherwise

- A** Do you know anything about police work?  
**B** Yes. As \_\_\_\_\_ of fact, my sister is a police officer.  
beside    incidentally    a matter
- On \_\_\_\_\_ hand, I'd like to go out tonight. On the other hand, I have a lot of homework to do.  
the one    the other    another
- \_\_\_\_\_ we've arrived too late because the boat has already left.  
As far as    Obviously    It's concerned
- We didn't have enough time to go camping last weekend. \_\_\_\_\_, the weather was really rainy.  
Talking of    Anyway    In other words
- Tony \_\_\_\_\_ been at work all night. The report is finished and the conference room is set up for the presentation.  
's as though    seems    seems to have
- It \_\_\_\_\_ as though Julie was going to win the race, but she fell near the end.  
seemed    seems    was seeming
- He \_\_\_\_\_ like his uncle George.  
has the look    looks    does the look of
- I \_\_\_\_\_ cold first thing this morning, but I feel warm now that the sun is up.  
feel    was felt    felt

- 9 A Did Grace get a place at Oxford University?  
B I'm afraid \_\_\_\_\_. But she's been offered one at Durham.  
no didn't not
- 10 Dave probably enjoyed the party, but he didn't say \_\_\_\_\_.  
so did he enjoyed
- 11 He went to the shop \_\_\_\_\_ didn't think to buy milk.  
he but that
- 12 A You must try the potato salad. It's delicious!  
B I already \_\_\_\_\_, but I didn't like it.  
have tried did it
- 13 Steve is \_\_\_\_\_ happy in his new job!  
as much so much
- 14 My parents are \_\_\_\_\_ good gardeners.  
such as more
- 15 We had \_\_\_\_\_ for lunch we didn't have any dinner.  
as little so much nearly
- 16 You've got \_\_\_\_\_ to do to get ready for your trip.  
such a lot so far many

16

Grammar total 40

## VOCABULARY

4 Underline the odd word(s) out.Example: sword cannon survivor spear

- 1 civil war loot capture shell
- 2 anxious compulsive edgy premiere
- 3 over along above on top of
- 4 a plaster a blister a bandage stitches
- 5 acupuncture hypnotherapy reflexology osteopath
- 6 dull spoilt picturesque overcrowded
- 7 bite sting fur scratch
- 8 figs mussels shrimps shellfish
- 9 hips calf spine stride
- 10 slapstick irony puns laugh

10

5 Underline the correct word(s).Example: Wallace's army was hopelessly outnumbered / coup.

- 1 The **victorious** / **wounded** soldiers were taken to hospital for treatment.
- 2 I prefer to go to the cinema and see films on the **television** / **big screen**.
- 3 My first car was a **second-hand** / **duty-free** sports car I bought from my neighbour.
- 4 When the weather is warm, I love to **wind** / **pull** down the car windows and feel the wind in my hair.
- 5 I thought the film was **underestimated** / **overrated**. All the reviews said it was brilliant, but I thought it was boring.
- 6 I feel **grumpy** / **serene** when I first wake up in the morning. I don't like to talk to anyone until I've had a cup of coffee, because I might say something rude.
- 7 There are some horses living in a **stable** / **hive** near my house.
- 8 The neighbours finally reached a **commitment** / **compromise** on how to share the public park near their houses.
- 9 I've got a bowl of **ripe** / **scrambled** fruit. Would you like something? An apple? A banana?
- 10 They're going to **width** / **widen** the road through the village.

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## 6 Complete the sentences with one word.

Example: The explosion blew up two buildings.

- 1 The two countries signed a \_\_\_\_\_ to end the war. The agreement led to peace in the region.
- 2 Many soldiers died because the enemy \_\_\_\_\_ was very well hidden and he was shooting at them.
- 3 I love coffee with whipped cream on \_\_\_\_\_.
- 4 Bill has gone \_\_\_\_\_ the doctor's, but we expect him to be back at about three o'clock.
- 5 I watched as the little boy poured milk carefully \_\_\_\_\_ his cup. He didn't spill a drop!
- 6 It seems a shame to \_\_\_\_\_ short your holiday, but if you're not having a good time, you should go home.

- 7 When Tim started complaining about the food I'd made, it was the last \_\_\_\_\_. I asked him to leave and never come back.
- 8 Let's drop the car off to be repaired and then walk to the supermarket. We can kill two \_\_\_\_\_ with one stone.
- 9 You make \_\_\_\_\_ eggs by beating the eggs and then cooking them in a pan. You need to keep stirring them.
- 10 When we saw Hilary dressed as a clown, we all burst out \_\_\_\_\_.

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### 7 Complete the words in the sentences.

Example: The natives used to hunt with bows and arrows.

- 1 The female **l**\_\_\_\_\_ in the film was great. She was in almost every scene, and she made the character seem very real.
- 2 I thought the **p**\_\_\_\_\_ of the film was kind of confusing. I didn't understand why everyone was trying to find the man they called Waldo.
- 3 Would you please **s**\_\_\_\_\_ out your cigarette? This is a no-smoking area.
- 4 My hair turned grey **p**\_\_\_\_\_. I was only 25 when it happened.
- 5 When the pound was **d**\_\_\_\_\_ against the euro, British people complained that their holidays in Spain were going to be more expensive.
- 6 When my asthma became really bad, my doctor sent me to see a **s**\_\_\_\_\_.
- 7 I'd much rather go to destinations that are off the beaten **t**\_\_\_\_\_ than to visit the popular tourist places.
- 8 My cat is a very **f**\_\_\_\_\_ eater. If I don't serve her favourite tinned food, she won't eat.
- 9 I don't mind what we do this weekend; it is **e**\_\_\_\_\_ up to you.
- 10 When I was in school, I once did one hundred **s**\_\_\_\_\_ in physical education class. My stomach muscles were very sore for about a week.

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Vocabulary total		40
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### PRONUNCIATION

#### 8 Match the words with the same sound.

joke straw simmer wild saucepan ribs  
siege ceasefire bark protect ~~chicken~~

Example: workout chicken

- 1 toasted \_\_\_\_\_
- 2 compromise \_\_\_\_\_
- 3 species \_\_\_\_\_
- 4 fried \_\_\_\_\_
- 5 charity \_\_\_\_\_
- 6 **physiotherapist** \_\_\_\_\_
- 7 sport \_\_\_\_\_
- 8 overthrow \_\_\_\_\_
- 9 **baked** \_\_\_\_\_
- 10 past \_\_\_\_\_

	10
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#### 9 Underline the stressed syllable.

Example: survivors

- 1 capture
- 2 defeat
- 3 refugee
- 4 antibiotics
- 5 stubborn
- 6 postpone
- 7 holiday
- 8 captivity
- 9 mussels
- 10 turkey

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Pronunciation total		20
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Grammar, Vocabulary, and Pronunciation total		100
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## Progress Test Files 4–7

## READING

1 Read the article and tick (✓) A, B, or C.

## A TRAVELLER OR A TOURIST?

**A** What is the difference between a traveller and a tourist? Well, the easy distinction often made concerns what kind of trip people are on. To put it simply, someone visiting other countries with a backpack and roaming from place to place without a fixed itinerary is often regarded, especially by themselves, as a 'traveller'. Someone on holiday, especially someone on a package holiday for one or two weeks, is generally regarded as a 'tourist'. According to this distinction, the traveller gains an understanding of the place as it really is, mixing in with the locals, learning about the culture, whereas the tourist merely skates over the surface, seeing the sights but ignoring the people and their culture. This is why many people who consider themselves 'travellers' sneer dismissively at 'tourists' and are so anxious to distance themselves from them.

**B** However, this distinction does not seem to me to hold water in many cases. First of all, let's accept that a traveller is someone who fully experiences the place they visit rather than simply observing it from the outside, as a tourist does. Does everyone calling themselves a traveller really do this? Of course not. There are herds of young backpackers out there in all corners of the world who see and learn very little of the places they visit. Sticking together in groups, their tales on return are seldom of what they learnt of other cultures but of the other backpackers they met. Contact with local people is negligible, and there is the suspicion that they are merely ticking boxes so that they can say they have visited all the places that their peers go to. This seems to me not to distinguish them at all from the package tourists boasting about the places they have been to, but who the backpackers so deride. Secondly, there are plenty of people much older than the backpackers who do immerse themselves in the cultures of the places they visit, even if they are only on short holidays. It's not about how long your stay is, how old you are, how you got there, or how you move around there. It's all about attitude.

**C** If you really are a traveller, there's a purpose to your trip beyond simply getting away from work, taking it easy or enjoying the weather. You broaden your mind, see other people's lives through their eyes, gain new perspectives. You meet and have real conversations with local people. You learn that some of your expectations and assumptions were wrong. Your trip has an effect of you. You are wiser about another culture, other ways of thinking and living. A tourist, on the other hand, isn't interested in any of that. Tourists hardly engage at all with the place they are visiting, preferring to confirm their own preconceptions rather

than challenge them, keeping the local people and culture at arm's length, seeing everything through the lens of a camera.

**D** One of the first rules of being a traveller is that you have to accept the place for what it is. Don't complain that it's hot, that there are bugs, that life moves at a different pace, that local people sometimes stare at you. Don't keep comparing the place with home or other places you've been. Don't let disappointments about the quality of service or level of facilities in your accommodation dominate your thoughts. Instead, get out and about. Watch how local people interact, how they go about their daily business. Learn some words of the language that you can use in shops and other places and go where the local people go. Ask questions rather than thinking you know all the answers. Once you've found the various bits of key information you need, leave the guidebook behind – you'll learn more from personal contact and direct experience than you can get from any book. Put the camera away for a while and instead store images of what you see in your mind. Anyone can do these things, no matter what kind of trip they're on. Even if you're on a short annual holiday, you can be a traveller rather than a tourist; plenty of people who call themselves travellers are actually tourists. It's all in the mind.

- The writer's intention in section A is to \_\_\_\_\_.
  - compare what 'travellers' and 'tourists' say about themselves
  - explain why it is important to distinguish between a 'traveller' and a 'tourist'
  - present common definitions of 'traveller' and 'tourist'
- Which of the following does the writer describe in section A?
  - The attitude of travellers towards tourists
  - The attitude of local people towards both travellers and tourists
  - The attitude of tourists towards travellers
- What does the writer mean by the phrase 'hold water' at the beginning of section B?
  - Be generally agreed
  - Be true
  - Be discussed
- What does the writer suggest about 'travellers' in section B?
  - Their attitudes change during their trips.
  - They don't really enjoy the trips they make.
  - They are not really interested in the places they visit.

- 5 Which of the following opinions does the writer express in section B?
- A Some people who call themselves travellers behave like tourists.
- B Some travellers have a worse attitude than some tourists.
- C Travellers and tourists should have more contact with each other.
- 6 What does the writer say about some older people in section B?
- A They could be considered to be 'travellers'.
- B They dislike being referred to as 'tourists'.
- C They disapprove of the attitude of some travellers.
- 7 The writer's intention in section C is to \_\_\_\_\_.
- A encourage readers to be travellers rather than tourists
- B defend travellers against criticism
- C present his own definitions of 'traveller' and 'tourist'
- 8 The writer compares travellers and tourists in section C in connection with \_\_\_\_\_.
- A what local people in the places they visit think of them
- B whether or not they change their views of the places they visit
- C what they tell other people about their trips when they return
- 9 At the beginning of section D, the writer lists things that \_\_\_\_\_.
- A travellers usually don't notice
- B cause annoyance to local people
- C people he regards as tourists do
- 10 The writer's main point in the text as a whole is that \_\_\_\_\_.
- A the kind of trip you take is less important than your attitude towards it
- B your attitude towards a trip greatly affects your enjoyment of it
- C the attitude of a traveller is no better than the attitude of a tourist

 10

- 2 Answer each question by putting in the correct section of the article (A–D). In which section of the article (A–D) are the following mentioned?
- 1 a reaction of local people when they see a visitor from another part of the world \_\_\_
- 2 a desire to relax for a period of time \_\_\_
- 3 people trying to impress others by talking about the places they have visited \_\_\_
- 4 the desire of travellers not to be considered tourists \_\_\_
- 5 not relying on one particular source of information about a place \_\_\_

 5Reading total  15**WRITING**

Choose one of the titles below and write approximately 250 words:

- 1 Your teacher has asked you to write an essay on the following topic: 'Alternative medicine is as effective as mainstream medicine.'
- 2 Write a report using the information below.

The directors of the company you work for would like to know whether or not they should open a canteen for their employees. You have been asked to get feedback from as many employees as possible and to write a report detailing whether or not they want a canteen, what food they would expect, and to make suggestions for getting more people to use the canteen.

You have made notes covering the views of the majority of people:

*People like idea of canteen and want it open from 7.00 for breakfast to 16.00 for tea.*

*They will only use it if cheap (if prices same as local shops, they prefer going out).*

*Want hot and cold food; meat and vegetarian options.*

*If very crowded (too many people, slow service), they will go to shops outside.*

Writing total  10Reading and Writing total  25

## LISTENING

- 1 Listen to five people talking about various laws banning certain things. Match the speakers (1–5) to what they say about the law or ban (A–H).

Speaker 1 Speaker 2 Speaker 3 Speaker 4 Speaker 5 

- A It is impossible to enforce it.  
 B It should not have been introduced.  
 C Many people are not aware of it.  
 D It has caused confusion.  
 E It has had an unforeseen result.  
 F It has had the desired effect.  
 G It doesn't cover everything it should cover.  
 H People frequently ignore it.

 5

- 2 Listen to a talk about celebrity chefs who have appeared on TV in Britain. Complete the sentences using no more than three words.

## CELEBRITY CHEFS IN BRITAIN

The phrase 'Delia effect' refers to something that happens in <sup>1</sup> \_\_\_\_\_.

British people ate but did not cook <sup>2</sup> \_\_\_\_\_ and \_\_\_\_\_ dishes until the 1980s.

Jamie Oliver has encouraged people to eat meals that are both <sup>3</sup> \_\_\_\_\_ and \_\_\_\_\_.

Anton Mosimann's attempt to get British people to replace salt with <sup>4</sup> \_\_\_\_\_ failed.

The most influential chefs have been the ones whose recipes appeal to <sup>5</sup> \_\_\_\_\_ people.

 5Listening total  10

## SPEAKING Student A

- 1 Ask your partner these questions.
- 1 What has been the most important historical event in your country?
  - 2 Which famous sights in the world would you really like to see?
  - 3 If you could paint a picture of someone or something, what would you paint?
  - 4 When do you go out to eat in restaurants?
  - 5 What do you do to keep fit?
- 2 Now answer your partner's questions.
- 3 Now talk about one of these statements, saying if you agree or disagree. Give reasons.
- 1 'Self-help books can cause a lot of trouble.'
  - 2 'All public buildings should have some art in them.'
  - 3 'Food is a necessity not an art.'
- 4 Now listen to your partner. Do you agree with him / her?

Speaking total  15Listening and Speaking total  25

**Progress Test Files 4–7****SPEAKING Student B**

- 1 Answer your partner's questions.
- 2 Now ask your partner these questions.
  - 1 What has been the most important historical event in your country?
  - 2 Which famous sights in the world would you really like to see?
  - 3 If you could paint a picture of someone or something, what would you paint?
  - 4 When do you go out to eat in restaurants?
  - 5 What do you do to keep fit?
- 3 Listen to your partner. Do you agree with him / her?
- 4 Now talk about one of these statements, saying if you agree or disagree. Give reasons.
  - 1 'Computer games have a totally negative effect on people.'
  - 2 'People's pets cause too much trouble for other people.'
  - 3 'A sense of humour can get you into trouble.'

Speaking total **15**Listening and Speaking total **25**

## Progress Test Files 4–7 Answer Key

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### Grammar, Vocabulary, and Pronunciation

#### GRAMMAR

- 1**
- 1 to contact
  - 2 talking
  - 3 to think
  - 4 to ring
  - 5 took
  - 6 have waited
  - 7 had
  - 8 won't hear
  - 9 to have
  - 10 asking
  - 11 being
  - 12 have given
- 2**
- 1 be allowed
  - 2 needn't have
  - 3 Will
  - 4 start
  - 5 What you need
  - 6 What happened
  - 7 All
  - 8 more and more
  - 9 far
  - 10 Tom's
  - 11 maths
  - 12 brother's
- 3**
- 1 a matter
  - 2 the one
  - 3 Obviously
  - 4 Anyway
  - 5 seems to have
  - 6 seemed
  - 7 looks
  - 8 felt
  - 9 not
  - 10 so
  - 11 but
  - 12 have
  - 13 so
  - 14 such
  - 15 so much
  - 16 such a lot

## Progress Test Files 4–7 Answer Key

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### VOCABULARY

- 4** 1 civil war  
2 premiere  
3 along  
4 a blister  
5 osteopath  
6 picturesque  
7 fur  
8 figs  
9 stride  
10 laugh

- 5** 1 wounded  
2 big screen  
3 second-hand  
4 wind  
5 overrated  
6 grumpy  
7 stable  
8 compromise  
9 ripe  
10 widen

- 6** 1 treaty  
2 sniper  
3 top / it  
4 to  
5 into  
6 cut  
7 straw  
8 birds  
9 scrambled  
10 laughing

- 7** 1 lead  
2 plot  
3 stub  
4 prematurely  
5 devalued  
6 specialist  
7 track  
8 fussy  
9 entirely  
10 sit-ups

### PRONUNCIATION

- 8** 1 saucepan

## Progress Test Files 4–7 Answer Key

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- 2 ribs
- 3 siege
- 4 wild
- 5 simmer
- 6 ceasefire
- 7 straw
- 8 joke
- 9 protect
- 10 bark

- 9
- 1 capture
  - 2 defeat
  - 3 refugee
  - 4 antibiotics
  - 5 stubborn
  - 6 postpone
  - 7 holiday
  - 8 captivity
  - 9 mussels
  - 10 turkey

## Reading and Writing

### READING

- 1
- 1 C
  - 2 A
  - 3 B
  - 4 C
  - 5 A
  - 6 A
  - 7 C
  - 8 B
  - 9 C
  - 10 A

- 2
- 1 D
  - 2 C
  - 3 B
  - 4 A
  - 5 D

### A TRAVELLER OR A TOURIST?

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**Progress Test Files 4–7 Answer Key**

fixed itinerary is often regarded, especially by themselves, as a 'traveller'. Someone on holiday, especially someone on a package holiday for one or two weeks, is generally regarded as a 'tourist'. According to this distinction, the traveller gains an understanding of the place as it really is, mixing in with the locals, learning about the culture, whereas the tourist merely skates over the surface, seeing the sights but ignoring the people and their culture. (2) This is why many people who consider themselves 'travellers' sneer dismissively at 'tourists' and are so anxious to distance themselves from them.

**B** However, this distinction does not seem to me to hold water in many cases. First of all, let's accept that a traveller is someone who fully experiences the place they visit rather than simply observing it from the outside, as a tourist does. Does everyone calling themselves a traveller really do this? Of course not. There are herds of young backpackers out there in all corners of the world (4) who see and learn very little of the places they visit. Sticking together in groups, their tales on return are seldom of what they learnt of other cultures but of the other backpackers they met. Contact with local people is negligible, and there is the suspicion that they are merely ticking boxes so that they can say they have visited all the places that their peers go to. (5) This seems to me not to distinguish them at all from the package tourists boasting about the places they have been to, but who the backpackers so deride. Secondly, (6) there are plenty of people much older than the backpackers who do immerse themselves in the cultures of the places they visit, even if they are only on short holidays. It's not about how long your stay is, how old you are, how you got there, or how you move around there. It's all about attitude.

**C** If you really are a traveller, there's a purpose to your trip beyond simply getting away from work, taking it easy or enjoying the weather. (8) You broaden your mind, see other people's lives through their eyes, gain new perspectives. You meet and have real conversations with local people. You learn that some of your expectations and assumptions were wrong. Your trip has an effect of you. You are wiser about another culture, other ways of thinking and living. A tourist, on the other hand, isn't interested in any of that. Tourists hardly engage at all with the place they are visiting, preferring to confirm their own preconceptions rather than challenge them, keeping the local people and culture at arm's length, seeing everything through the lens of a camera.

**D** One of the first rules of being a traveller is that you have to accept the place for what it is. (9) Don't complain that it's hot, that there are bugs, that life moves at a different pace, that local people sometimes stare at you. Don't keep comparing the place with home or other places you've been. Don't let disappointments about the quality of service or level of facilities in your accommodation dominate your thoughts. Instead, get out and about. Watch how local people interact, how they go about their daily business. Learn some words of the language that you can use in shops and other places and go where the local people go. Ask questions rather than thinking you know all the answers. Once you've found the various bits of key information you need, leave the guidebook behind – you'll learn more from personal contact and direct experience than you can get from any book. Put the camera away for a while and instead store images of what you see in your mind. Anyone can do these things, no matter what kind of trip they're on. Even if you're on a short annual

## Progress Test Files 4–7 Answer Key

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holiday, you can be a traveller rather than a tourist; plenty of people who call themselves travellers are actually tourists. It's all in the mind.

### WRITING

Student's own answers.

**Task completion:** The task is fully completed and the answer easy to understand.

(4 marks)

**Grammar:** The student uses appropriate structures to achieve the task. Minor errors do not obscure the meaning. (3 marks)

**Vocabulary:** The student uses a sufficient range of words and phrases to communicate the message clearly. (3 marks)

### Listening and Speaking

#### LISTENING

- 1 1 E  
2 D  
3 B  
4 H  
5 F

- 2 1 supermarkets  
2 Chinese...Indian  
3 healthy...home-cooked  
4 herbs  
5 (more) ordinary

#### SPEAKING

**Interactive communication and oral production:** The student communicates effectively with his / her partner, asking and answering simple questions, and where necessary initiating conversation, and responding. The student uses appropriate strategies to complete the task successfully. (10 marks)

**Grammar and Vocabulary:** The student uses a sufficient range of vocabulary and structure to communicate clearly. Minor occasional errors do not impede communication. (5 marks)

**Pronunciation:** The student's intonation, stress, and articulation of sounds make the message clear and comprehensible. (5 marks)

## PROGRESS TEST FILES 4-7

## Listening 1

- Speaker 1** The smoking ban in bars and clubs and other public buildings came into force a couple of years or so ago, as I recall. Now you see great clumps of people gathered outside these places smoking. I don't think that's what the authorities imagined would happen when they introduced the ban. I'm sure they thought people would stop smoking, at any rate when they went to these places. But the reality is that people still smoke, they just gather on the pavement outside to do it. It seems daft really. I've been to places where there were more people outside than inside! I can't imagine that people were predicting that, or wanted it to happen, when they were talking about bringing in this ban.
- Speaker 2** Well, the council introduced parking restrictions in the area where I live earlier this year. Basically, if you have a resident's permit, you can park in my street any time but if you don't, you can only park there at specific hours. It's true that parking can be a problem round here, but the residents weren't actually consulted on this and some people I've spoken to say that it causes problems for them when they have visitors, especially when they have people staying with them. I think the major problem is they keep changing the times when non-residents aren't allowed to park. The signs keep changing but people don't always know they've changed. Some people think they can park when in fact they can't. They remember the permitted times and don't realize these have changed. It's a complete mess really, and a lot of the time people don't know they're making a mistake.
- Speaker 3** We always used to have an annual fireworks party organized by my club but now it's been banned on health and safety grounds. The council has decided that public firework displays are too dangerous and nobody in the area is allowed to have one. Well, I think this is completely daft. Of course, fireworks can be dangerous if people aren't careful with them, and I'm one of many people who think they shouldn't be generally available. But surely there's nothing wrong with a properly organized display. We've been doing it before and everything's always gone smoothly. In fact, I think it's OK to restrict fireworks to organized displays only, if you want to reduce the possibility of people getting injured by fireworks. But there's no need for this wholesale ban and I really object to it.
- Speaker 4** Not so long ago, it was decided that people wouldn't be allowed to use personal stereos and mobile phones and all that sort of thing in certain parts of trains because they cause a nuisance to other passengers. I'm all in favour of that – it drives me absolutely nuts to be sitting near someone who's got that dreadful sound coming out of their headphones, or who's nattering some inane gibberish on the phone. It was certainly time that something official was done about it, in my view. Anyway, I'm not sure what effect the ban has had. I've been on trains since it came into force, and despite the clear signs on the walls, people seem to carry on regardless, making their irritating calls and inflicting that horrible sound of the drums on everyone else. I don't know how many people have actually been fined for doing that, but they certainly seem to think they can get away with it.
- Speaker 5** Things certainly seem to have improved since they introduced heavy fines for dropping litter in the street and started prosecuting people for doing it. I can't imagine there are many people who don't think that enforcing a ban on litter is a good thing – who wants to wade through piles of disgusting rubbish when they walk down the street? It was getting really bad round here, but now people seem to realize they might get seen doing it and end up with quite a big fine. A few cases of people being caught have been put in the local paper and that seems to have put people off doing it. The place is noticeably cleaner and tidier now, and everyone's glad this crackdown was brought in. I hope things stay that way.

## PROGRESS TEST FILES 4-7

## Listening 2

There can be no doubt that celebrity chefs have had a big impact on the way people in Britain eat. Since their arrival on TV decades ago, the British public's diet has changed enormously, and the celebrity chefs watched by so many millions have played a key part in that transformation.

One piece of evidence of this concerns perhaps the best-known of all the TV celebrity chefs in Britain, Delia Smith, who has been appearing on TV since the 1970s. A few years ago a popular English dictionary included the phrase 'Delia effect', which is used to describe the phenomenon whereby supermarkets suddenly get emptied of particular items that have featured on her TV programmes. If Delia uses a certain, perhaps rather unusual, ingredient in one of her recipes, people rush out to get it so that they can cook the dish too.

There can be no doubt that celebrity chefs have widened cooking and eating habits in Britain to a huge extent. For example, Chinese and Indian meals have been around in Britain since the 1960s, but for a long time people only ate them if they went out to eat. When the TV chefs Ken Hom and Madhur Jaffrey showed people how to cook them in the 1980s, stir fries and authentic curries became common dishes for people to eat at home. More recently, Jamie Oliver's mission to persuade people to eat healthy, home-cooked food rather than unhealthy junk food, takeaways and frozen food, has had an influence on the habits of many people in Britain.

One time when this didn't quite work, however, was when chef Anton Mosimann tried to introduce a whole new style of cooking to Britain in the 1980s. He didn't use cream, cheese or fat in his recipes and he encouraged people to use herbs rather than salt for flavouring. Such ideas are now fairly commonplace but back then they were ahead of their time and they didn't catch on.

Over the years, some celebrity chefs have appealed to a wealthier audience, with money to spend on unusual, exotic and expensive ingredients. But the ones with the most influence on people's dietary habits have been the ones who have aimed their recipes at a more ordinary audience. It is fair to say that without them, some of the dishes that people in Britain now routinely cook and eat would not have become so popular.