

GRAMMAR

1 Underline the correct word(s).

Example: You won't be able / allowed to go into the laboratory with me. It's for employees only.

- You **mustn't** / **must remember** use your mobile phone while you're putting petrol into your car.
- We **ought** / **should** to have set off earlier.
- You don't **got** / **have** to tip taxi drivers, but they always appreciate it.
- Everyone **will have to** / **better** show their passport when we cross the border.
- We **need** / **needn't** phone Maria – she's expecting us.
- You **didn't need** / **needn't have** to pay for dinner, but it was lovely that you did.
- It is **not able** / **not permitted** to bring your own food into this dining area.
- We aren't **supposed to** / **allowed** take these laptops out of this office.

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

Example: It seemed like a good idea to borrow the car, but it didn't end well.
as though like being

- When I was at the Summer Music Festival I saw your brother's band _____.
to play playing played
- I _____ someone say 'hello' but I couldn't see who it was.
heard hear was heard
- You _____ my friend Marco.
look look like are the look of
- This soup tastes _____ garlic. It's delicious!
of for as if
- He _____ unhappy. Is everything OK?
seems to have 's as though seems
- Malcolm seems _____ a mistake. He was supposed to order four boxes of paper, but he ordered 40!
to have to have made like making

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

Example: It's no use worrying (worry). You'll just have to wait and see what happens.

- Our piano needs _____ (be) repaired because the movers dropped it.
- We would rather _____ (have) gone to Germany for Christmas.
- I thanked your parents for _____ (have) helped me when I was in trouble.
- I'd like _____ (be) sitting in a café in Thailand right now.
- By the time I'm 40, I hope _____ (have) started my own company.
- I'm tired of _____ (be) told to wait. I've been standing here for three hours already!

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Grammar total		20
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VOCABULARY

4 Complete the sentences with one word.

Example: I heard they're going to bring in a new law that makes it illegal to use your mobile in public.

- Turn right _____ the corner and you'll see the post office on your left.
- Ania went _____ work early this morning.
- If you look down now, you can see that we're flying _____ the Sahara Desert.
- I live on the fifth floor and my brother lives on the sixth. In fact, his flat is directly _____ mine.
- I took £20 _____ of my wallet and gave it to Ben.
- Jacob fell _____ his bike on the way to work and cut his head pretty badly.
- I left some change for the waiter _____ the table, next to my cup.
- Let's go _____. It's getting too cold and dark outside.

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5 Grammar, Vocabulary, and Pronunciation**5** Underline the odd word(s) out.

Example: hailstorm flood drought mild

- 1 a bruise a surgeon a blister a rash
- 2 a cold flu asthma a plaster
- 3 ineffective mainstream unproven useless
- 4 a rip-off an X-ray antibiotics stitches
- 5 mild severe real prematurely
- 6 across through on top of put

 6**6** Complete the words in the sentences.

Example: A car pulled up next to me and the driver waved.

- 1 Could you **w** _____ down your window and ask that man for directions, please?
- 2 Marty **s** _____ out his last cigarette and said he would never smoke again.
- 3 In my science class, girls **o** _____ boys by two to one.
- 4 I'm afraid I **u** _____ the cost of the holiday and didn't bring enough money.
- 5 Pierre and Angela hadn't seen each other for ten years, but their romance was **r** _____ when they met unexpectedly on a train.
- 6 I'm afraid I'm as **b** _____ as a bat without my glasses.

 6Vocabulary total 20**PRONUNCIATION****7** Match the words with the same sound.

pull stub upon acupuncure reflexology useless

Example: put pull

- 1 **u**p _____, _____
- 2 **a**long _____, _____
- 3 devalued _____

 5**8** Underline the stressed syllable.

Example: conventional

- 1 below
- 2 around
- 3 bandage
- 4 virus
- 5 system

 5Pronunciation total 10Grammar, Vocabulary, and Pronunciation total 50

READING

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

DOES COMPLEMENTARY AND ALTERNATIVE MEDICINE WORK?

The main point made by people who dismiss Complementary and Alternative Medicine (CAM) as a pointless waste of time and money is that there is no scientific evidence whatsoever that it works. For conventional medicine there is of course an enormous amount of scientific research to back up the effectiveness of medical treatments. This is because of the fundamental difference between conventional medicine and CAM. Conventional medicine regards the body as a complex and sophisticated machine and illness as a breakdown of one or more parts of the machine. Its aim is to get the machine working properly again by removing the problem parts or treating them so that they return to working order. CAM, in the form of such things as homeopathy, acupuncture, and medical herbalism, regards illness as a breakdown of the body's natural healing systems. It believes that there is a natural, non-physical force in all of us that enables the body to heal itself and its aim is to make that force powerful enough to overcome illness and restore health.

This natural, non-physical force, however, cannot be detected using the usual scientific techniques. So it is impossible to prove its existence scientifically, and this has led some people to reject the whole idea of CAM. With conventional medicine, we can test scientifically whether treatments have an effect on the body by looking for changes in the body's cells, nerves, organs and systems as a result of treatment. With CAM, we cannot prove whether or not the natural force for restoring health exists. However, it is possible to see what effects CAM treatments have had on the cells and structures of the body in order to assess their effectiveness.

One example of scientific evidence for the effectiveness of CAM treatments is a study which showed that homeopathic medicine had an effect on the brain activity of sufferers from fibromyalgia, a painful muscle disorder. Research also indicated that acupuncture was effective in the treatment of patients suffering from Crohn's disease, a painful disorder of the digestive system. Tests on their digestive systems showed that they had less inflammation after acupuncture treatment. Another study concerned the highly diluted solutions used in homeopathic medicines. Sceptics claim that these cannot possibly have any effect because they are so diluted and little or nothing of the original substance remains. But a study showed that ultra-high dilutions of histamine (a protein involved in allergies) have an influence on cell activity in the body.

One of the most common tools of conventional medical research is a test called an RCT. This is a comparative test to discover the effectiveness of, for example, a new drug. Some subjects are given the drug and others are given a dummy pill. The subjects do not know whether they have taken a real pill or a dummy one, known as a placebo. Researchers then look at whether the people who took the real pill showed more improvement than the people who took the dummy pill, or placebo. The same kind of test is also carried out for CAM treatments, and it seems an obvious thing to do in order to get evidence of their effectiveness. However, a number of CAM practitioners feel that these RCT tests are not appropriate for CAM treatments. This is for two reasons.

Firstly, they say, this is because CAM therapies are entirely focused on each individual as a separate case. Treatment isn't dictated by the specific medical problem the patient is suffering from but by the need to restore to full power that individual's natural force for maintaining health. So the result of an RCT test for one person may be wholly different for another, meaning that no general conclusion could be drawn about a particular treatment. Secondly, the practitioners say, a key factor in CAM treatments is the relationship between the patient and the practitioner. Many people, especially those with severe or long-standing medical problems, opt for CAM treatments because they do not want to take drugs for a long time or because they do not have faith in conventional medicine to improve their condition. Some of these people may feel that they get benefits from CAM treatments and from their consultations with CAM practitioners, even if the treatments do not work for their original problem. So CAM treatments may be beneficial in ways that RCT tests would not reveal. Some patients, for example, say that they prefer the holistic approach of CAM and feel that the decisions about treatment give them greater control over their own lives than conventional medicine. They like the feeling that they are taking personal responsibility for their own health.

- The writer says in the first paragraph that criticism of CAM is _____.
A based on ignorance B understandable
C increasing
- The writer says that the difference between CAM and conventional medicine _____.
A is a very great one
B is not as great as people may think
C is greater in some forms of CAM than others

- 3 The writer's point in the second paragraph is that _____.
- A you can't prove that CAM treatments have had any effect
- B you can't prove that the main principle of CAM is true
- C you can't use the same tests for CAM and conventional medicine
- 4 The writer uses fibromyalgia and Crohn's disease as examples of _____.
- A conditions that don't respond to conventional medicine
- B conditions that CAM has been shown to improve
- C how different kinds of CAM treatment can be compared
- 5 The study of highly diluted solutions _____.
- A disproved a common criticism of homeopathy
- B provided different results from previous studies of them
- C showed that some solutions are more effective than others
- 6 When describing what RCT tests involve, the writer says that _____.
- A some people disapprove of their use in conventional medicine
- B they have proved the effectiveness of some CAM treatments
- C they appear suitable for testing CAM treatments
- 7 The first objection to the use of RCT tests for CAM treatments is that _____.
- A the tests do not work for certain medical problems
- B tests on a single individual may produce very different results
- C the tests do not produce a consistent pattern of results
- 8 The writer says in the last paragraph that the attitude of patients to CAM treatments _____.
- A depends entirely on whether the treatments are effective or not
- B is not necessarily connected with whether the treatments are effective or not
- C may make them think that a treatment has been effective when it has not
- 9 The second objection to the use of RCT tests for CAM treatments is that _____.
- A they cannot measure the effect of CAM treatments on some patients
- B they do not work for the most common CAM treatments
- C they may suggest that some ineffective CAM treatments actually work
- 10 The writer's purpose in the article is to _____.
- A demonstrate why critics of CAM treatments may be right
- B recommend CAM treatments rather than conventional medicine
- C discuss whether or not the effectiveness of CAM treatments can be proved

Reading total 10**WRITING**

Use the information below to write a report of approximately 250 words.

The company you work for has recently opened a gym for its employees. You have been asked by your boss to get feedback from all the gym users and to write a report detailing what they are positive about, what problems they have, and to make suggestions for improving the facilities and getting more people to join.

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

People want gym open 24 hours, not just 7.00 to 19.00.

Gym facilities OK but almost everyone complained about the changing rooms (not enough showers, water not very hot).

People not very keen on some loud music. Some instructors play more variety than others.

All classes, e.g. aerobics, very good but very crowded.

Writing total 10Reading and Writing total 20

5

Listening and Speaking

LISTENING

1 Listen to five people talking about various alternative medicine treatments. Match the speakers (1–5) to what they mention in connection with the treatments (A–H).

Speaker 1 Speaker 2 Speaker 3 Speaker 4 Speaker 5

- A uncertainty about whether a treatment would be worth trying
- B conventional medicine not having any effect on a problem
- C changing from one alternative medicine treatment to another
- D becoming ill after giving up a treatment
- E a treatment that seemed to work at first but was then ineffective
- F fearing that a treatment might not have had the desired effect
- G a treatment that caused a different problem to develop
- H a treatment having no effect even after being repeated many times

 5

2 Listen to two people discussing a survey connected with the 'nanny state'. Tick (✓) A, B, or C.

1 What does the man say about the woman's opinion of the 'nanny state'?

A He used to agree with it. B It may not be widely shared. C It isn't logical.

2 The man says that the survey indicates that most people in Britain _____.

A have changed their minds about the 'nanny state' B want the government to tell them what to do on certain issues C feel that there is no such thing as the 'nanny state'

3 The woman believes that government action on various health issues _____.

A is the right thing for the government to do B shows that the 'nanny state' can be a good thing C annoys a great many people in Britain

4 The woman thinks that the survey results _____.

A suggest that people have the wrong attitude B show that people have become very confused C do not indicate approval of the 'nanny state'

5 The woman says that the report in the paper _____.

A has interpreted people's opinions incorrectly B won't be believed by most readers C may change people's view on the 'nanny state' 5Listening total 10

SPEAKING Student A

1 Ask your partner these questions.

1 Which law would you most like to abolish?

2 What would you most like to ban?

3 What has been your most recent experience of art?

4 How healthy is your lifestyle?

5 What causes people to use alternative medicine?

2 Now answer your partner's questions.

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

1 'People don't need lots of laws in order to behave well.'

2 'People who can't appreciate art are missing something very important in life.'

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?

Speaking total 15Listening and Speaking total 25

SPEAKING Student B

- 1 Answer your partner's questions.
- 2 Now ask your partner these questions.
 - 1 What aspect of life requires more laws than there are?
 - 2 Which laws do people most commonly disobey?
 - 3 What's your opinion of modern art?
 - 4 What could you do to live in a healthier way?
 - 5 How common is alternative medicine in your country?
- 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 'Too many things are banned these days.'
 - 2 'Government money should be used to support artists.'
 - 3 'Alternative medicine is as useful as conventional medicine.'

Speaking total 15Listening and Speaking total 25

5 Answer Key

Grammar, Vocabulary, and Pronunciation

GRAMMAR

- 1**
- 1 mustn't
 - 2 ought
 - 3 have
 - 4 will have to
 - 5 needn't
 - 6 didn't need
 - 7 not permitted
 - 8 supposed to

- 2**
- 1 playing
 - 2 heard
 - 3 look like
 - 4 of
 - 5 seems
 - 6 to have made

- 3**
- 1 to be
 - 2 have
 - 3 having
 - 4 to be
 - 5 to have
 - 6 being

VOCABULARY

- 4**
- 1 at
 - 2 to
 - 3 over
 - 4 above
 - 5 out
 - 6 off
 - 7 on
 - 8 inside / in

- 5**
- 1 a surgeon
 - 2 a plaster
 - 3 mainstream
 - 4 a rip-off
 - 5 prematurely
 - 6 put

- 6**
- 1 wind
 - 2 stubbed
 - 3 outnumber
 - 4 underestimated

5 Answer Key

- 5 reawakened
- 6 blind

PRONUNCIATION

- 7 1 stub, acupuncture
- 2 upon, reflexology
- 3 useless

- 8 1 below
- 2 around
- 3 bandage
- 4 virus
- 5 system

Reading and Writing

READING

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

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5 Answer Key

to heal itself and its aim is to make that force powerful enough to overcome illness and restore health.

(3) This natural, non-physical force, however, cannot be detected using the usual scientific techniques. So it is impossible to prove its existence scientifically, and this has led some people to reject the whole idea of CAM. With conventional medicine, we can test scientifically whether treatments have an effect on the body by looking for changes in the body's cells, nerves, organs and systems as a result of treatment. With CAM, we cannot prove whether or not the natural force for restoring health exists. However, it is possible to see what effects CAM treatments have had on the cells and structures of the body in order to assess their effectiveness.

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(8) Some of these people may feel that they get benefits from CAM treatments and from their consultations with CAM practitioners, even if the treatments do not work for their original problem. (9) So CAM treatments may be beneficial in ways that RCT tests would not reveal. Some patients, for example, say that they prefer the holistic approach of CAM and feel that the decisions about treatment give them

5 Answer Key

greater control over their own lives than conventional medicine. They like the feeling that they are taking personal responsibility for their own health.

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 D
2 B
3 H
4 F
5 A

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

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)

FILE 5

Listening 1

- Speaker 1** Well, every winter I find I get quite a few colds and chest infections and sore throats and my sister recommended that I try Echinacea this winter to build up my immune system, and it's basically a flower that comes in a tincture form and you put the drops in water and drink it three times a day, so I tried it and I didn't have any colds at all, all through the winter the first time in ages. I stopped taking it in March and immediately came down with a sore throat and cold, so I'm back on it again. So I definitely believe in alternative medicine.
- Speaker 2** A friend of mine had a really nasty stomach infection and she had it for about, probably about six months and the doctors couldn't work out what was wrong, she kept going to see different consultants and nothing, nothing was working at all. So she eventually went to someone who could do alternative medicine and they gave her a combination of bark, seeds and dried fruits in these little brown bags and she had to take them home, boil them up and have them – the liquid that came off them – have that in the morning and in the evening, and amazingly after about two months of using, drinking this liquid, she was cured and her stomach infection had gone. The doctors didn't really believe in it but they don't understand exactly how bark, seeds and dried fruit worked, but she definitely believes in alternative medicine.
- Speaker 3** I was suffering quite badly from arthritic elbows and a friend of mine suggested I go and see a Chinese herbalist, so I went to see this man in New Malden, I think it was, just outside London and he suggested that I...he makes up these cold compresses and puts them onto my elbows, so he ground up all these herbs and leaves and whatever, which we actually picked from his garden, and he stuck them in these plastic bags and tied them, in gel form onto my elbows and I'd sit there for about an hour in his surgery and then he'd take them off and say, 'Go and do the same thing at home and come back next week', and I went back about six or seven times to do this, everyday having these sacks of herbs on my elbows, and to be quite honest with you it made no difference whatsoever, and I still had the painful elbows, so it didn't really help.
- Speaker 4** I was going to Kenya a couple of years ago and they've got quite a bad malaria problem there, with mosquitoes, etc., carrying the disease, so it was recommended that I take malaria tablets. I didn't want to go the conventional route and take these drugs which are very strong and can actually cause problems mentally for you, so I decided to try homeopathic malaria tablets. I started to take them two weeks before I went and I went to Kenya and I got bitten by several mosquitoes and these homeopathic tablets, well, I had to go to the hospital and get myself checked out, because in fact, there's no evidence that homeopathic malaria tablets actually work and it could have been very dangerous if the bites developed into malaria. So I would never take that kind of risk again.
- Speaker 5** Well, I pulled a muscle in my calf not that long ago and as well as putting prescription creams on it, somebody said I should take something called Arnica, that's a homeopathic remedy, and I was a bit doubtful about it, because I'm not sure about the, the...homeopathy whether or not it really works, but in fact it really helped the healing process, and within a few days I was back as fit as I was before.

FILE 5

Listening 2

- Jim** You know how people talk about ‘the nanny state’ in Britain, the government interfering in people’s lives, telling them what’s good for them?
- Sonia** Yes, all these officials poking their noses into what should be people’s private business. It really gets on my nerves. Most people think the same way.
- Jim** Well, apparently not. According to some survey in today’s paper, three-quarters of the population think the government should be doing their best to stop people having unhealthy lifestyles. It reckons that people welcome the nanny state when it comes to things like diet and smoking.
- Sonia** That can’t be right. Most people think they should be left alone to make their own decisions on that sort of thing, surely?
- Jim** Well, this report says that they want the government to take strong action on those things and they want it to take more action too.
- Sonia** What kind of action?
- Jim** Well, they want healthier school meals, laws to limit the amount of fat, sugar and salt in foods, a ban on the advertising of junk foods to children, a ban on smoking in public places, all sorts of things by the look of it.
- Sonia** Well obviously, all of those things are desirable, but I don’t think this in any way shows that people are in favour of a nanny state. It just shows that people are in favour of sensible government action, not the kind of irritating nonsense that most people regard as the nanny state.
- Jim** I suppose you have a point there.
- Sonia** I’d say what it shows is that people want the government to do the sorts of things they regard as necessary. They want the government to respond to their concerns. That’s completely different from the nanny state kind of thing, where the government tells people how to live their lives, tells them what it thinks is good for them, and tries to make them do those things.
- Jim** That’s not the impression you get from this headline in the paper, though, is it? ‘People want a nanny state’.
- Sonia** No, that’s silly. People want clear and reliable information about things that affect them, so they can make up their own minds and be responsible for themselves. That’s completely different. Who says this survey shows people want a nanny state?
- Jim** The organization that conducted the survey. And a government spokesman.
- Sonia** Well, I guess that’s because they wanted the results to show that for their own reasons. Whatever they say, people don’t want the kind of interference that the nanny state brings.