Pancake Day

In the U.K. *Shrove Tuesday*, also called Pancake Day, is the day before the beginning of Lent. On this day in Britain people love eating pancakes, round cakes made of butter, milk, flour and eggs.

Pancake Day is a fun day because in some British towns organize a pancake race. In the race the participants run and throw pancakes in the air from a frying pan. It's difficult to catch the pancakes!

Legend says that on Shrove Tuesday a woman was making pancakes when she heard the church bells ringing for confession. She didn’t want to be late so she went to church running with a frying pan in her hands.

0. **On this day British people love eating...**
   - A. ☐ hot cross buns
   - B. ☐ marshmallows
   - C. ☐ candies
   - D. ☒ pancakes

1. **Another name for Shrove Tuesday is ...**
   - A. ☐ Lent
   - B. ☒ Pancake Day
   - C. ☐ funny festival
   - D. ☐ Easter

2. **People celebrate Pancake Day ...**
   - A. ☐ on the first day of spring
   - B. ☐ on the second day of Easter
   - C. ☒ on the day before the beginning of Lent
   - D. ☐ on the day after Christmas
3. The ingredients for pancakes are
   A. ☐ butter, milk and salt
   B. ☐ flour and eggs
   C. ☐ flour, butter and raisin
   D. ☐ butter, milk, flour and eggs

4. Pancake Day is a very
   A. ☐ boring day
   B. ☐ sad day
   C. ☐ happy day
   D. ☐ unlucky day

5. A legend says that on Shrove Tuesday a woman was...
   A. ☐ cooking a pancake
   B. ☐ ironing
   C. ☐ eating a pancake
   D. ☐ throwing pancakes

6. The woman didn’t want to be late for...
   A. ☐ admission
   B. ☐ confession
   C. ☐ a pancake race
   D. ☐ permission

KEYS

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<td>0</td>
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<td>D</td>
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<td>B</td>
</tr>
</tbody>
</table>
Nice To Meet You

Read about three students introducing themselves (1-5) and complete their statements with the sentences below (B –G). Only 5 sentences are correct.

The first one (0) is an example.

0. My name’s Danilo, .......  [ A ]
I’m 12 years old. I’m from Kiev in Ukraine.

1. My city is big .......  [ _ ]
It's a beautiful city and it’s very green.

2. I’m Jane. I'm 12 years old. I’m Scottish.  [ _ ]
It isn’t a big city.

3. It’s near Loch Ness.
Loch Ness .......  [ _ ]
4. I’m Anton. ……... [ _ ]
I’m from Bran in Romania.
Bran is a small town near Bran Castle.

5. Bran Castle …….. [ _ ]
The story of Dracula isn’t real, it’s a legend.

<table>
<thead>
<tr>
<th>A</th>
<th>………………………. but my nickname is Dan.</th>
</tr>
</thead>
<tbody>
<tr>
<td>B</td>
<td>………………………. is famous for Dracula!</td>
</tr>
<tr>
<td>C</td>
<td>……………………….is famous for its monster!</td>
</tr>
<tr>
<td>D</td>
<td>………………………...with almost 3 million inhabitants.</td>
</tr>
<tr>
<td>E</td>
<td>……………………….I’m 13 years old.</td>
</tr>
<tr>
<td>F</td>
<td>……………………….I’m from Inverness in Scotland.</td>
</tr>
<tr>
<td>G</td>
<td>……………………….where my grandparents live.</td>
</tr>
</tbody>
</table>

KEYS

0  D  F  C  E  B
Walt Disney

Read the text about Walt Disney. Are the sentences 1-7 true, false or not given?

The first one (0) is an example.

Walter Elias Disney was born in Chicago, Illinois, on 5th December 1901 and died in Burbank, California on 15th December 1966. He is considered one of the main cartoonists and filmmakers of the 20th century and a pioneer of the American animation industry. Walt created Disneyland, the first and one of the most famous theme parks in the world. In 1928, Disney developed his first popular success, Mickey Mouse, a funny animal cartoon character who always wears red shorts, large yellow shoes and white gloves. He usually appears alongside his girlfriend Minnie Mouse, his pet dog Pluto and his friend Goofy.

<table>
<thead>
<tr>
<th></th>
<th>TRUE</th>
<th>FALSE</th>
<th>NOT GIVEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Disney was born in Burbank in 1966</td>
<td>x</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>He started his life in Chicago</td>
<td></td>
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<tr>
<td>2</td>
<td>He never had a son.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Disney created a famous theme park.</td>
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<td>4</td>
<td>In 1928 he invented his most famous character Goofy.</td>
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<td>5</td>
<td>Mickey Mouse wears red shorts and white gloves.</td>
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<tr>
<td>6</td>
<td>Before Mickey Mouse he created the cartoon character Donald Duck.</td>
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<tr>
<td>7</td>
<td>Mickey’s friend Pluto is a man.</td>
<td></td>
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<tr>
<td></td>
<td>TRUE</td>
<td>FALSE</td>
<td>NOT GIVEN</td>
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<td>7</td>
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<td>x</td>
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</tbody>
</table>
New York City

Read the text about New York city. Are the sentences 1-9 true, false or not given?

The first one (0) is an example.

“New York, New York” is one of the most popular songs in the world! Liza Minnelli, a famous American singer, sings “I wanna wake up in the city, that doesn't sleep”. In fact this busy city that is full of people at every hour of the day and the night is the largest city in the USA. Its population is approximately 8.4 million!

A great number of tourists go to New York in every period of the year. One of its main attractions is the Statue of Liberty, the symbol of the “American dream of freedom and democracy”. The statue is 93 meters tall representing a female figure holding a torch and a tablet.

Manhattan with a population of over 1.5 million, is one of the five boroughs in New York city. It is the economic and cultural center of the United States and it is a very popular destination with tourists.

Central Park is a very famous attraction in the heart of Manhattan. It is 4 km long and 35 million people visit it annually. There are many artificial lakes and ponds, paths and ice-skating rinks. There is also a zoo and an outdoor amphitheatre inside the park.
<table>
<thead>
<tr>
<th></th>
<th>TRUE</th>
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<th>NOT GIVEN</th>
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<tbody>
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<td>0</td>
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<td>x</td>
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<td>8</td>
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<td>x</td>
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<tr>
<td>9</td>
<td></td>
<td>x</td>
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</tbody>
</table>

**KEYS**

- **0** “New York, New York” is one of the most popular songs of Frank Sinatra.
- **1** It is the smallest city in the USA.
- **2** 8.4 million people live in New York.
- **3** More than 56 million people visit New York every year.
- **4** The Statue of Liberty represents freedom and democracy.
- **5** The Statue of Liberty represents a knight holding a torch.
- **6** Less than two million people live in Manhattan.
- **7** Manhattan is visited by very few tourists.
- **8** People can use rowing boats in the lakes and ponds.
- **9** The lakes in Central park are all natural.
A City Canal Cruise is simply the most relaxing and fun way to see Amsterdam!

A visit to Amsterdam should always start with a City Canal Cruise.

Our luxurious canal boats are ready to guide you through Amsterdam’s many canals.

Our canals have been awarded UNESCO’s World Heritage status and taking this 75-minutes City Canal Cruise will reveal why. Passing all of the city highlights – the famous 17th century canal houses.

We offer audio commentary in 21 languages on every daytime departure.

OPENING HOURS
MONDAY-SUNDAY FROM 9:00 – 17:00 (9 AM – 5 PM)

DEPARTURE TIMES
DEPARTURE TIMES OF THE LOCATION OPPOSITE OF THE HARD ROCK CAFÉ
SUMMER SEASON (MARCH-OCTOBER): DAILY EVERY HALF HOUR FROM 10:00 UNTIL 18:00
WINTER SEASON (NOVEMBER-FEBRUARY): DAILY EVERY HOUR FROM 10:00 UNTIL 18:00
DEPARTURE TIMES OF THE LOCATION OPPOSITE OF THE HEINEKEN FACTORY
SUMMER SEASON (MARCH-OCTOBER): DAILY EVERY HALF HOUR FROM 09:45 UNTIL 17:45
WINTER SEASON (NOVEMBER-FEBRUARY): DAILY EVERY HOUR FROM 09:45 UNTIL 17:45

COST OF THE TICKET  Ⴕ +31 20 676 0302

€ 15,00 FOR ADULTS
€ 7,00 FOR CHILDREN

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<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>0. Where does the canal trip take place?</td>
<td>In Amsterdam</td>
<td></td>
</tr>
<tr>
<td>1. What’s the special award the canals of Amsterdam received?</td>
<td>..................................................</td>
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<tr>
<td>2. How long does a canal cruise take?</td>
<td>..................................................</td>
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<tr>
<td>3. How many days of the week is it possible to enjoy a canal cruise in Amsterdam?</td>
<td>..................................................</td>
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<tr>
<td>4. When does the summer season start?</td>
<td>..................................................</td>
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<td>5. What time do the boats leave from the stop opposite Hard Rock Café?</td>
<td>..................................................</td>
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<td>6. What time does the last cruise arrive at the stop opposite the Heineken factory?</td>
<td>..................................................</td>
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<tr>
<td>7. How much is the ticket for an adult?</td>
<td>..................................................</td>
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<tr>
<td>8. How much would a 6 year old child pay for a ticket?</td>
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<td>0</td>
<td>In Amsterdam</td>
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<td>1</td>
<td>Unesco's World Heritage status</td>
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<tr>
<td>2</td>
<td>75 minutes</td>
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</tr>
<tr>
<td>3</td>
<td>seven / 7 days</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>In March</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>At 10:00</td>
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<tr>
<td>6</td>
<td>At 17:45</td>
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<td>15,00 € / € 15,00 / 15,00 euros</td>
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<td>8</td>
<td>7,00 € / € 7,00 / 7,00 euros</td>
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</table>
Read the text about Nelson Mandela. Choose the correct answer (A, B, C or D) for questions 1-6. Only one answer is correct.

The first one (0) is an example.

“A winner is a dreamer who never gives up”

Who was Nelson Mandela?
Mandela was a great statesman who struggled for freedom and equality between black people and white people. He was born on 18th July 1918 in Mvezo, South Africa. After he attended schools for black students, he studied Law at University.

What about Mandela’s youth?
In 1944 he joined the African National Congress (ANC) a political party and then began the struggle against the apartheid regime of South Africa for a multi-racial democracy.

Struggle and prison
In 1962, he was arrested for his struggle against apartheid and sentenced to life prison. Mandela stayed in prison for 27 years!
When did he become President of South Africa?

In 1990 he left jail and in 1993 he won the Nobel Peace Prize. In 1994 he obtained an end to apartheid, organized a multiracial election in which he led the ANC to victory and became President of South Africa.

0 Mandela was...
A. a great singer.
B. a famous journalist.
C. a great statesman.
D. man who struggled against South Africa.

1. Mandela was in favour of...
A. animal rights.
B. his family’s freedom.
C. children’s rights.
D. equality and freedom in South Africa.

2. His schools included...
A. black and white students.
B. only black students.
C. only white students.
D. disabled students.

3. In 1944 he joined...
A. a birthday party.
B. the national rugby team.
C. the university.
D. a national party.
4. He went to prison because...
   A. he was against black people.
   B. he was against the regime.
   C. he didn’t like white people.
   D. he didn’t like the President.

5. Mandela remained in jail...
   A. in 1944.
   B. for 27 months.
   C. for 27 days.
   D. for 27 years.

6. In 1994...
   A. a white president was elected.
   B. Apartheid finished.
   C. ANC ended.
   D. his football team won.

KEYS

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<td>C</td>
<td>D</td>
<td>B</td>
<td>D</td>
<td>B</td>
<td>D</td>
<td>B</td>
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</tbody>
</table>
Part 2 - Listening

A Birthday Present

Listen to a conversation between Robin and Mary.

While listening, match the pictures (B-H) with the gaps 1-5 in the sentences below.

Type your answers in the gaps.

There are two pictures that you do not need.

The first one (0) is an example.

You will hear the recording twice.

You will have 20 seconds at the end of the second recording to complete your answers.

You now have 20 seconds to look at the task.

Mary and Robin are at the 0. __ A __

Robin wants to go home and drink a 1. _____

Robin has three presents in his mind.

The first object is 2. _____, the second object is 3. _____, the third object is 4. _____.

Finally Mary says Robin's present is a 5. _____.
KEYS

1  G
2  B
3  D
4  C
5  H
Part 2 - Listening

Eating Out

Listen to two friends speaking and making plans.

While listening, choose the correct answer (A, B, C or D) for questions 1-6.

Only one answer is correct.

The first one (0) is an example.

You will hear the recording twice.

You will have 20 seconds at the end of the second recording to check or complete your answers.
You now have 20 seconds to look at the task.

0. Anna is happy because
   A. it’s a nice day
   B. Rick has a new job
   C. Rick likes books
   D. she likes Rick

1. Anna is free
   A. On Thursday
   B. On Friday
   C. On Saturday
   D. On Monday

2. They decide to
   A. have dinner together
   B. have a drink together
   C. go to the gym
   D. stay home

3. “the Orange Tree” is a good place because
   A. It’s comfortable
   B. There’s live music
   C. It’s not expensive
   D. It’s warm

4. Anna is going to
   A. Drive her car
   B. Take a taxi
   C. Walk
   D. Take a bus
5. **Jonathan is**  
A. Rick's friend  
B. Anna's friend  
C. Susan's brother  
D. Anna's brother

6. **Jonathan likes**  
A. Going out  
B. Playing with computer games  
C. Running  
D. Going to parties

**KEYS**  
1. A  
2. A  
3. C  
4. D  
5. A  
6. C
Part 2 - Listening

Wild Animals

Listen to an episode of the radio programme called “Nature Fun Facts”. While listening, choose the correct answer among the ones suggested. The first one (0) is an example.

You will hear the recording twice. You will have 20 seconds at the end of the second recording to check or complete your answers.
You now have 20 seconds to look at the task.

0. It’s a large reptile. [CROCODILE]

1. It can eat up to 40 pounds of meat. [ELEPHANT / LION / CROCODILE / PENGUIN]
2. It can sleep for 20 hours. [ELEPHANT / LION / CROCODILE / PENGUIN]
3. It has flippers. [ELEPHANT / LION / CROCODILE / PENGUIN]
4. It can hold its breath for 20 minutes. [ELEPHANT / LION / CROCODILE / PENGUIN]
5. It will eat 150kg of food per day. [ELEPHANT / LION / CROCODILE / PENGUIN]
6. Its sound can be heard from a long distance. [ELEPHANT / LION / CROCODILE / PENGUIN]
7. It needs to protect its skin. [ELEPHANT / LION / CROCODILE / PENGUIN]

KEYS

1  LION
2  LION
3  PENGUIN
4  PENGUIN
5  ELEPHANT
6  LION
7  ELEPHANT
Part 2 - Listening

Cyberbullying

Listen to the dialogue between Tom and Jennifer. While listening, choose the correct answer (A, B, C or D) for questions 1-7.

Only one answer is correct.

The first one (0) is an example.

You will hear the recording twice.

You will have 20 seconds at the end of the second recording to complete your answers.

You now have 20 seconds to look at the task.

0. Jennifer loves...
   A. meeting new people on the web.
   B. going to the cinema.
   C. having dinner in a restaurant.
   D. eating biscuits.

1. Jennifer thinks some people are...
   A. Nice.
   B. happy.
   C. unfriendly.
   D. angry.

2. Jennifer says some people write... on social media.
   A. sad messages
   B. funny stories
   C. negative messages
   D. useful messages
3. Cyberbullying is a form of...
   A. electronic music.
   B. expressive art.
   C. friendship at school.
   D. online bullying.

4. Cyberbullying includes things like...
   A. writing lies online and forwarding unpleasant messages.
   B. chatting online with friends.
   C. exchanging emails on the web.
   D. sending love messages.

5. Experts say people should protect themselves by...
   A. answering to unpleasant messages.
   B. not taking comments seriously.
   C. calling the police.
   D. not using the web.

6. Experts advise people not to give out their...
   A. personal opinion.
   B. personal suggestions.
   C. own personal information.
   D. favourite information.

7. When you post messages you should always be careful about what you...
   A. write online.
   B. listen to online.
   C. read on the web.
   D. see on the web.

KEYS

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<td>A</td>
<td>B</td>
<td>C</td>
<td>A</td>
</tr>
</tbody>
</table>
Part 2 - Listening

Canal Tours

Listen to a woman asking for information about a canal tour.
While listening, complete the chart below. Type only 1 word for each space.
The first one (0) is an example.

You will hear the recording twice.
You will have 20 seconds at the end of the second recording to check or complete your answers.
You now have 20 seconds to look at the task.

<table>
<thead>
<tr>
<th></th>
<th><strong>Number of stops around the city:</strong></th>
<th>___ seven ___</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Canal tours start...</td>
<td>every ___    ______</td>
</tr>
<tr>
<td>2.</td>
<td>Last tour departs:</td>
<td>at ___ ___  ____</td>
</tr>
<tr>
<td>3.</td>
<td>Ticket prices:</td>
<td>Adults ______ €, children €6</td>
</tr>
<tr>
<td>4.</td>
<td>Canal Tour Office address:</td>
<td>______________</td>
</tr>
<tr>
<td>5.</td>
<td>Canal Tour Office Hours:</td>
<td>from _____ a.m. to _____ p.m.</td>
</tr>
<tr>
<td>6.</td>
<td>Boats leave...</td>
<td>From the _____ ________</td>
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</tbody>
</table>

**KEYS**

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<table>
<thead>
<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Canal tours start</td>
<td>every ___ ______ (twenty/20 minutes)</td>
</tr>
<tr>
<td>2.</td>
<td>Last tour departs</td>
<td>at ___ ___ ____ (half past five / 5)</td>
</tr>
<tr>
<td>3.</td>
<td>Ticket prices:</td>
<td>Adults ______ € (twelve / 12) children €6</td>
</tr>
<tr>
<td>4.</td>
<td>Canal Tour Office address:</td>
<td>______________ (Kerkstraat)</td>
</tr>
<tr>
<td>5.</td>
<td>Canal Tour Office Hours:</td>
<td>from _____ (nine / 9) a.m. to _____ (five / 5) p.m.</td>
</tr>
<tr>
<td>6.</td>
<td>Boats leave:</td>
<td>from the _____ (Flower) ________ (Market)</td>
</tr>
</tbody>
</table>
Part 2 - Listening

Comfort Food

Listen to an episode of the radio programme called “Science at your service”. While listening, complete the sentences below. Type only 1 word for each space.

The first one (0) is an example.

You will hear the recording twice. You will have 20 seconds at the end of the second recording to check or complete your answers. You now have 20 seconds to look at the task.

0. We desire food when we feel a little __ sad __, stressed or just tired.

1. Comfort food could be a bowl of _____ _____.

2. People often find emotional comfort in food that has __________ value.
3. Comfort food is rich in ________, carbohydrates and ______.

4. Chocolate is the ________ comfort food.

5. Endorphins are chemical elements that help with pain and ______ stress.

KEYS

1. warm / soup
2. sentimental
3. calories / fat
4. perfect
5. reduce