

10th Form

TEST

Reading 1.

Read the text about Ashrita Furman, the man with the most world records. For questions 1 to 6, choose the correct answer.

The man with the most world records.

Ashrita Furman is a record-breaking record-breaker: He has set more records than anyone else in the world! In the last 40 years, he has established more than 600 records!

As a child, Ashrita loved reading the Guinness Book of World Records. He wanted to be in it too. But he thought people had to be good at sports to be in the book. He wasn't a good athlete. He felt his dream would never come true.

But later in life, Ashrita learned meditation, and with this, he learned that nothing is impossible. He tested this idea in 1978 by entering a 24-hour bike race in New York. Without any training, Ashrita came third! After that, he started thinking about breaking records again.

First, he tried to break the record for the most jumping jacks. He failed at first, but, remembering that 'anything is possible', he trained, meditated and tried again. This time, he did 27,000 jumping jacks in 6 hours 45 minutes and became the new record holder. His achievement appeared in the 1980 Guinness Book of Records.

Today, Ashrita has a long list of records, including: walking the furthest distance with a bike on his chin, cycling the longest distance with a bottle on his head and lighting the most candles on a birthday cake. He says: "I choose ideas which are challenging, fun and childish! I enjoy practising and seeing my progress."

He says his favourite record was "the longest distance on a pogo stick". While he was on holiday in Japan, he saw Mount Fuji and thought it was beautiful, so he decided to try to break a record there. He did 11.5 miles. The most difficult record was "the most forward rolls". In 10 hours, 30 minutes, he did 8,341 of them, travelling 12 miles!

If you want to break a world record too, Ashrita gives this advice. "Choose something you enjoy because you will need to practise. And don't give up. Your mind will tell you that something is impossible, but it isn't. If someone else has done something, and you work hard, you can do it too!"

1. When Ashrita was a child, he...

- a. was good at sports.
- b. dreamed of being in the Guinness Book of Records.
- c. achieved his first world record.
- d. met a record-breaking athlete.

2. When he was a child, he thought that...

- a.* one day he would achieve his dream.
- b.* everything is possible.
- c.* only good athletes could break records.
- d.* he would become a good athlete one day.

3. When Ashrita did the 24-hour bike race, he learned that...

- a.* training is important.
- b.* breaking records is easy.
- c.* anything is possible.
- d.* meditation is unnecessary.

4. Which activity did Ashrita do for his first world record?

- a.* meditating;
- b.* cycling;
- c.* jumping jacks;
- d.* using a pogo stick;

5. Which of these sentences is NOT true about Ashrita?

- a.* He failed his first record-breaking attempt.
- b.* His record-breaking activities are childish.
- c.* In one record, he carried a bottle on his head while cycling.
- d.* He doesn't enjoy training for records.

6. Which sentence might Ashrita say?

- a.* "You don't have to practise much to break records."
- b.* "Doing the most forward rolls was easy!"
- c.* "Do what your mind tells you to do."
- d.* "Anyone can break records."

Reading 2.

Questions 1-10

- *Look at the statements below about Health Advice for Travellers.*
- *Read the text on the opposite page to decide if each statement is True or False.*

1. The best time to get medical help is a month before you leave.
 True False
2. A doctor can tell you which drugs can be taken through customs.
 True False
3. You should go to your dentist before departure if necessary.
 True False
4. You should never use tap water for cleaning your teeth.
 True False
5. Raw vegetables are safer than cooked ones.
 True False
6. Sunbathing is safe if you use sun cream.
 True False
7. You should avoid wearing clothes which are too tight.
 True False
8. An insect bite, unlike an animal bite, is not serious.
 True False
9. If you see a doctor abroad, you should see another one when you return.
 True False
10. It is important to remember which countries you visit.
 True False

Health advice for travellers to tropical countries.

Be well prepared so you can enjoy your stay!

You can get information about the country you are visiting from your travel agent or each country's Embassy. If you think you will need special medical advice then you should see your doctor at least two months before your departure. If you want to take any medicines abroad with you, then find out from your local chemist if you are allowed to take them into the country you're visiting.

If you've got any doubts about your teeth, see your dentist as it may be difficult or expensive to get help abroad.

Take a small first aid kit with you; it will not take up much space and could be very useful.

Also check the water you use for cleaning your teeth and washing your mouth.

Unless you know it is safe always try and use bottled water.

Be careful with the following foods: raw vegetables, salads, unpeeled fruit, raw shellfish, cream, ice-cream, undercooked meat or fish. It is also not a good idea to eat food which has been cooked, left to go cold and then heated up again. Freshly cooked foods are safer.

More than anything, holiday makers go abroad to find the sun. However, the sun may be much more powerful abroad than what you are used to in your own country. Take care not to lie in the sun for too long, especially in the early days.

The sun can burn your skin even if you use sun creams and cause your body to overheat. Even when you can avoid direct sun, temperatures may be very high. Try not to do anything too energetic in the hottest hours. Wear light, loose clothing and have plenty to drink. Bathing in the sea will cool you, but remember that accidents happen very easily.

If you are walking in wooded areas and you get bitten or scratched then go to the nearest hospital immediately. A bite from an animal or an insect can lead to illness even if it does not seem dangerous at the time. Even if you receive medical help and you are feeling fit, you should visit your own doctor as soon as you get back to your country.

If you become ill when you come back, tell your doctor which countries you have stayed in or travelled through. He or she will then quickly be able to check whether you will need specialist medical help.

Use of English 1.

Read the text below. For questions 1-6 choose the correct answer A, B, C or D.

Hi John,
 How are you doing? I'm writing to you from Tulum, a wonderful place on the Caribbean coast of Mexico. I (1) _____ here with my family six days ago. We arrived on Wednesday morning, and we (2) _____ for one more week. We're staying in a fantastic hotel on the beach. The hotel is (3) _____ than most hotels in Europe, and the weather is very nice. There aren't (4) _____ tourists at the moment, because it's the low season, and that is perfect. I like to relax (5) _____ on the beach. I'll tell you everything when I come back. I want to thank you for looking (6) _____ my cat. Bye for now!
 Kate.

1	A	travel	B	travelled	C	'm travelling	D	travels
2	A	'll stay	B	're going to stay	C	stay	D	staying
3	A	the cheapest	B	more cheaper	C	cheaper	D	more cheap
4	A	much	B	many	C	some	D	a little
5	A	quiet	B	quietly	C	quieter	D	quietest
6	A	for	B	after	C	up	D	at

Use of English 2.

Read the text below. For questions 1-6 choose the correct answer A, B, C or D.

Chernobyl.

Would you visit Chernobyl (1) _____ you had the chance? If you went there today, you (2) _____ find a very different city than the one that existed before. Chernobyl didn't (3) _____ to be famous until its nuclear power plant exploded in 1986. 14,000 people used to live in the city, but they all had to leave after the accident. Chernobyl (4) _____ empty since then, although about 500 residents have recently returned (5) _____ their homes. It isn't easy (6) _____ the area, because it is still very dangerous. There is a big fence with a lot of signs warning people not to go any further. The only way to enter is on an official tour, but that can be quite expensive.

1	A	As soon as	B	before	C	after	D	if
2	A	would	B	if	C	will	D	can
3	A	using	B	used	C	use	D	uses
4	A	have been	B	has been	C	was	D	were
5	A	for	B	to	C	in	D	at
6	A	visited	B	visiting	C	visit	D	to visit

Writing 1.

Write two paragraphs about your best friend. Use the plan below:

Paragraph 1:

Say who your best friend is and how old he or she is.

Write about his or her appearance (hair, eyes, etc.)

Paragraph 2:

Write about his/her personality.

Write what you do together.

Write your answer using about 60 words.

Writing 2.

- An English-speaking friend is coming to stay with you for the weekend.
- Write a letter telling your friend about three ideas you have for her/his visit.
- Finish the letter on our answer sheet, using about 60 words.