

Name: _____ Class: _____

Listening

1 [Track 11] Listen to the recording. Complete sentences 1–5 with the words or phrases that you hear.

- 1 People with few or no friends are more liable to _____ than those with a good social life.
- 2 Men tend to be more _____ when it comes to selecting who to befriend and spend time with.
- 3 American research shows that women have a larger number of _____ than men during university studies.
- 4 Men prefer to _____ than to talk about their inner feelings with friends.
- 5 Women seek the company of female friends when they want to _____ or talk about what is frustrating them.

/10

Reading

2 Read the text. For sentences 1–5, choose the best ending A–D.

DRUMDUAN HIGH CONVINCED FAMOUS ACTRESS

The American historian Carter G. Woodson once said that 'The mere imparting of information is not education.' One wonders what he would say about the current state of education in which a heavy focus on memorising facts for exams is the preferred approach. One also wonders what he might say if he were to look through the window of Drumduan High school.

Set on a hilltop in the Scottish Highlands overlooking the little town of Forres, and inspired by the thoughts of the 19th century philosopher Rupert Steiner, Drumduan High takes a very different approach to education. Providing schooling for 14-19-year-olds, the central premise is a focus on holistic education, one which aspires toward complete emotional, mental and physical well-being.

Steiner himself was the founder of Anthroposophy, a field of philosophy which puts forward the concept of an objective, intellectually comprehensible spiritual world obtainable via personal development. His educational idyll was one which would develop not only a child's creativity but also their spiritual and moral being.

Drumduan itself claims to have no allegiance to any particular religious or philosophical beliefs, but it does set out to achieve Steiner's objective of developing free, critically-thinking individuals with a strong sense of social responsibility.

Whilst you will find stalwarts of any common national syllabus such as languages, geography and maths, these

are seen as being complementary to more 'body-based learning' subjects such as musical composition, boatbuilding, surveying, cooking and traditional arts and crafts. And it is through activities like these, which have a strong focus on concrete outcomes, that students apply their academic knowledge. The emphasis is very firmly on experiential learning: weekly treks off the beaten track, for example, are designed not only to gain a greater awareness of the natural (local) environment but also to test friendship, perseverance and self-discipline in a way that develops a greater appreciation for individuality.

One of the more contentious issues, however, is the absence of tests, grades or exams. Instead, students create detailed portfolios of their work throughout the year. Assessment, it is argued, distracts students from concentrating more naturally on doing their best at all times out of an obligation to both themselves and the other members of their team.

Such an unfamiliar, and (somewhat) some would say radical approach to learning, naturally causes some concern, but like all schools in the UK, Drumduan undergoes inspection by Education authorities.

Head teacher Krzysztof Zajaczkowski, despite an apparent deep distrust of authority, needn't be concerned. Indeed, inspectors recently left the school convinced not only that the students were happy to actually be in school but they also demonstrated a degree of self-confidence, motivation and respect for others much greater than that found in traditional school environments.

If you dig deeper, however, you can find a few more significant differences between Drumduan and the high schools most of us are familiar with. To begin with the total number of students is 17. With a teaching staff of 12, the amount of individual attention students receive is likely to be considerably more than anything one receives in a common state school. At the cost of £7,500 per year you may argue this is the least that could be expected.

The school recently received a spate of media attention when it was revealed that Oscar winning actress Tilda Swinton left a Hollywood event early to help prepare sandwiches for a school trip and sweep the floors of the school. Such practice, it seems, is quite common for parents with children attending the school in order to keep costs down.

Despite having to pull her weight in unorthodox ways, Swinton, also co-founder of Drumduan, became convinced of the approach when she first visited a Steiner school: 'I was struck not only by the trusting and familial atmosphere for younger children, but mainly by older children, because I had never walked into a school before where teenagers had been so welcoming and self-possessed and kind.' Her 14-year-old twins were later enrolled in Moray Steiner school conveniently located 9 miles from the family home in nearby Nairn.

Such schools, however, are not as uncommon as one may at first think. There are, in fact, more than 1,000 independent Steiner schools operating across 60 countries worldwide, with a number of high profile former pupils including such familiar faces as Jennifer Aniston and Sandra Bullock.

- 1 Drumduan's main aim is to
 - A help children reach their spiritual goals.
 - B promote Steiner's philosophy.
 - C limit their offer to subjects in the national syllabus.
 - D produce well-rounded students.
- 2 Drumduan's approach towards assessment is
 - A in conflict with Steiner's original concept.
 - B believed to aid motivation and learning.
 - C focused on cooperation between students.
 - D based on the head teacher's dislike of exams.
- 3 The Scottish Education authority reported that
 - A the education provided is largely effective.
 - B the head teacher holds a negative attitude toward authority.
 - C the school has very few students.
 - D the school is expensive for the services it provides.
- 4 The actress Tilda Swinton
 - A set up the school to help local children.
 - B believes that traditional schooling is ineffective.
 - C is concerned about the school budget.
 - D is an active member of the teaching staff.
- 5 According to the text, Steiner schools
 - A are looking to expand into other countries.
 - B are more effective for older children than younger children.
 - C offer a convincing alternative form of education.
 - D have gained attention due to the number of high-profile students.

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- 3 Read texts A–D. Match questions 1–5 with sections A–D. The sections may be chosen more than once.

HEALTHY FOODS THAT ARE RUINING THE ENVIRONMENT

While junk food is vilified for damaging the environment, healthy grains, fruit and veg often get a free pass. That is, until now. Here are some of the main offenders.

A ALMONDS

California produces 82 percent of the world's almonds and as the state hits its fourth consecutive annual drought, the finger of blame is being well and truly pointed at the almond. Planted to meet the US's most hippified state's demand, this all-year-round crop devours about eight percent of the area's agricultural water supply.

B QUINOA

This low-fat, high-protein grain has become a watchword for healthy living, but it turns out this supposedly virtuous staple isn't quite as innocent as it might seem.

It's meant to be a cash crop, but the hike in prices has pushed the very people that farm quinoa out of their own market place. As export trades have grown and foreign costs soared, domestic prices have shot up. And now people in Peru and Bolivia, who have eaten quinoa for the best part of seven centuries, are finding that imported junk food is cheaper to eat.

C CASHEWS

Brimming with minerals, fibre, protein and unsaturated fat, nutritional studies have linked the nut to lower rates of heart disease and a longer life. But in India, where 60 percent of cashews are processed, it's another tale entirely.

Before you get to the fruity, tasty bit, you've got to go through two armour-like shells using cardol and anacardic acid.

As a result, many workers in the cashew industry suffer acidic burns to their hands because they aren't provided with gloves! And all this for just £1.70 a day!

D SOY

The mother of tofu and soymilk, the soya bean is a symbol of the vegan life style. Humans, however, actually consume very little soy.

Vast sums of the legume are used as protein-rich animal feed for chickens, cows, etc. As commercial farming increases, so too does soy production, and the impact on the environment is staggering.

For soybeans to be economically viable, large swathes of land are needed to grow them. As a result ecosystems throughout Latin America are suffering from extreme deforestation. The Amazon, the Gran Chaco, and the Atlantic Forests are all victims – almost 4 million hectares of forests are destroyed every year.

Of course, by limiting the amount of the meat we consume, and thus limiting the amount of commercial (soy) animal feed needed, we could ease the pressure. But let's say the human consumption of soy replaces that demand – we're back at square one. It just goes to show that even with the best interests, when it comes to the global food industry, there are no guarantees that we'll get it right.

Which section of the article mentions a food which:

- 1 is in high demand due to its versatility? _____
- 2 is caught up in an environmental vicious circle? _____
- 3 has negative health effects on those that produce it? _____
- 4 is responsible for changes in diet? _____
- 5 causes greater problems during certain environmental conditions? _____

/10

Use of English

- 4 Complete the text with an appropriate word in each gap.

WHAT ON EARTH IS BOWL FOOD?

It might sound ridiculous, but the big new trend in food isn't even an ingredient – it's a piece of crockery. Yes: we're talking about 'bowl food'.

It all started with 'smoothie bowls' – those colourful bowls of fruit that health-conscious food bloggers flooded Instagram with. Before ¹ _____, virtually every fashionable eatery around had thrown the plates out of the window and was serving everything – be it breakfast, lunch or dinner – in bowl form.

You might argue that people plopping meals into a bowl instead of on a plate is hardly something to get excited ² _____. But bowl food does have a character of its ³ _____. It is usually healthy – a nutritious balance of grains, veggies and protein – and is comforting to eat (you can stretch out on the sofa with only a fork and ⁴ _____ fear of spillages). Nigella Lawson is a self-confessed bowl addict: she devotes an ⁵ _____ chapter to bowl food in her new book, *Simply Nigella*, writing: 'For me, "bowlfood" is simply shorthand for food that is simultaneously soothing, bolstering, undemanding and sustaining.' Elsewhere, she has claimed that 'if I had to, I would be very happy ⁶ _____ I ate food out of a bowl for the rest of my ⁷ _____'.

Too lazy to cook? At The Good Life Eatery, just down the ⁸ _____, there's a whole bowl section on the menu, ranging from 'The Man Bowl' – brown rice, broccoli, teriyaki salmon – to the 'Lean Machine Bowl': quinoa or rice, topped with cauliflower falafel and ratatouille.

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- 5 Complete the second sentence so that it means the same as the first. Use no more than six words including the word in CAPITALS.

- Thanks for inviting us. We've really enjoyed it and next time you must come to us for some of Andrew's speciality – roast venison served with a green parsley gravy. It's divine! **GREAT**
Thanks for inviting us. It _____ and next time you must come to us for some of Andrew's speciality – roast venison served with a green parsley gravy. It's divine!
- What I love about Saman is that he is never negative about anybody. **BEST**
What I love about Saman is that he always _____ people.
- It was obvious she didn't intend to spend the whole weekend studying. **PLANNING**
She _____ the whole weekend studying, which was quite obvious.

- I don't know what happened. One minute he was perfectly calm then the next he started panicking. **KICKED**
One minute he was perfectly calm then the next _____ I don't know what happened.
- You can't blame Magda entirely for the disastrous meal. It's possible she didn't know about the strength of the chilli powder. **MAY**
You can't blame Magda entirely for the disastrous meal as _____ aware how strong the chilli powder was.
- Everybody is saying nowadays that if you want to get a well-paid job straight after graduation, you need a very strong degree and speak at least three languages. **ODDS**
Apparently nowadays, _____ a well-paid job straight after graduation are increased if you have a very strong degree and speak at least three languages.

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Total /50