

# ESOL Skills for Life

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## Entry 3 – Reading



### Practice paper 1

**Time allowed:** 60 minutes

- ▶ Please answer **all** questions.
- ▶ Circle your answers in pen, **not** pencil, **on the separate answer sheet**.
- ▶ You may **not** use dictionaries.
- ▶ You may **not** use correction fluid.

## Task 1

### The science of sleep

**Paragraph one**

We all go to sleep. As we sleep, our body and brain relax in a **specific** way. The body and brain go through several cycles when sleep. Each cycle may take a minimum of 90 minutes but no more than 110 minutes, and we go through 4 different stages during this cycle.

**Paragraph two**

**A (Example)**. Your muscles and mind relax more and more. This is followed by the third stage which doesn't have any dreams. In the fourth stage of the cycle, when you have your deepest sleep, you start to have dreams. Then your brain becomes busy and this helps improve your memory.

**Paragraph three**

..... **1.** ..... It can look at brain activity and scientists have discovered that in the first cycle of sleep, the deep sleep stage is only a few minutes. So dreams are **brief** and you might not remember them.

**Paragraph four**

..... **2.** ..... When you have had over 6 hours of sleep, you can sleep deeply and longer, up to 45-60 minutes. In the same way, dreams become longer and more **memorable**.

**Paragraph five**

..... **3.** ..... However, how you wake up is just as important. If an alarm clock wakes you up, it may break your sleep cycle and you will still feel tired. It's much better to wake up naturally after a cycle. Fortunately, there are gadgets to help!

**Questions 1-3**

Four sentences are missing from the text on page 2. Look at the following sentences (A-E) and decide which one best fits each gap. There is one sentence you do not need and an example. Circle the letter of your answer **on your answer sheet**.

- A (Example) ~~During the first two stages, you only sleep very lightly.~~
- B Scientists say people need the same amount of sleep every night.
- C Sleep is important for our mental and physical well-being.
- D As you continue to sleep, the deep sleep stage gets longer.
- E An EEG machine can measure the length of a dream.

**Questions 4-6**

Choose the letter of the closest meaning for each word. Look at the text carefully to help you decide on the best answer. Circle the letter **on your answer sheet**.

**4. specific** (paragraph one)

- A certain
- B unusual
- C interesting

**5. brief** (paragraph three)

- A scary
- B quick
- C boring

**6. memorable** (paragraph four) means something is easy to

- A forget
- B explain
- C remember

**Questions 7-9**

Choose the letter of the best answer and circle it **on your answer sheet**.

**7.** According to paragraph one, each sleep cycle takes

- A over 110 minutes
- B up to 110 minutes
- C less than 90 minutes

**8.** According to paragraph four, the deep sleep stage is longer

- A before 6 hours of sleep
- B during 6 hours of sleep
- C after 6 hours of sleep

**9.** According to paragraph five, using an alarm clock may

- A not wake you up
- B make you feel tired
- C help you wake naturally

**Turn over page**

## Text A

**From:** Kasia Broz  
**To:** Adam Berry  
**Subject:** Directors' meeting

Hi Adam

The directors' meeting will be on 15 June and we need to book a room. Try Mayfield Community Centre – their costs are good.

Half a day should be enough. I'll ring some restaurants and ask about their lunch menu and prices.

Thanks

Kasia

*Kasia Broz, Head of Administration*

## Text B

Sorry Adam – I forgot!

I think the centre offers lunch.

Please check. Get a menu if possible.

Thanks, Kasia

## Text C

### MAYFIELD COMMUNITY CENTRE ROOM HIRE RATES

	Conference Suite	Room 1	Room 2
<b>Hourly</b>		£20	£15
<b>Full day (9am-5pm)</b>	£250	£140	£100
<b>Half day (9am-1pm or 1pm-5pm)</b>	£135	£75	£55

*For café enquiries, contact Michael on 07776 123456*

## Text E

### MAYFIELD COMMUNITY CENTRE CUSTOMER SATISFACTION SURVEY

Please tell us about your experience of using our centre (**circle as appropriate**).

1 = strongly disagree 2 = disagree

3 = no opinion 4 = agree 5 = strongly agree

It was easy to make a booking.	1 2 3 4 5
Staff were friendly and helpful.	1 2 3 4 5
The room was comfortable.	1 2 3 4 5
Refreshments arrived on time.	1 2 3 4 5
I would recommend the centre to other people.	1 2 3 4 5

**Name (optional)** \_\_\_\_\_

## Text D

### MAYFIELD COMMUNITY CENTRE – ONLINE BOOKING FORM

Complete the form below to make a booking.

Your name

**Company name**

Email

Date you want a room

I want to hire the following room(s):

☐ Conference Suite

☐ Room 1

☐ Room 2

From  o'clock to  o'clock

Please type any further questions about our rooms in the box.

**Submit**

Texts A to E on page 4 are all about booking a meeting room at Mayfield Community Centre.

### Questions 10–12

Match the texts (A–E) with their purposes. Circle the letter of the correct answer **on your answer sheet**. There is one text you don't need and an example.

*Example: to give an extra instruction to a member of staff*

B

10. to ask for opinions

.....

11. to give information about prices

.....

12. to request a room

.....

### Questions 13–15

Look at the following words and phrases from texts D and E. Choose the letter of the best answer and circle it **on your answer sheet**.

13. Text D asks for your '**Company name**'. This is

A the name of your workplace

B the name of your manager

C the title of your job

14. Text E asks you to '**circle as appropriate**'. This means you need to

A delete the numbers you don't want

B draw around the numbers you want

C underline the numbers you want

15. Text E says '**Name (optional)**'. This means

A you must write your name

B you need to sign your name

C you don't have to write your name

### Questions 16–18

Look at all of the texts to decide where to find the following information. Choose the letter of the best answer and circle it **on your answer sheet**.

16. You want to book Room 2 at Mayfield Community Centre for a full day. How much will it cost?

A £55

B £140

C £100

17. Adam needs to find out if the centre provides meals. He must

A use the box in text D

B reply to the email in text A

C telephone the number in text C

18. According to texts A and B, Kasia wants to

A book a table in a restaurant

B order lunch at the community centre

C get information about places to have lunch

**Turn over page**

## Task 3

## The London Underground

### Paragraph A

The London Underground (the Tube) is the oldest underground transport system in the world. Recently, overcrowding (when there are too many people) has become a serious problem.

### Paragraph B

The population of London has grown faster than the London Underground since it began in 1863, so overcrowding is not surprising. Stations get extremely busy. Sometimes, passengers cannot get on the first train that comes. When they do get on the train, it can be difficult to find a seat. Rush hour overcrowding has increased by 16% since 2005.

### Paragraph C

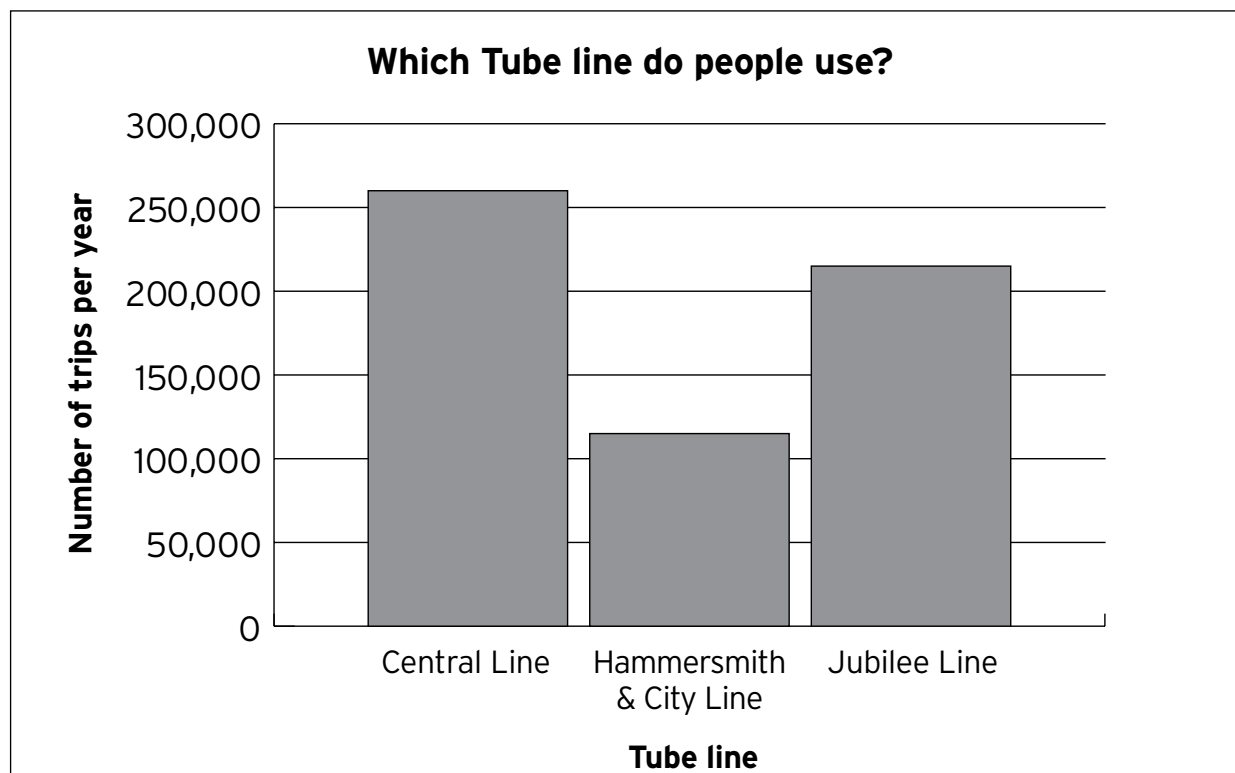
However, the area the Tube covers has grown. It now has 404km of track in London and has 11 lines. Trains travel at an average speed of 33km/h carrying around 1.3 billion passengers to and from 270 stations each year.

### Paragraph D

The government is trying to reduce overcrowding. Development at London Bridge station will mean that 1,750 passengers can travel on each train, 24 times an hour in both directions at the busiest times. In 2018, a new route called Crossrail will open.

### Paragraph E

According to a recent survey, passengers welcome the improvements to the services. However, people also said that as London is a growing city, overcrowding is something everyone must accept.



**Questions 19-21**

The text on page 6 has five paragraphs (A-E). Each paragraph has a purpose. Choose the letter of the paragraph that best matches the purposes below. Circle the letter **on your answer sheet**. You do not need to use all of the paragraphs. There is an example.

Example: to introduce the topic of the article

A

19. to report passengers' opinions about changes

.....

20. to explain the future development of the Tube

.....

21. to outline the difficulties passengers have

.....

**Questions 22-24**

Choose the letter of the best answer according to both the text and the diagram and circle it **on your answer sheet**.

22. How many passengers use the Tube each year?

A 404 million

B 1.3 billion

C 1,750

23. Which Tube line has 215,000 trips each year?

A Jubilee

B Hammersmith & City

C Central

24. Which Tube line has the highest number of trips each year?

A Hammersmith & City

B Jubilee

C Central

**Questions 25-27**

Look at the list of words. They are in alphabetical order. Circle the letter of the best answer **on your answer sheet**.

25. Which word comes first in the list, before **city**?

A travel

B underground

C busy

26. Where does **seat** come in the list?

A between lines and passenger

B between passenger and speed

C between speed and track

27. Which word comes last in the list, after **track**?

A train

B stations

C overcrowding

**Transport**

city

direction

lines

passenger

speed

track

# End of exam

## **Skills for Life Entry 3 Reading – Practice paper 1**

### **Answers**

1. E
2. D
3. C
4. A
5. B
6. C
7. B
8. C
9. B
10. E
11. C
12. D
13. A
14. B
15. C
16. C
17. C
18. C
19. E
20. D
21. B
22. B
23. A
24. C
25. C
26. B
27. A