

Exercise 1

Read the article about a young skateboarder, and then answer the following questions.

Shelly Downley: young skateboarder

Shelly Downley is a young skateboarder with an amazing future. She developed an interest in skateboarding when, at the age of four, she was given a skateboard. Although like most beginners she had a few falls, she was never hurt because her parents made sure that she understood the need to wear a helmet. By the time she was six, Shelly's parents realised how much she enjoyed the sport, so they put her name down for a local skateboarding contest. Although she didn't win, she got a special medal for being the youngest, and her mistakes taught her that to get better, it's important to get the basic techniques right. This is something she's sure has helped her become the skateboarder she is today.

Her love of skateboarding grew, and by 2014 she held three competition titles for her age group. In 2016, she became the youngest competitor in the national Open Series, and discovered what it's like to compete against women with much more skateboarding experience. She realised that to get to their level, she needed to invest in quality equipment. At the competition, a coach suggested she try to get into the British skateboarding team. Shelly's dad is from Britain, where they all live, but her mum's from Japan, and Shelly realised she had a choice about which country to represent. First, she considered the Japanese team, especially as her family were planning a trip to Japan at the time. But in the end, she decided that going for the team where she was based would be more logical.

Since then, Shelly has competed as part of her national team all over the world, most recently in Spain. She loves staying in different hotels, although this can be expensive for her parents. They were pleased on this occasion, therefore, to find out that a friend's house was available, which helped. The team did pretty well in Spain, and after the competition, Shelly uploaded some video clips of the event to her blog, as she usually does. There were also cameras filming other teams for a sports programme, and she found that the opportunity to watch other competitors helped her make progress.

Shelly knows that if you want to be good at skateboarding, you have to practise every day, and even when she's not training, she's naturally competitive. When she goes swimming, which many people find relaxing, she can't help trying to go faster than everyone else in the pool! So when she wants to chill out, she spends time baking instead, which helps her slow down and concentrate on something other than sport. She's recently taken up photography too, and this is something that she finds is a break from the high-energy world of competition.

As she started to become more well known, she began to give interviews, which are regularly published. In fact, she advises fans to read skateboarding magazines to get useful tips. Last month, she did an interview for a national newspaper. They wanted to know whether she was planning to go to university after school, or focus on her sport, something she says she's not made her mind up about yet. One thing she's determined to do is travel the world. She was pleased with the interview, but not with the fact that they got the name of her skateboard wrong. The photograph they took to go with it was much bigger than she had expected, and while it was a shock to see her image taking up nearly the whole page, she secretly loved it.

- 1 How old was Shelly when she entered her first competition?
..... [1]
- 2 When did she first compete with adults?
..... [1]
- 3 Which country's skateboarding team did Shelly join?
..... [1]
- 4 Where did Shelly and her parents stay when she competed in Spain?
..... [1]
- 5 Where does Shelly share information about her competition performances?
..... [1]
- 6 What does Shelly do to relax? Give **two** details.
.....
..... [2]
- 7 What has Shelly decided to do in the future?
..... [1]
- 8 Why was Shelly unhappy about a newspaper interview she did?
..... [1]

[Total: 9]

Exercise 2

Read the reviews from three people (**A–C**) who have written about different TV series.
Then answer Question **9(a)–(h)**.

TV reviews

Content removed due to copyright restrictions.

9 For each question write the correct letter A, B or C on the line.

Which person ...

- (a) thinks that the humour is unsuitable for some age groups? [1]
- (b) finds the programme funny right from the start? [1]
- (c) suggests that the first series of the show made people want to watch the next one? [1]
- (d) thinks that the music makes the show even better? [1]
- (e) notes that there are well-known actors in the series? [1]
- (f) mentions being surprised by the way the characters react to each other? [1]
- (g) explains how the characters manage to achieve results? [1]
- (h) says that the show is based on a popular set of stories? [1]

[Total: 8]

Exercise 3

Read the article about studying penguins, and then complete the notes.

Studying penguins in the wild

Animal research has a wide variety of purposes, from understanding different species' behaviour and learning about their anatomy, to providing evidence to support conservation programmes. Penguins, which are native to the southern hemisphere, fascinate everyone – not just researchers – because of their appearance and their interesting behaviour. Scientists have very specific reasons for studying them. These include following their migration patterns and the trips they make for food, understanding the threats they face, and estimating the number of individuals left in the wild.

Scientists face various issues when studying any animal in the wild. Observing penguins can be particularly challenging as, to humans, all penguins look the same. One solution scientists have used to overcome this has been to tag the birds, and for a long time, coloured identification bands were attached to the penguins' legs or flippers. This was not ideal, however, as the plastic tags were found to sometimes harm the birds. Scientists therefore started using a hand-held piece of equipment that can collect information about a penguin from a special digital microchip (similar to those used on pets) that needs to be placed under the penguin's skin. Although the microchip has the advantage of being undetected by the bird, in order to collect the data scientists have to approach the penguin. Not surprisingly, when they see a human coming towards them the adult penguins move away. It has also been noted that the presence of humans can make the adult birds fight with each other. All of these issues contribute to making data collection from the microchip less than straightforward.

So as an alternative, it is hoped that a newly designed robot may be able to offer scientists a better way of learning about these fascinating creatures. The small-wheeled robot, which is fitted with a camera, is controlled from a distance. The robot is made to resemble a penguin chick and is able to reach the middle of the colony unnoticed, so the penguins continue to behave completely naturally. In the past, information gathered by scientists about penguins' daily lives has sometimes been unreliable, but as the robot does not appear to disturb the birds, researchers are able to gain more accurate data about the penguins.

Of course, as is generally the case with most modern technology, the robots can be used with different types of sensors as well as cameras, which widens the range of data available to researchers. So far, the robot has been used in the study of two species of penguins – the king penguin and the emperor penguin. An experiment with the latter proved particularly valuable as scientists were able to prove that a visit by the robot causes a far smaller rise in heart rate than a visit from a scientist.

There is certainly a lot of potential in the robot. It could be used to monitor many other species, including animals like elephant seals, which can be very dangerous to humans. Scientists are also investigating the possibility of using it in marine and other environments.

You are going to give a talk to your class at school about studying penguins.

Prepare some notes to use as the basis for your talk.

Make short notes under each heading.

10 The problems scientists have when studying penguins:

-
-
- [3]

11 How the robot can help scientists when studying penguins:

-
-
-
- [4]

[Total: 7]

Exercise 4

12 Read the article about a drink called almond milk.

Write a summary about the advantages AND the disadvantages of almond milk and its production.

Your summary should be about 80 words long (and no more than 90 words long). You should use your own words as far as possible.

You will receive up to 6 marks for the content of your summary, and up to 6 marks for the style and accuracy of your language.

Almond milk

Look inside a supermarket shopping trolley and you may well see a bottle or carton of non-dairy milk – a drink that has been produced from something other than cows' milk. There's been a huge increase in these alternatives to regular cows' milk. They're made of water and finely blended nuts, beans or grains, including rice, soy and almond. The latter, compared with milk made from things like soy, has a lighter flavour, which many people prefer. This makes it one of the most popular milk substitutes.

Almonds in their natural form are very good for you. However, people are often surprised to find that many brands of almond milk contain only about 2% almonds. And while it's good to know that there is less sugar in almond milk than in cows' milk, there is also less protein, which is needed for building muscles and repairing the body's cells. Almond milk is very low in cholesterol, a substance which can lead to heart problems, giving people another reason to switch to almond milk.

Many of the almonds that are destined for milk production are grown on large farms in California, an area that experiences periods of drought. When we consider that it takes around an astonishing 5 litres of water to grow one almond, the issues caused by almond milk and its production become obvious. What is more, almond trees are often treated with chemicals, and these can have a damaging effect on the local wildlife. Despite these concerns, almond milk remains popular. And the fact that it doesn't need to be kept in a fridge before opening makes it a convenient choice for many.

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[Total: 12]

Exercise 5



- 13 You and your family recently went on a day trip. During the day, something surprising happened, and you want to tell your friend about it.

Write an email to your friend about the day trip.

In your email, you should:

- explain where you went
- describe the surprising thing that happened
- say how you felt about the day trip.

The pictures above may give you some ideas, and you can also use some ideas of your own.

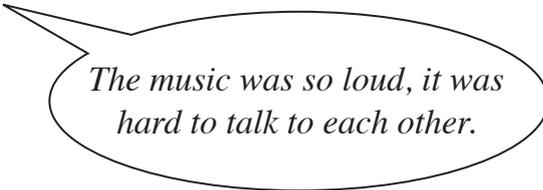
Your email should be between 100 and 150 words long.

You will receive up to 6 marks for the content of your email, and up to 6 marks for the language used.

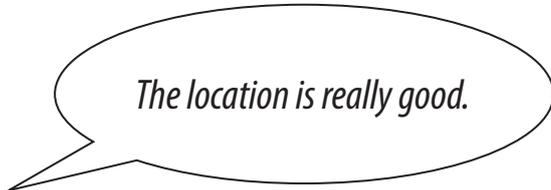
Exercise 6

- 14** You and your friends recently went to a new café in town, and now you have decided to write a review of the café for a tourist website.

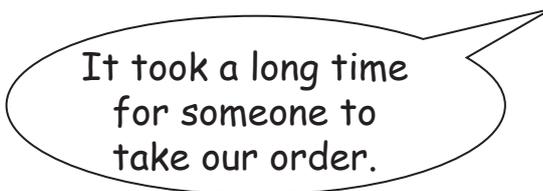
Here are some comments from your friends:



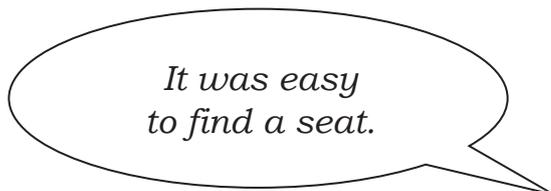
The music was so loud, it was hard to talk to each other.



The location is really good.



It took a long time for someone to take our order.



It was easy to find a seat.

Write a review for the tourist website, giving your views.

The comments above may give you some ideas, and you can also use some ideas of your own.

Your review should be between 100 and 150 words long.

You will receive up to 6 marks for the content of your review, and up to 6 marks for the language used.

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