

Test 1

This Test contains two tasks. Complete both tasks.

Task 1 – Reading into writing task

Read the text below. Then, **in your own words**, write a letter (approximately 150 words) to a friend:

- i) saying which of these things you have done in the past
- ii) explaining which of these things you are planning to do this year
- iii) asking for your friend's opinion of your plans
- iv) asking if your friend has any other suggestions for a better new year.

HAVE A BETTER NEW YEAR!

It's New Year - time to make a new start! Here are some ideas for things to do that will make you feel better about yourself.

- 1 **Do some exercise.** Swim in your local pool three times a week. Walk to school. Get on your bike and save money while getting fitter. Or try a new activity – kayaking, yoga or rowing.
- 2 **Eat better.** Cut down on the cakes and biscuits and eat more fresh fruit and vegetables. Try baked potatoes instead of chips, and grilled food instead of fried food.
- 3 **Join a club.** Bored with only seeing the same people and doing the same things every day? Get out and meet new people by joining a club! There are clubs for every interest: chess, singing, making music ... or get your friends together and form a book club.
- 4 **Help somebody.** There are sure to be plenty of people who need help in your town. Old people may need help with shopping or cooking. Or you could help people in hospital. There are lots of things you can do to help others. And you'll enjoy it!
- 5 **Travel.** Go somewhere you've never been to before. You don't have to travel thousands of miles to a foreign country. What about your own city or town? There are lots of places you haven't seen yet. What are you waiting for?

