

**ESOL International  
English Reading Examination**

**Level B1 Intermediate**

**Instructions to learners**

Check that you have the correct paper.

Please complete the information on your mark sheet.

Use black or blue ink. Do not use a pencil.

You may NOT use a dictionary.

There are 30 questions in this examination.

You must attempt all the questions.

Record your answers on the mark sheet.

Total marks available: 30

You have **60 minutes** to finish the examination.

## Text 1

Facebook started in 2004 in the United States as a way for students to stay in touch when they had left campus. It has grown ever since then to become one of the largest social networks in the world.	1 2 3 4
You can sign up to Facebook by putting some details and a photo of yourself, if you want to, on the Facebook website. Then you're ready to start posting updates. These updates are really just statements about what you're up to, links to information you've seen on the web - it's up to you what you post. Friends will start to find you as word gets around that you're online. They may have heard about you being on Facebook or they may have found you after doing a search on the Facebook sight.	5 6 7 8 9 10 11 12
Facebook itself sends notes about people you might know, based on information you provide, for example, that you went to the same school or college or ..... for the same employer, but you only have to put as much of this sort of information as you want to.	13 14 15 16 17
Be cautious about the information you share on Facebook. For example, if you display your town, date of birth, marital status and other personal details, someone might be able to get enough information to steal your identity. This is unlikely but possible.	18 19 20 21 22
You might want to go into your profile page and check you're not sharing all your information with everyone who logs on to Facebook.	23 24 25
There are other things you can do on Facebook. For example, you can play games on the internet, you can discuss which book you're reading at the moment and you can rate films and give recommendations. You can also join groups of people with the same interests as you; you can join Facebook groups focussing on your favourite TV programmes or films and chat to people about them.	26 27 28 29 30 31 32
It all starts with a simple sign-up, enabling you to access the most basic stuff, which means you can make announcements and connect with people online.	33 34

1. When was Facebook started?
  - a. 2001
  - b. 2004
  - c. 2008
  - d. 2014
  
2. According to the text, who was Facebook started for?
  - a. Students
  - b. Couples
  - c. Employers
  - d. Actors
  
3. The word 'details' in line 5 can best be replaced with which word?
  - a. jobs
  - b. friends
  - c. information
  - d. letters
  
4. Which line has a spelling error?
  - a. Line 5
  - b. Line 11
  - c. Line 19
  - d. Line 27
  
5. What are statements about your activities called?
  - a. Profiles
  - b. Books
  - c. Groups
  - d. Updates

6. Which word should always be spelt with a capital letter?
- a. Details
  - b. Facebook
  - c. Website
  - d. Personal
7. Which word would best fill the gap in paragraph 3?
- a. worked
  - b. enjoyed
  - c. read
  - d. invited
8. According to the text, what should you be careful about sharing?
- a. Schools
  - b. Personal information
  - c. Books
  - d. TV programmes
9. On Facebook friends can find you by:
- a. doing a search.
  - b. sending a post.
  - c. making a link.
  - d. arranging a online chat.
10. The word 'recommendations' in line 28 can best be replaced with which word?
- a. failures
  - b. perfection
  - c. knowledge
  - d. suggestions

**Text 2**






<u>Healthy lifestyle choices</u>	1
There are five options that you can take to help you stay healthy. The key benefit of these lifestyle choices is that you are less likely to develop heart disease, stroke, liver problems, diabetes, lung problems and certain forms of cancer.	2 3 4 5 6
You should not smoke. If you do smoke, stopping can be the most effective thing that you can do to reduce the risk of illness. The risk to health is reduced as soon as you stop smoking, but it can take a few years before the increased risk is completely reduced.	7 8 9 10 11
Take regular exercise. Anything that gets you slightly out of breath and sweating a little is ideal, for example, heavy gardening, swimming, cycling or jogging. To gain most benefit, you should do at least 30 minutes of physical activity nearly every day. Two shorter periods of exercise are just as good - for example, two 15-minute sessions at different times in a day.	12 13 14 15 16 17
Eat a healthy diet. Tips for a healthy diet include:	18 19
<ul style="list-style-type: none"> <li>• Eat at least 5 portions, or ideally 7-9 portions, of fruit and vegetables each day.</li> <li>• A third of most meals should be starch-based foods, such as cereals, wholegrain bread, potatoes, rice, pasta, with fruit and vegetables.</li> <li>• Keep fatty food, for example, fatty meats, cheeses, full-cream milk, fried food and butter to a minimum or use low-fat spreads.</li> <li>• Try to include 2-3 ..... of fish per week, at least one of which should be 'oily', for example, mackerel, sardines, kippers, pilchards, and salmon or fresh tuna.</li> <li>• If you eat meat, try to eat lean meat or poultry.</li> <li>• Try not to add salt to food and limit foods which are salty.</li> </ul>	20 21 22 23 24 25 26 27 28 29 30 31
Try to loose weight if you are overweight or obese. Even a little weight loss can improve your health and often kick starts a healthier life style.	32 33 34
Don't drink too much alcohol. Men should drink no more than 21 units of alcohol a week and no more than four units in a day. Women should drink no more than 14 units of alcohol per week and no more than three units a day. In addition, it is suggested we have at least two alcohol-free days a week. One unit is about two-thirds of a small glass of wine or one small pub measure of spirits.	35 36 37 38 39

11. According to the text, how many choices are there to enable us to remain healthy?
- a. 5
  - b. 9
  - c. 15
  - d. 30
12. What illness is **not** mentioned in the text?
- a. Stroke
  - b. Asthma
  - c. Liver problems
  - d. Diabetes
13. According to the text, stopping smoking:
- a. reduces the risk of illness.
  - b. makes no difference.
  - c. increases illness.
  - d. makes you lose weight.
14. To gain from exercise it is suggested you should do:
- a. an hour every single day.
  - b. at least 6 hours a week.
  - c. 2 hours every other day.
  - d. at least 30 minutes nearly every day.
15. According to the text, what should we eat at least five portions of per day?
- a. Eggs and bacon
  - b. Sugar and salt
  - c. Fruit and vegetables
  - d. Fish and meat

16. The word that best fills the gap in line 26 is:
- a. joints
  - b. servings
  - c. fractions
  - d. bowls
17. Which line has a spelling error?
- a. Line 7
  - b. Line 13
  - c. Line 32
  - d. Line 38
18. According to the text, how many units of alcohol should men drink a week?
- a. No more than 14
  - b. More than 21
  - c. No more than 21
  - d. Fewer than 31
19. According to the text, what are we recommended to do every week?
- a. Drink every day
  - b. Not drink for one day
  - c. Drink when we want to
  - d. Not drink for two days
20. According to the text, which statement is true?
- a. One unit is two small pub measures of spirits
  - b. One unit is one large pub measure of spirits
  - c. One unit is two large pub measure of spirits
  - d. One unit is one small pub measure of spirits

### Text 3

#### Breeds of dog

Picture	Breed	Classification	Overview
	Labrador	Size: Medium Group: Sporting	The Labrador Retriever, also known as simply a Labrador or Lab, is a type of gun dog. They are even-tempered and well-behaved around people and interact well with children.
	German Shepherd	Size: Large Group: Herding	The German Shepherd is a breed of dog that came from Germany. They are working dogs developed originally for herding sheep.
	Bulldog	Size: Medium Group: Non-Sporting	The English Bulldog is a wide, medium-sized, compact dog with short legs. The body and head are large with extra skin on both the skull and forehead falling in folds.
	West Highland White Terrier	Size: Small Group: Terrier	The West Highland White Terrier, commonly known as the Westie or Westy, is a Scottish breed of dog with a distinctive white coat.
	Border Collie	Size: Medium Group: Herding	The Border Collie dog was developed to gather and control sheep in the hilly border country between Scotland and England. They are known for their intense stare which they use to control their flock.



21. According to the text, which breed of dog is a sporting dog?
- a. Labrador
  - b. German Shepherd
  - c. Bulldog
  - d. Border collie
22. According to the text what size of dog is the German Shepherd?
- a. Medium
  - b. Small
  - c. Petite
  - d. Large
23. Which countries did the Border Collie gather sheep between?
- a. England and Wales
  - b. Wales and Scotland
  - c. Scotland and England.
  - d. Scotland and Ireland
24. According to the text, which dog has a large body and head?
- a. The Labrador
  - b. The Bulldog
  - c. The West Highland White Terrier
  - d. The Border Collie
25. Where does the Westie originate from?
- a. Germany
  - b. England
  - c. Scotland
  - d. Wales

## Text 4

### The Trussell Trust

The Trussell Trust works to support local communities to overcome poverty and exclusion in the UK and Bulgaria. The Trust works to build communities where people of all backgrounds are involved and have the opportunity to live in dignity with hope for the future. It is estimated that 13 million people live below the poverty line in the UK.

Every day people in the UK go hungry due to reasons which include losing their job, the rising cost of food or receiving an unexpected bill on a low income. Trussell Trust foodbanks give a minimum of three days' emergency food and support to people facing such crisis in the UK.

In 2013-14 foodbanks fed 913,138 people nationwide. 330,205 of those helped were children. Rising food and fuel prices, under-employment and changes to benefits are some of the reasons why increasing numbers are being referred to foodbanks for emergency food help.

The Trussell Trust partners with churches and communities to open new foodbanks nationwide and currently has over 420 foodbanks, with the aim of every town having one.

All food is given by the public and is then sorted by volunteers. Professionals such as doctors and social workers identify people in crisis and issue them with a food voucher. Each person is then given a minimum of three days' nutritionally balanced, non-perishable food in exchange for their food voucher.

The Trussell Trust can be contacted a Unit 9 Ashfield Trading Estate,  
Ashfield Rd, Salisbury, SP2 7HL. Opening hours Monday - Friday: 9.30am - 5pm.

26. According to the text, the Trussell Trust operates in the UK and:
- France
  - Belgium
  - Wales
  - Bulgaria
27. How many people are believed live in poverty in the UK?
- 3 million
  - 11 million
  - 13 million
  - 113 million
28. In the period from 2013-14 foodbanks helped 330,205 who were:
- unemployed
  - children
  - older people
  - homeless
29. The word 'currently' in the fourth paragraph can **best** be replaced with:
- yesterday
  - frequently
  - presently
  - necessarily
30. The Trussell Trust is not open on a:
- Monday
  - Wednesday
  - Thursday
  - Saturday





**End of Reading Examination – for Level B1**

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### For Reading Paper

**Instructions:** Draw a line through either a, b, c, d or e to answer each question.   
 If you change your mind black out the wrong answer  and choose a new one with a line.   
 If you think your first answer was right, black out the wrong answer and circle your first answer. 

Insert Learner  
Label Here

1	a	b	c	d	NOCN Use Only
2	a	b	c	d	
3	a	b	c	d	
4	a	b	c	d	
5	a	b	c	d	
6	a	b	c	d	
7	a	b	c	d	
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23	a	b	c	d	
24	a	b	c	d	
25	a	b	c	d	
26	a	b	c	d	
27	a	b	c	d	
28	a	b	c	d	
29	a	b	c	d	
30	a	b	c	d	

Total marks \_\_\_\_\_

Learner Signature \_\_\_\_\_

Date \_\_\_\_\_