

**ESOL International  
Sample English Reading Examination  
Level B1 Intermediate**

**Instructions to learners**

Check that you have the correct paper.

Please complete the information on your mark sheet.

**DO NOT WRITE ON THIS PAPER.**

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.

**NOCN ESOL International Reading  
Level B1 Intermediate Paper AA  
Sample Examination Task Sheet**

**Text 1**

**Read the text about Queen Elizabeth II and answer the questions on the following page.**

<p><i>Her Majesty the Queen was born on 21 April 1926 in London, the first child of Prince Albert, the Duke of York, and his wife, formerly Lady Elizabeth-Lyon.</i></p>		<p>1 2 3 4</p>
<p><i>The third in line to the throne, it seemed unlikely that Princess Elizabeth would be Queen. However, shortly after death of George V, the new King- her uncle Edward VIII- dramatically abdicated so he could marry Wallis Simpson, an American divorcee. Princess Elizabeth's father then became King George VI and she become heir to the throne.</i></p>		<p>5 6 7 8 9 10 11 12</p>
<p><i>In November 1947, she married a distant cousin, Philip Mountbatten, who then was created Duke of Edinburgh.</i></p>		<p>13 14</p>
<p><i>George VI died in 1952 while Princess Elizabeth and Prince Philip were on holiday in Kenya. She returned home and finally after months of preparation, Queen Elizabeth II was crowned at Westminster Abbey on 2 June 1953.</i></p>		<p>15 16 17</p>
<p><i>The couple have four children. Prince Charles is the _____ and next in line to the thrown. Princess Anne, Prince Andrew and Prince Edward were born after him.</i></p>		<p>18 19</p>
<p><i>For the past 60 years, the Queen has continued to carry out her political duties as head of state. In 2002, the Queen celebrated 50 years on the throne; in 2006, her 80th birthday; and in 2012, her Diamond Jubilee.</i></p>		<p>20 21 22</p>

(Adopted from the BBC website)

**NOCN ESOL International Reading  
Level B1 Intermediate Paper AA  
Sample Examination Task Sheet**

1. According to the text, Queen Elizabeth was born in:
  - a. Edinburgh
  - b. London
  - c. Windsor
  - d. Cardiff
  
2. Queen Elizabeth's father was:
  - a. The Duke of York
  - b. Edward VIII
  - c. George V
  - d. The Duke of Edinburgh
  
3. Queen Elizabeth has:
  - a. One daughter and two sons
  - b. One daughter and three sons
  - c. Three daughters and one son
  - d. Two daughters and two sons
  
4. Queen Elizabeth II was crowned in:
  - a. 1947
  - b. 1952
  - c. 1953
  - d. 1954
  
5. In 2012, Queen Elizabeth celebrated:
  - a. Her 80<sup>th</sup> birthday
  - b. Her 50<sup>th</sup> birthday
  - c. 50 years on the throne
  - d. Her Diamond Jubilee

**NOCN ESOL International Reading  
Level B1 Intermediate Paper AA  
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6. There is a grammatical error in the above text. The error is:
- In line 1, 'was' should be 'were'
  - In line 11, 'become' should be 'became'
  - In line 18, 'is' should be 'was'
  - In line 20, 'has continued' should be 'continue'
7. The word 'formerly' in line 3, can best be replaced with which word?
- Stately
  - Early
  - Lately
  - Previously
8. Which line has a spelling error?
- Line 3
  - Line 11
  - Line 18
  - Line 22
9. Which word would best fill the gap in paragraph 5?
- Older
  - Eldest
  - Prettiest
  - Richest
10. Which word should always be spelt with a capital letter?
- Queen
  - Prince
  - November
  - Lady

**NOCN ESOL International Reading  
Level B1 Intermediate Paper AA  
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**Text 2 - Read the text below and answer the questions on the next page:**

**Tossing, turning, can't get to sleep? It's a familiar feeling for many. Here are five things that could be preventing us from getting the restful night we need:**

<p><b>A. An uncomfortable or noisy environment</b></p> <p>As we start to fall asleep, our muscle tone reduces and our limbs begin to relax. We may feel drowsy but our brain is still active, and any noise or discomfort can make it hard to fall_____.</p> <p>As we drift into light sleep, our brain will still let through some noises, which can wake us up.</p> <p>After about half an hour of light sleep, most of us enter a type of deep sleep called slow-wave sleep. It is harder to be woken up but some things will always get through - such as our names being called out loudly.</p> <p>Missing out on any part of our usual cycle of sleep, results in reduced quality and quantity of sleep.</p>	<p><b>B. An irregular routine</b></p> <p>We all have a built-in body clock which tells us when we are tired. The main synchroniser for our body clock is light. Our eyes react to the light and dark, even when our eyelids are closed.</p> <p>Daylight prompts our brains to reduce the production of a sleep hormone. We become more alert, and wake up.</p> <p>If we sleep less, because of going to bed late or waking up early, we're unlikely to get as much deep sleep as we need, or enough of the stage that comes after it - REM (rapid eye movement) sleep, when we do most of our dreaming.</p>	<p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23</p>
<p><b>C. Stimulants - coffee, alcohol, food</b></p> <p>Caffeine is a stimulant which can stay in our system for many hours. Drinks high in caffeine make it harder to fall asleep and can _____ in more time in the lighter stages of sleep, with less deep sleep.</p> <p>Drinking alcohol often makes us snore more, making it harder to breathe, and so making us more restless.</p> <p>In the course of a night we usually have six to seven cycles of REM sleep, which leaves us feeling refreshed. However, a night of drinking means we'll typically have only one to two, and wake up feeling exhausted.</p> <p>Eating a large, heavy meal too close to bedtime may also interfere with sleep. Spicy or fatty foods can cause heartburn, which leads to difficulty in falling asleep and discomfort throughout the night.</p>	<p><b>D. The wrong body temperature</b></p> <p>Our body temperature goes down when we sleep. If our bedrooms or <u>duvets</u> are too warm, our bodies can't lose heat. That can lead to restlessness and discomfort. Our core temperature should only be half a degree less than during the day. If we get too cold, we get restless.</p> <p><b>E. A busy mind</b></p> <p>Stress is the enemy of sleep. In bed, our minds is left free to wander, and feeling anxious about getting enough sleep will only make it worse.</p> <p>Sleep experts recommend getting up and doing an activity which distracts our minds from worry - such as a puzzle - before trying to sleep again.</p>	<p>24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41</p>

11. The best word to complete the sentence in text A, line 7 is:

- a. Sleep
- b. Asleep
- c. Sleepy
- d. Sleeping

12. A word has been spelt incorrectly in text B. It is:

- a. In line 3
- b. In line 8
- c. In line 10
- d. In line 13

13. A word that best fills the gap in text C, line 27 is:

- a. Cause
- b. Bring
- c. Causes
- d. Result

14. The best word to replace *duvets* in text D is:

- a. Blankets
- b. Quilts
- c. Pyjamas
- d. Beds

15. There is a grammar mistake in text E:

- a. In line 34
- b. In line 35
- c. In line 37
- d. In line 39

16. According to the text, what happens to our body during the initial stage of sleep?
- Our limbs start to relax
  - Our brain starts to relax
  - We start to dream
  - We can't hear noises
17. What obstacle to sleeping is **not** mentioned in the text?
- Heavy meal
  - Room too hot
  - Lack of peace and quiet
  - Sleeping in a hotel
18. According to the text, to enjoy a restful sleep we should avoid:
- Exercising before bedtime
  - Eating spicy foods before bedtime
  - Drinking milk before bedtime
  - Eating bacon before bedtime
19. According to the text, we can sleep better:
- If the room is too warm
  - If the room is too hot
  - After alcohol consumption
  - When it is quiet around
20. According to the text, which statement is true?
- REM is a stage of deep sleep
  - REM is a stage when we dream
  - REM is a stage of light sleep
  - REM is an initial stage of sleeping

**NOCN ESOL International Reading  
Level B1 Intermediate Paper AA  
Sample Examination Task Sheet**

**Text 3 - What foods do our bodies need to stay healthy?**

**Read the text below and answer the questions on the next page:**

**The foods we need to eat can be divided into five separate groups.**

<b>Food Group</b>	<b>Main nutritional benefits</b>	<b>How much should we have each day?</b>
<b>Fruit and vegetables</b>  (Includes fresh, frozen, juiced, dried or tinned fruit and vegetables)	Vitamins, minerals and fibre	Five portions
<b>Starchy foods</b>  (Includes bread, rice, pasta and potatoes)	Energy, fibre, and vitamins and minerals	A third of everything we eat
<b>Meat, fish, eggs and beans</b>  (Includes fresh meat, fresh and tinned fish, eggs, nuts and pulses)	Protein and vitamins and minerals	Two to three portions (one portion is an egg or a serving of meat/fish the size of a deck of cards)
<b>Milk and dairy foods</b>  (Includes milk, cheese and yoghurt)	Protein and calcium	Two to three portions (one portion is a small pot of yoghurt or glass of milk)
<b>Foods containing fat and sugar</b>  (Includes cakes, biscuits and fizzy drinks)	Energy	One portion (two biscuits or a small chocolate bar)



21. According to the text, which product contains calcium?

- a. Fruit
- b. Biscuits
- c. Yoghurt
- d. Pasta

22. Which two food groups will you need to consume to achieve the highest energy benefits?

- a. Vegetables and dairy
- b. Starchy and meat
- c. Sugary and dairy
- d. Starchy and sugary

23. According to the text which two products do not contain minerals?

- a. Yoghurt and cakes
- b. Meat and cheese
- c. Milk and apples
- d. Potatoes and meat

24. How much starchy food should we eat every day to stay healthy?

- a. Three portions a day
- b. Two portions a day
- c. A third of every meal
- d. One portion a day

25. According to the text, which is the least healthy product?

- a. Oranges
- b. Bread
- c. Eggs
- d. Biscuits

**Text 4**

**Read the text below and answer the questions on the next page:**

**Centreplace- free information, guidance and support for young parents aged 16-25, living in Nottinghamshire.**

Tel. 01909 479191; fax 01909 509 602; [www.centreplace.org.uk](http://www.centreplace.org.uk)

email: [info@centreplace.org.uk](mailto:info@centreplace.org.uk)

Abbey Street Community Centre, Abbey Street, Nottingham, S80 2LA

**Rugrats: young parents support group**

Rugrats offers support to young mums and dads as well as young mums with bumps and dads-to-be aged 16-25. We are staffed by qualified workers and volunteers. We provide a safe and friendly environment where young parents and their children can enjoy free fun activities and meet other young parents and children.

Rugrats meet every Wednesday between 11am and 3 pm at Abbey Street Community Centre.

We also offer:

- Support with housing
- Support with benefits
- Support with emotional personal issues
- Information on local health services
- Information on local child care services
- Free use of computers with access to internet

We run three free drop in sessions, which offer advice, information and support on a range of issues.

Drop in sessions are open:

Tuesday Drop In: 11 am- 3 pm

Thursday Drop In: 2pm-5pm

Thursday Night Group: 5pm-8pm

We are a registered charity number:1074728

26. According to the text, the service is available to:
- All mums and dads
  - Only to mums and dads who are 16 to 25 years old
  - Only to mums who are between 16 to 25 years old
  - To mums and dads as well as pregnant women and their partners who are 16 to 25 years old
27. When could a young mother and child come to the centre to join a play activity?
- Tuesday from 11 am to 3 pm
  - Wednesday 11 am to 3 pm
  - Thursday 11 am to 3 pm
  - Thursday evening
28. The centre is **not** able to help with:
- benefits
  - accommodation
  - looking after children
  - paying for food
29. What is the number to ring the centre:
- 01909 509602
  - 01909 479191
  - 1074728
  - 01909 508602
30. According to the text, which statement is true:
- The service is free for all eligible parents
  - All mums have to pay a small contribution for the service
  - All mums on benefits can use the service free of charge
  - The service is paid for older parents

**End of Examination**

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**NOCN ESOL International  
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Sample Reading Mark Sheet**

Learner Name \_\_\_\_\_

Learner Registration Number \_\_\_\_\_ Examination Date \_\_\_\_\_

Centre Name \_\_\_\_\_ Centre Number \_\_\_\_\_

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

NOCN Use Only

1	a	b	c	d	
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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11	a	b	c	d	
12	a	b	c	d	
13	a	b	c	d	
14	a	b	c	d	
15	a	b	c	d	
16	a	b	c	d	
17	a	b	c	d	
18	a	b	c	d	
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20	a	b	c	d	
21	a	b	c	d	
22	a	b	c	d	
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	
<b>Total Marks</b>					

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

Date \_\_\_\_\_