

**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.

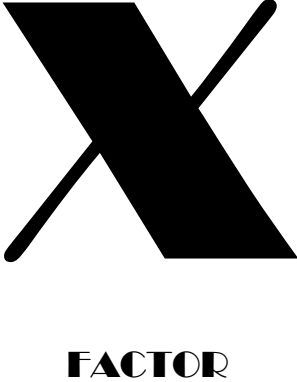
Total marks available: 30

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

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

Text 1

Read the text about One Direction and answer the questions on the following page.

<p>One Direction is a pop group that has achieved International fame since competing on the UK television singing competition, 'The X Factor', which began in 2003. The group came third in the competition, but have never looked back. Their succes since then has been amazing. Since competing in 2010, the group, comprised of Liam, Niall, Zayn, Harry and Louis, have had a string of Number 1 hit records across the world and have starred in their own film. The 'X Factor' tour in 2011 was a massive success in launching the boys.</p>		<p>1 2 3 4 5 6 7 8 9 10 11</p>
<p>The boys had entered the competition as individual singers, but during the early stages, the judges put the boys together to form a new boy band. No one guessed how this would be. The band's first three albums shot to Number 1 in the UK music charts and their tours have been sell outs around the world. One Direction became the first band in 60 years to have their first three albums debut at Number 1 in the US. By 2013, their combined wealth was estimated at £25 million. They have won a number of music awards for their work including two Brit awards and four MTV music video awards.</p>		<p>12 13 14 15 16 17 18 19 20 21</p>
<p>The boys has an amazing fan base, with all five of their Twitter accounts being amongst the most followed. The group is followed by the media wherever they go and their activities are reported almost daily in the newspapers or on the internet. No one can guess how long this fame will last, but while it does, the boys are enjoying every minute!</p>	<p>22 23 24 25</p>	

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

1. According to the text, how many Brit Awards have One Direction had?
 - a. One
 - b. Two
 - c. Three
 - d. Four

2. In the 'X Factor' competition, the boys:
 - a. Won
 - b. Came first
 - c. Came second
 - d. Came third

3. The group is made up of:
 - a. Louis, Harry, Zayn, Luke, Niall
 - b. Liam, Niall, Zayn, Harry and Louis
 - c. Zayn, Louis, Liam, Will and Niall
 - d. Harry, Zayn, Luke, Louis and Liam

4. 'The X Factor' started in:
 - a. 2003
 - b. 2010
 - c. 2011
 - d. 2013

5. In 2011, One Direction:
 - a. Went on 'The X Factor' tour
 - b. Won 'The X Factor'
 - c. Had earned £25 million
 - d. Entered 'The X Factor'



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

6. There is a grammatical error in the above text. The error is:
- In line 1
 - In line 11
 - In line 22
 - In line 24
7. The word 'competing' in line 2 can best be replaced with which word or phrase?
- winning
 - taking part
 - failing
 - succeeding
8. Which line has a spelling error?
- Line 6
 - Line 10
 - Line 18
 - Line 22
9. Which word would best fill the gap in paragraph 2?
- disastrous
 - successful
 - strong
 - difficult
10. Which word should always be spelt with a capital letter?
- Award
 - Direction
 - Harry
 - Factor

Text 2 - How to have a more organised life.

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

Sometimes life can get hectic, and when it does, being organised can make everything so much easier. Following these tips can help you on your way to a more organised lifestyle!

<p>A. Prepare carefully</p> <p>Collect some supplies to help you to organise your life. A daily planner, small notebook, sticky notes, highlighters, and a calendar are really useful. You can either buy these at a store or make your own. You can also buy stickers and different coloured pens.</p> <p>Set up your calendar. Choose a good spot in your room (or anywhere else you'll see it often) and hang it up. Use highlighters and pens to mark special dates, such as sport practice or going to the gym or when your assignment is due for class. You might also want to mark off when you are ----- your friends.</p> 	<p>B. Balancing your life</p> <p>Do your work first. Make sure you have finished all your homework or housework as soon as you can when you get home. This means you will have time to do what you want to do before bed time. Once you have finished your work, you can text your friends and relax with your family.</p>  <p>Plan one day per week to relax. If you can't fit a whole day in, make sure you at least get eight hours of down-time per week, even if it's only an hour per day. Enjoy your hobbies, spend time with family and friends, take a bath, or do anything else to relax you.</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>C. Tips</p> <ul style="list-style-type: none"> • If you can, use your phone or MP3 player to send you reminders of events. • Don't give up if you're not organised after a few days. Slowly build yourself up to using all of these techniques until you're ----- organised. • Don't avoid doing things. Leaving things until the last minute usually causes you to rush, which lowers the quality of your work. 	<p>D. Warning</p> <ul style="list-style-type: none"> • If you become too busy, you should try to free up your schedule. Whether it's not going to a party or no longer playing in a sport's team, sacrifice something to make your life easier. • Don't leave anything out of your planner or calendar. Even the smallest detail can <i>mess up</i> the rest of your plans. 	<p>24 25 26 27 28 29 30 31 32 33 34 35 36 37</p>

11. The best word to complete the sentence in text A, line 16 is:

- a. Meet
- b. Meeting
- c. Greeting
- d. Greet

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

- a. In line 3
- b. In line 10
- c. In line 18
- d. In line 20

13. A word that best fills the gap in text C, line 33 is:

- a. Daily
- b. Total
- c. Calendar
- d. Completely

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

- a. Tidy
- b. Spoil
- c. Disorder
- d. Clutter

15. There is a grammar mistake in text B:

- a. In line 3
- b. In line 8
- c. In line 17
- d. In line 19

16. According to the text, what lowers the quality of work?
- Rushing to finish things
 - Not taking part in sport
 - Not putting events on your schedule
 - Not relaxing
17. What way of organising your life is **not** mentioned in the text?
- Setting a reminder on your phone
 - Putting activities on your calendar
 - Using a daily planner
 - Asking your friend to remind you
18. According to the text, you must not:
- Take part in sports
 - Give up if you are not organised immediately
 - Have a bath
 - Do homework or housework until you have had time to relax
19. According to the text, we are better organised:
- If you finish all your work as soon as possible
 - If you stop doing things you like to do
 - Only plan a schedule for a week at a time
 - If you put everything on your schedule
20. According to the text, which statement is true?
- You should plan at least 8 hours per day to relax
 - You should plan at least 8 hours per week to relax
 - You should plan at least 8 hours per day on your schedule
 - You should plan at least 8 hours of sport a week

Text 3 - Types of Cheese

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



Photo by Pedro Figueiredo 5 November 2005

Type of Cheese	Example of Cheese	Comments
Fresh Cheese	Cottage cheese, cream cheese, Mozzarella	These cheeses are ready to eat immediately. You must eat them shortly after you buy them. They are moist.
Hard Cheese- firm	Cheddar, Parmesan, Double Gloucester, Derby	The producer presses out as much of the moisture as possible. This means that the cheese lasts a long time. You can eat most cheese after 12 weeks, but you must wait to eat some mature cheeses for two years.
Hard cheese - crumbly	Cheshire, Lancashire	Crumbly cheese is very popular in the UK. The producer presses out a lot of moisture, but the cheese is ready to eat in four - eight weeks so it is not very firm. This means that the cheese is still crumbly.
Blue cheese	Stilton, Blue Cheshire, Gorgonzola	Blue cheese contains a blue mould which the producer adds in the making process. The producer puts stainless steel needles into the cheese which allow air in. Mould grows because of the air in the cheese.

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

21. According to the text, which product contains mould?
- Cottage cheese
 - Lancashire
 - Stilton
 - Cheddar
22. Which two types of cheese are firm, hard cheeses?
- Mozzarella and Double Gloucester
 - Stilton and Parmesan
 - Cheddar and Cheshire
 - Cheddar and Derby
23. According to the text which two types of cheese do not contain a lot of moisture?
- Firm hard cheese and crumbly hard cheese
 - Firm hard cheese and blue cheese
 - Crumbly hard cheese and blue cheese
 - Firm hard cheese and soft cheese
24. How does the mould start to work?
- It starts to work immediately
 - The producer makes it work
 - Air makes it work
 - Stainless steel needles make it work
25. According to the text, which cheese is ready to eat immediately?
- Parmesan cheese
 - Stilton cheese
 - Cheshire cheese
 - Cream cheese

Text 4 - Exercise

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



Photo by www.localfitness.com.au

Benefits of exercise

Some aspects of our health and vitality are decided by our genes and how our mother behaves during pregnancy, but many lifestyle factors, including fitness, diet and weight all impact on our ability to live a long and healthy life.

The pressures of home and family life can make it feel like there's little time to exercise. Aside from weight loss, there is a lot to gain from exercise and it can make a huge difference to staying healthy:

- Exercise means a healthier heart because it reduces several cardiovascular risks, including high blood pressure and heart disease.
- Being physically active can bolster good mental health and help you manage stress, anxiety and even depression.
- Regular exercise can help you achieve and maintain an ideal weight and reduce the risk of diabetes.
- Weight bearing exercise, such as running is especially good in promoting bone density and protecting against osteoporosis - which is when bones become thin, weak and break easily.

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

26. According to the text, what is affected by our genes?
- Our health and vitality
 - Our weight
 - Long life
 - How our mothers behave in pregnancy
27. What benefits of exercising are **not** mentioned in the text?
- Meeting friends
 - Reduced stress
 - Weight loss
 - Improved heart condition
28. Which of these is not mentioned in the text?
- Exercise helps you manage stress.
 - Exercise can help to prevent a heart attack.
 - Exercise helps to prevent diabetes.
 - Exercise protects you against viruses.
29. According to the text, osteoporosis is a medical term to describe a problem with:
- Muscles
 - Bones
 - Heart
 - Nerves
30. According to the text, which statement is true?
- Exercising has got many advantages
 - Exercising may cause a heart attack
 - You will gain weight when exercising
 - There is no time to exercise when you have family

End of Examination

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



NOCN
The Quadrant
Parkway Business Centre
99 Parkway Avenue
Sheffield
S9 4WG
UK

E-mail: nocn@nocn.org.uk

Tel: +44 (0) 114 2270500
Fax: +44 (0) 114 2270501

**NOCN ESOL International
Level B1 Intermediate
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	
8	a	b	c	d	
9	a	b	c	d	
10	a	b	c	d	
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	
19	a	b	c	d	
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	
Total Marks					

Learner Signature _____

Date _____