

**IESOL Assessment Reading**

RQF Level: Entry 3

(CEFR Level: B1)

**Candidate Booklet – Reading**

SAMPLE VERSION 1

**The following details must be completed:**

Candidate Name: \_\_\_\_\_

Candidate Date of Birth: \_\_\_\_\_ DD / MM / YYYY

Centre Name: \_\_\_\_\_

Examination Date & Time: \_\_\_\_\_ DD / MM / YYYY \_\_\_\_\_ HH:MM

**INSTRUCTIONS FOR CANDIDATES:**

- Do NOT turn over the page until instructed.
- This examination is made up of 3 TASKS.
- Answer all the questions.
- If you change your mind about an answer, initial your corrections.
- Use only black or blue PEN.
- ONLY monolingual English dictionaries are allowed.

**Time allowed:** 40 minutes

**Total marks available:** 22

## Reading Task 1

Read the text and circle the best option to complete each gap – a, b, c, or d. An example has been done for you.

Spain is the most popular country **0)** \_\_\_ by British tourists, and one of its largest cities, Barcelona, is a very exciting city break destination. It is the capital of Catalonia, a region with its own distinct language, character, customs and history.

The city has many **1)** \_\_\_ for visiting tourists, including amazing architecture and ‘Las Ramblas’, a popular street in the city centre. Barcelona has many museums which are **2)** \_\_\_ in some of the nicest streets in the city. Football fans can visit the ‘Football Club Barcelona Museum’ while people who are **3)** \_\_\_ in culture can go to the ‘Palau National’, which shows the city’s best artworks.

Barcelona is also a great city to keep fit in as it has a walking track along which you can visit one of the most **4)** \_\_\_ fountains in the world, the ‘La Placa Catalunya’. This is a great place to **5)** \_\_\_ after a full day of sightseeing. When you are tired of walking, you can also take a boat trip to see the city from a different perspective.

Fashion is important in Barcelona and you can visit many top designer stores in the city and go back to the UK dressed in the **6)** \_\_\_ fashion.

Whatever you want to do on your holiday, you’re sure to have a great time in Barcelona!

- Example:** a) travelled    **b) visited**    c) departed    d) arrived
- 1.** a) hobbies    b) sports    c) hotels    d) attractions
- 2.** a) located    b) traced    c) stored    d) lived
- 3.** a) interested    b) popular    c) known    d) attracted
- 4.** a) frequent    b) common    c) wet    d) beautiful
- 5.** a) sleep    b) calm    c) relax    d) lie down
- 6.** a) early    b) late    c) latest    d) most likely

(6 marks)

## Reading Task 2

Read the text and answer the questions below. Circle the correct option, a, b, c, or d. An example has been done for you.

### Eat Well to Work Well

Scientists have said for many years that having a healthy diet is one of the most important ways to keep our bodies fit and well. Recently, they have discovered that some foods are especially good for our minds. Eating certain foods at certain times really can help to keep our brains fit and healthy.

In today's busy world, many more of us skip breakfast as we rush for the bus or train. This leaves our bodies (and our brains!) without important energy for the first part of the day. Because we don't eat at night when we sleep, missing breakfast adds to the length of time we spend without food. Research shows that missing the first meal of the day can make us up to 20% less efficient at work or school. Most importantly, eating breakfast:

- improves our concentration
- helps us solve problems
- boosts our memory.

Dr Gavin Armitage, a psychology researcher, says that recent changes in lifestyle are having a big effect on what we eat. 'Many people are using energy bars and energy drinks instead of having a good breakfast. These are OK to have once or twice a week when you are in a hurry, but the energy they give only lasts for a short time. People who eat a balanced, healthy breakfast get a steady supply of energy for the whole morning.'

The Japanese are famous for working hard, both at school and in their jobs. So what's their secret? One answer is their diet. Japanese food has a really good balance of all the things we need to keep fit and well. The Japanese diet, and the nation's health, has improved as the country has become richer.

So what's the perfect breakfast to keep you active and working hard all morning? Well, why not try a traditional Japanese-style breakfast of steamed rice, soup, and various side dishes including grilled fish and omelette? What have you got to lose apart from your tiredness?

For more information on healthy eating, click [here](#).

**Example:** People have understood the connection between health and food:

- a) for a long time.
- b) for a short time.
- c) only because of new research.
- d) because of public pressure.

**1. Many people do not eat breakfast because they:**

- a) want to lose weight.
- b) can't afford it.
- c) are trying to save time.
- d) don't like the choices available to them.

**2. According to the article, eating breakfast:**

- a) makes us up to 20% less efficient.
- b) gives us only short-term energy.
- c) adds to the problems of obesity.
- d) boosts concentration.

**3. What has changed people's eating habits?**

- a) The prices of food.
- b) The way we live.
- c) Research in psychology.
- d) Concerns over the nutritional content of food.

**4. Dr. Gavin Armitage thinks that energy bars and drinks:**

- a) have some benefits.
- b) are as good as a proper breakfast.
- c) are bad for us.
- d) represent an important source of nutrients.

**5. According to the text, the best thing about the food in Japan is that it is:**

- a) tasty.
- b) healthy.
- c) easy to prepare.
- d) cheap.

**6. Nowadays, the food in Japan:**

- a) is healthier than before.
- b) is less healthy than before.
- c) is as healthy as before.
- d) includes more fast-food than before.

**7. According to this text, people should:**

- a) eat less.
- b) spend more money on food.
- c) eat the right food at the right time.
- d) consider the level of nutrition in their diet.

**8. This text is:**

- a) a leaflet.
- b) a letter.
- c) a work of fiction.
- d) an online article.

(8 marks)

## Reading Task 3

Read the three texts and answer the questions below by indicating which text each question relates to: A, B, or D.

An example has been done for you.

### Text A - Transport in Berlin, Germany

The *U-Bahn* is a fast rail system used in the city of Berlin. Most of the system is underground, but some sections operate 'in the air' high above ground level and other sections are at street level. The *U-Bahn* has the fifth longest track in Europe. The city has many 'combined' stations that serve the bus, train, *U-Bahn* and ferries at the same time, so it is easy to move from one form of transport to another.

Berlin also has a highly developed bike lane system. It is a city with more than one million inhabitants and has one of the highest rates of bicycle commuting in the world for a city of its size. There are around 1,500,000 bike rides every day, which is approximately 13% of total traffic. The city of Berlin aims to increase the number to 18% of city traffic by the year 2025.

### Text B - Transport in Copenhagen, Denmark

The Copenhagen Metro is a fast train system, open 24 hours each day, 7 days a week (24/7). However, it is actually quite short, only 20.4-kilometre long. It has just 2 tracks, the M1 and M2, and was completed in 2007. It is very modern and uses driverless trains.

The metro has 22 stations, of which nine are underground. In 2016, the metro carried 61 million passengers. Copenhagen is also known as one of the most bicycle-friendly cities in the world. 45% of all people travel to work, school or university by bicycle. The city has many cycle tracks. These tracks are often separated from the main traffic lanes and sometimes have their own signal systems, which allow cyclists to set off a few seconds before cars.

### Text C - Transport in Madrid, Spain

The Madrid Metro is one of the largest train systems in the world. It is now the second largest in Western Europe; it has over 287 kilometres of track. Only the London Underground is bigger.

Less than 1% of all city journeys are made by bike. Pollution levels are so high that Madrid had to take action. The city limited the number of cars on the road and even offers free public transport. Madrid has also started a public bike hire scheme. The new bicycles are electric, which means you get that extra push to help you around the hilly city.

Which text does the following?

Text

- Example:** Describes the second biggest train system in Western Europe. C
1. Describes a very small train system. \_\_\_\_\_
  2. Describes a city where almost half of the commuters use bikes. \_\_\_\_\_
  3. Describes a system that uses tracks that are high up. \_\_\_\_\_
  4. Describes a train system that is getting bigger. \_\_\_\_\_
  5. Describes a system that gives cyclists an advantage over cars. \_\_\_\_\_
  6. Describes a city where not many people use bicycles. \_\_\_\_\_
  7. Describes a system where 4 types of transport meet. \_\_\_\_\_
  8. Describes a system that uses trains without drivers. \_\_\_\_\_

(8 marks)

END OF READING ASSESSMENT

**CANDIDATE DECLARATION:**

I confirm that the work contained in this booklet is my own and I had no prior knowledge of the content of this examination.

I declare that I will not divulge to any person any information about the questions and/or tasks.

Signed:	
Dated:	DD / MM / YYYY