

UPPER-INTERMEDIATE EXAM TASK TYPES

2025-2026 ACADEMIC YEAR

The Upper-Intermediate exams will make use of **one or more** of the task types exemplified below.

READING

TASK: Read the passage below. Write the correct paragraph number next to each main idea. There are two extra options.

- ☒ X A Many French people do not like to eat at fast-food restaurants.
- ☐ 1 B In France balance comes from eating foods from different regions.
- ☐ 3 C Yin and yang help create balance in Chinese cooking.
- ☒ X D Carrots and water are yin foods because they are cool.
- ☐ 2 E Meals that balance yin and yang can improve health.

TASK: Read the text below and answer the questions that follow by choosing A, B, C, D or E.

- 1 What is the main idea of paragraph 2?
 - A Preparing balanced meals is a challenge
 - B Too much yang can cause heart burn
 - C Meals that balance yin and yang can improve health
 - D Balanced meals are not always satisfying
 - E Yin is the dominant force in meal preparation
- 2 What is the author's purpose in the article?
 - A to compare how to cultures find balance in food
 - B to explain why the French do not like fast-food
 - C to describe the concepts of healthy eating
 - D to explain Chinese way of healthy cooking
 - E to show the different cultures and eating habits
- 3 What is the most common vegetable used in Chinese cooking?
 - A carrots
 - B cabbage
 - C cucumbers
 - D zucchini
 - E cauliflower
- 4 It can be inferred from paragraph 4 that Chinese people stay away from food which includes...
 - A a lot of salt.
 - B hot spices.
 - C animal fat.
 - D white meat.
 - E alcohol.

- 5 Choose the option that best matches the meaning of the word “**demanding**” in paragraph 2.
- A difficult
 - B expensive
 - C harmful
 - D relaxing
 - E satisfying
- 6 The author’s attitude towards eating fast food is...
- A neutral.
 - B critical.
 - C confused.
 - D supportive.
 - E optimistic.
- 7 In paragraph 5 the word “**it**” refers to...
- A Chinese food.
 - B Fast food.
 - C Home-made food.
 - D French food.
 - E Japanese food.
- 8 Which of the following sentences can best fit into the blank in paragraph 7?
- A French meals always have seven courses
 - B The French prefer to eat small portions of food
 - C French meals taste better with wine
 - D The French mostly eat their meals at cafes
 - E French cuisine has undergone many changes

TASK: Read the following text and answer the questions by choosing A, B, C, D or E or by writing your answer directly onto the optic form. Do not write more than 3 words.

- 1 What two ingredients are common in Chinese restaurants?

Garlic and rice

TASK: Find the words in the reading text that are similar to the definitions below. Write your answers directly onto the optic form.

- 1 an idea of what something is like (*n*) par. 2: _____
- 2 to decide on the meaning of something (*v*) par. 2: _____
- 3 honest; genuine (*adj*) par. 3: _____
- 4 to force someone to accept something (*v*) par. 4: _____

TASK:

7-9 In the text, reference is made to a variety of groups of people who have different views on issues connected with subject x. Complete the chart below by matching each organization with the appropriate issue provided: A, B, C, D or E. Code your letter choice directly onto the optic form. There are two extra options given.

The group	The issue
The Federal Government	7 _____
The FBI	8 _____
The CIA	9 _____

Issues:

- A There is too much surveillance using technology.
- B Governments have not been honest with citizens.
- C Social media can also play a big role in spying.
- D Most people are not interested in the government.
- E Special interest groups are not transparent today.

LISTENING

TASK: You are going to listen to a short talk about food. As you listen, complete the sentences below with the ideas mentioned by the speaker.

- 1 Turkey contains a natural substance which makes us feel calm.
- 2 Cheese has _____.
- 3 Eating turkey can change _____.
- 4 Eating chicken is good for _____.

TASK: You are going to listen to a short talk. As you listen answer the following questions by choosing A, B, C, D or E.

- 1 What is the main idea of the talk?
 - A Our first impressions give us an accurate picture of the whole person
 - B We judge other people's behavior differently from our own
 - C First impressions are not always important
 - D People's behavior may change over time
 - E All parties in a given situation will share the same impression
- 2 What is the speaker going to talk about in the rest of the lecture?
 - A Advantages and disadvantages of first impression
 - B Different ways to meet people that we like
 - C How people's behaviours change over time
 - D Different ways to deal with problems in relationships
 - E Why people have problems with the people they love

TASK: Choose the answer that best completes the following statement according to the speaker's opinion.

1 Snap judgements are often ...

- A suspicious.
- B careful.
- C reliable.
- D wrong.
- E necessary.

TASK: You are going to listen to a lecture/interview on nuclear power stations. As you listen, take notes under the headings provided. After the lecture/interview has finished, you will be given questions to answer using your notes. Your notes will not be marked. You will hear the lecture/interview once only.

1 According to the speaker, what is one advantage of foods that contain vitamin C?

Boosts immune system

2 How many cans of coke are consumed worldwide in a day?

- A 1.7 billion
- B 7.1 billion
- C 17 million
- D 70 million
- E 71 million

3/4. According to the lecture, there are certain steps to follow to have a healthy lifestyle.

Fill out the chart below with the appropriate answer.

How often?	What?
3. _____	going to a gym
Everyday	4. _____

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TASK: You are going to listen to a short talk. As you listen, identify which ideas are mentioned by the speaker by choosing A, B, C, D, or E. Code your choice directly onto the optic form.

1. A 2. C 3. D

- A Some people prefer to fail rather than succeed.
- B It is sometimes necessary to fail in order to succeed.
- C Modern society doesn't accept failure.
- D We can learn from our failures.
- E Many successful people begin by failing.

LANGUAGE

TASK: Choose the word that matches the given dictionary definition by choosing A, B, C, D or E:

1 *belonging to the same or a stated period in the past*

- A Contemporary.
- B Relevant.
- C Potential.
- D Corresponding.
- E Related.

TASK: Fill in the blanks in the text(s) by choosing A, B, C, D or E.

Although the coffee is grown and _____(1)_____ in the tropics, 70% of the total coffee production is imported by countries in the North who control the market. How long the coffee is roasted depends on the market.

- 1 A harvested B eaten C researched D abandoned E confiscated

TASK: For each question, choose the option that has the closest meaning to the sentence in bold. Mark the correct answer A, B, C, D or E.

1 **Sebastian has been in Perth, Australia since 2012.**

- A Sebastian has lived in Perth, Australia since 2012.
- B Sebastian is planning to visit Perth, Australia
- C Sebastian moved to Perth, Australia in 2012.
- D Sebastian is no longer living in Perth, Australia.
- E Sebastian left Perth, Australia in 2012.

TASK: Fill in the blanks in the text by choosing A, B, C, D or E.

I am looking for a job. I _____(1)_____ (to be) an electrical engineer for the past eight years. I arrived in Canada a few months ago, so I have not had much experience with the Canadian job market.

- 1 A have been B will be C had been D have E had

TASK: Fill in the blanks in the following passage. Use only ONE word in each blank.

Acupuncture treats the whole person - the body, the mind, and the spirit - therefore, _____(1)_____ can be helpful in the treatment of all conditions. In addition to its widespread use in the relief _____(2)_____ pain, acupuncture has been used to treat a variety of illnesses.

TASK: Read the text below and choose a word from the box that best completes each blank. Use each word once only. Do not change the form of the word. There are four extra words. Write your answers directly onto the optic form.

sports	improve	depend	revision
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There are many ways to _____(1)_____ yourself as a student. One way of doing this is to do a regular _____(2)_____ everyday by going over your class notes.

TASK: Fill in the blanks with the correct form of the word at the end of each line. Spelling mistakes will be penalised. Write your answers directly onto the optic form.

He was not a good student so he was _____(1)_____ most of the time at school. Therefore, he had to _____(2)_____ most of his assignments which were given by his teachers.	(1) SUCCESSFUL (2) WRITE
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WRITING

TASK: Write an essay of 250 - 275 words giving your opinion.

Some students find international exchange programs quite useful for their academic and social development. However, some others think that living in a foreign country affects them negatively. What is your opinion?