INVALSI



Time: 90 min. **Score:**/39

Text 1 - Multiple choice questions - B1 ____

Read the text about a new service offered to busy people, then choose the correct answer (a, b, c, d) for questions 1-6. Only one answer is correct.

Smart Laundry Lockers - Revolutionising Laundry & Dry-cleaning Industry

Laundry industry is a very established yet developing industry. Laundry business organisations have had to adapt to the varying market to better address customer needs and expectations. The businesses that have been able to adapt to the evolving market have been able to succeed and grow, even within a mature and competitive market space. Emerging trends within the market are: technology, laundry as a convenience, foundation of the hub and spoke models in the transport industry, and increasing demand for environment-friendly products. When successfully implemented, all of these prominent trends are expected to continue to stimulate exponential growth in the market in the coming years.

A great range of industries have been affected by the increase of smartphones and their applications over the past decade or so. Laundry organisations are no exception to this trend. Organisations that have successfully adapted to this customer trend through the creation of easy-to-use applications and processes have been able to productively grow outside of their traditional markets. Many features including the ability to schedule pickups and drop-offs, tracking the status of laundry, and ease of payment, are now evident in the best laundry business applications through the use of Smart Lockers. Businesses that have implemented this new technology have been able to increase both their market size and the number of clients.

How Smart Lockers for Laundry Work



Features of Smart Lockers

- 24/7 drop-off & pick-up
- Eco-friendly
- Order tracking
- Technology Enabled
- Safe and Secure
- Convenient

Smartbox is a global provider of smart locker technology. Our platform provides a wide range of smart locker applications that can be set up in diverse industry sectors. Our technology offers secure, efficient, accountable and convenient delivery while giving users 24-hour access to lockers and the ability to track the complete system remotely.

To discover how Smart Laundry Lockers from Smartbox helps create the highest possible value for you and your customers, and to find out how your business can benefit from the latest locker innovations from the Smartbox range, dial +91-8882-760-760 to speak with one of our representatives or send an email to info@smartbox.in. We would be glad to assist you.

Adapted from: https://smartbox.in/blog/smart-laundry-lockers-revolutionizing-laundry-dry-clearning-industry/

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Laundry industry...

- a. is a new industry.
- **b.** hasn't been able to adapt to market trends.
- **c**. has reached its top level of service.
- d. has been around for some time and is changing to continue its existence.

Nowadays, the market is...

- a. constantly evolving and adapting to customers.
- **b.** not able to implement all of its new ideas successfully.
- c. not growing as it used to.
- d. easier to deal with.

Smartphones...

- a. started to influence the market precisely ten years ago.
- **b.** allow companies to expand outside their traditional channels.
- c. haven't entered the laundry market yet.
- d. serve traditional markets.

What is not a feature of smart lockers applications?

- a. They are easy to use.
- **b.** It is possible to arrange drop-off and pick-up easily.
- c. They help tracking the status of laundry.
- **d**. They cannot be used to pay for the service.

Smart lockers...

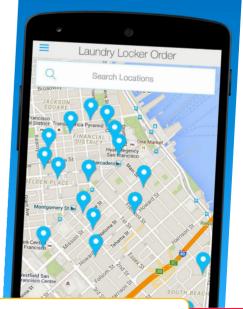
- a. are business applications.
- **b.** are not sustainable.
- c. are always available.
- d. are not a way to save money.

Smartbox...

- a. is a software company helping people to organise their smart lockers.
- **b.** offers a service all over Europe.
- c. produces lockers only for the laundry industry.
- **d.** sells its products to other companies and not to final customers.

24/7 Lockers

Drop off at 900+ locker locations in SF & East Bay



Name

Date Class

Text 2 - Short answer questions - B1 $_$

Read the text about how to protect children's teeth. Answer the questions (1-9) using a maximum of 4 words.

Nutrition and Your Child's Teeth

What your child eats affects his or her teeth. Too many carbohydrates, sugar (for example, from cake, cookies, candies, and other sugary foods and beverages), and starches (for example, pretzels and potato chips) can cause tooth decay. How long carbohydrates remain on the teeth is the main culprit that leads to tooth decay.

Here are some tooth-friendly foods to serve your children:

- Fruit and vegetables: Offer fruit and vegetables as a snack instead of carbohydrates. They contain a high volume of water; pears, melons, celery, and cucumbers are best. Limit banana and raisin consumption as these contain concentrated sugar or, if you serve these fruits, try to brush your child's teeth immediately after they are eaten.
- Cheese: Serve cheese with lunch or as a snack, especially mature cheeses which help to trigger the flow of saliva. Saliva helps to wash food particles away from teeth.
- Avoid sticky, chewy foods: Raisins, dried figs, granola bars, oatmeal or peanut butter cookies, caramel, honey, and syrup stick to teeth making it difficult for saliva to wash the sugar away. If your child consumes these products, have them brush their teeth immediately after eating.
- Serve sugary treats with meals, not as snacks. If you plan to give your child any sweets, give them as desserts

- immediately following the meal. There's usually an increased amount of saliva in the mouth around mealtime, making it easier to wash food away from teeth.
- Get your children in the habit of eating as few snacks as possible. The frequency of snacking is far more important than the quantity consumed. Time between meals allows saliva to wash away food particles that bacteria would otherwise feast on. Frequent snacking, without brushing immediately afterwards, provides constant fuel to feed bacteria, which leads to plaque development and tooth decay.
- Avoid sugary foods that linger on the teeth.
 Lollipops, hard candies, and mints all contribute to tooth decay because they continuously coat the teeth with sugar.
- Buy foods that are sugar-free or unsweetened.
- Offer your child plain water instead of juice or soda. Juices, sodas, and even milk contain sugar. Water does not harm the teeth and aids in washing away any food particles that may be clinging to teeth.
- Include good sources of calcium in your child's diet to build strong teeth. Good sources include milk, broccoli, and yogurt.

Adapted from: https://www.webmd.com/oral-health/guide/nutrition-childs-teeth#2

1 Tooth problems mainly depend on	on the teeth
2 Fruits with a high concentration of water	
They help cause more saliva	
4 Features of granola bars, peanut butter cookies and caramel	
When there is more saliva in the mouth	
6 What helps washing food away from teeth	
7 They cover the teeth with sugar	
8 Drinks that contain sugar	
9 Broccoli and yogurt have in common	

Text 3 - Multiple matching - B2_

Read the text about violence against teachers. Parts of the text have been removed. Choose the correct part (a-k) for each gap (1-9). There are two extra parts that you should not use.

Teachers 'Threatened with an Axe' as Parent Rows Escalate

Delegates at the annual conference of the National Association of Head Teachers spoke today of a "constant barrage of comments about professional decisions" on social media and "continued online abuse" from parents and members of their communities.

A survey of teachers in February by the insurance firm Ecclesiastical found that more than a third of those contacted by parents on social media. 1

Members also voted to back calls for better support from the government for under-fire headteachers, including training on how to deal with physical and verbal aggression and violence. Tim Gallagher, a former head of a secondary school and pupil referral unit, warned of an "increasing tendency to use a violent reaction towards authority 2

"As headteachers and senior staff, we have all experienced angry parent syndrome where an aggrieved parent has stormed in breathing fire and thunder looking for Mr A or Ms B, who has had the temerity to deal with his or her child 3

Alice Middleton, a head from the Midlands, told the conference that a parent had threatened to kill her in the playground of her school before Easter.

"She later on said she hadn't said that, she'd only threatened to punch my face in, so, that's ok, isn't it?"

And Michelle Sheehy, also from the Midlands, spoke of two colleagues in a nearby secondary school who have suffered "racist and homophobic abuse and were then subsequently threatened with an axe. In another school that I'm working with, teachers leave in groups 4 It stops them from disciplining pupils in the way they think they should. Banning orders have been issued to these parents and they're not really worth the paper they're written on 5"

The safety of teachers and heads has risen up the priority list of education unions in recent years as social media has made it easier for parents to anonymously abuse school staff. Specific incidents, such as protests against LGBT education programmes in Birmingham and Manchester, 6 Sarah Hewitt-Clarkson, the head of Anderton Park school in Birmingham, one of several schools forced to suspend teaching of the "no outsiders" relationships education programme in response to pressure from parents, told the conference that she and another member of staff have "police markers on our houses" as a result of threats. Clem Coady, a delegate from Cumbria, said: "Our job is difficult enough. We need clear guidance urgently, and equally we

including the Department for Education." He also warned that heads may need additional support from "continued online abuse". NAHT officials 7

need guidance and support from our education partners,

Delegates voted today to support two motions on staff safety. The first calls for clear advice and new guidance on how to deal with incidents and lobbying of government to give heads better safeguards against online harassment and professional damage.

The second calls on the government to fund training for school staff on dealing with physical and verbal aggression and violence 8 for schools. Delegates also want guidance which provides a "clear and consistently applicable system for dealing with incidents of violence and aggression against school staff".

"Such guidance may include standard warning letters, advice on when it is appropriate to issue such letters, how to review the ongoing behaviour of those entering school premises, and when and how it might be appropriate 9

Adapted from: https://schoolsweek.co.uk/teachers-threatened-with-an-axe-and-forced-to-leave-in-groups-as-parent-rows-escalate/

- as a seemingly acceptable means of retaliation.
- b. and legal advice for members suffering
- c. because they're afraid of violent repercussions from parents.
- and provide posters and model communications
- had received criticism or abuse.

- f. to be informed by the head teacher.
- have also prompted threats against school staff.
- h. had been invited to report abuse.
- in a manner that he or she does not approve.
- because they're just ignored.
- to ban a person from entering school premises.

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Text 4 - Multiple matching - B2 _

Read the text about how to live better. Choose the correct heading (a-i) for each paragraph (1-7). There are two extra headings that you should not use.

Seven Things You Need to Know to Live Your Best Life and Make a Better World

1

The first time I heard this I got a tiny bit uncomfortable. Did that mean I had to take responsibility for *everything*? Even areas in my life where I had felt mistreated?

I didn't like the idea. But then it hit me: if I want to own the solution, I have to first own the problem. This doesn't mean that what someone else did to us was okay; it just means that we accept what happened and then take responsibility for how we let it affect our life onward.

We can't change a situation in our life that we don't take full responsibility for, because that means that the power sits with someone or something else.

2 .

What makes you go through the roof? Yeah, that's all a mirror of you.

Realizing this for me gave me so many ah-ha moments (after my denial phase). For example, I was frustrated with one person who always interrupted me and others. Why did she always have to interrupt people half-way through?

Well, this was also something I did. Realizing this was powerful: not only could I reveal sides of myself I wanted to work on, it also allowed me to practise compassion instead of judgment with others' behaviour.

3

What you admire in others is also a mirror. It shows what qualities or desires long to be expressed in you. If you admire someone's way of connecting with people, know that you also have that ability.

I always get really inspired when I see someone talking in front of other people, while looking really relaxed. So, I figured that this was a side of myself that wanted to play out more. Since then, a friend and I started organising workshops so we could practise speaking in front of others. Now, those events are a place to meet and connect with others pleasurably.

4

In today's world we're constantly exposed to tragedies. It's everywhere, and we can't ignore it, but we can choose to consciously *respond* to them. However, we cannot react to frustrating, fearful, or stressful situations with frustration, fear, and stress and expect a positive outcome.

This applies to all situations. So, next time someone cuts you in traffic, try to step into their shoes. Maybe they were in a hurry. Maybe their partner had just broken up with them. Hate, anger, and resentment only create separation. What we all need right now is greater connection. So, focus on giving light where there's darkness.

5

What if everyone, including the most evil people on this planet are doing their best at all times? That is, based on their experience, mood, and beliefs.

Acting as if this were true will save you time, energy, and frustration. Maybe the criminal had parents with drug problems and the only way he got attention was by breaking rules and causing pain.

We never know what someone else is going through. We never know their thoughts, experiences, or what caused them to do something.

Just for a while, be them, act like them, and think like them. Things tend to look completely different from another perspective.

6

Some things are hard to accept. Maybe it's a situation, or your own or someone else's behaviour.

For a long time I tried to ignore the fact that I didn't like my job. I tried to numb my feelings by focusing on party weekends, alcohol, and friends. But I was never able to create change by pushing away what I didn't want. Eventually, I had no other option but to accept that it was okay not to feel satisfied where I was. Once I had accepted what was, I was able to change it. Then I could paint out an ideal situation and take small steps forward in that direction.

7

You matter immensely. And knowing it to be true will make you a better person. You matter to those around you, to the society you live in, and to this world.

Not one person has the same set of interests, skills, and experience as you. Your talents, curiosities, and qualities aren't random, they were given to you for a reason.

Put them to use. Let the world see what you're capable of. When you thrive, you give permission for others to do the same.

Adapted from: https://tinybuddha.com/blog/7-things-need-know-live-best-life-make-better-world/

Name	
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- a. Take your power back to where it belongs: to you.
- b. Put love where you can't find it.
- c. Work with what is.
- d. Love everybody.
- e. Turn the focus towards yourself.

- **f.** Take the chance to express yourself more.
- g. Replace judgement with curiosity.
- h. Don't play small.
- i. Realise everybody's power.

Text 5 - Multiple matching - B2.

Read the text about running shoes. Match the beginnings of each sentence (1-8) with the sentence endings (a-j). There are two sentence endings that you should not use.

Turns Out, Expensive Running Shoes Probably Aren't Worth It

If you're a runner, you know that one of the perks of this ultimate low-maintenance sport is that it requires (almost) no equipment. All you need is the open road, working legs, and a pair of shoes on your feet.

But if you've encountered injuries, slowed race times, or achy joints post-run, you may have wondered: *Maybe I need new shoes?*

With a quick internet search, you'll find that hundreds of dollars can go into fancy footwear for running. A stunning Nike ad featuring a toned Olympic distance runner may convince you that, to protect your precious ligaments and achieve your best times, you'll need to drop serious cash on the right pair. But research and consumer experience tell a different story. We dug into the science and spoke to an athletics expert to find out what you *really* need to look for in a legit running shoe – and what you can leave behind at the boutique shoe store.

1. What are all the bells and whistles expensive running shoes offer?

If you've ever walked into a high-end athletic shoe store, you may have had your gait analyzed to determine your pronation since both overpronators and underpronators may be more likely to end up with running-related injuries.

A shoe with pronation control is intended to correct these tendencies by pulling your foot into a more neutral position. This way (at least in theory), you're less likely to injure yourself. Another factor is your plantar shape. This impression of your foot can define the dimensions of your foot, determining whether your arches are low, normal, or high. This can theoretically recommend your perfect (*ahem* expensive) shoe. Many pricier shoes offer custom-molding to fit your foot shape. The claim? It'll mold around your heel to provide stability to keep you from over- or underpronating, as well as comfort. Finally, many running shoes justify their prices with a simple assurance of lightness. Fair enough. On race day, no one wants heavy clodhoppers weighing them down.

2. What the research says

The fancy features that cost top dollar may sound highly technical, but there's surprisingly little substantiation behind the theories of the perfect injury-preventing, speed-increasing, comfort-maximizing running shoe. "Cost does not always equate to comfort, performance, or

"Cost does not always equate to comfort, performance, or perceived quality," confirms corrective exercise specialist Erika Spearl.

A number of scientific studies have looked at how expensive embellishments affect injury and performance – with less-than-impressive results.

A 2009 study in the British Journal of Sports Medicine found that elevated cushioned heels and foot-steadying pronation control systems in running shoes were not evidence-based. Two years later, the same journal published further research that concluded that using pronation control systems was "overly simplistic and potentially injurious." Also, a 2009 study in the Journal of Strength and Conditioning Research found that matching your shoes to the imprint of the bottom of your feet has "little influence" on injury risk.

Science aside, it turns out the average runner doesn't report much improvement from pricey footwear, either. A market research study from October 2019 analyzed more than 320,000 consumers of 336 workout shoes and discovered, bizarrely, that the cheaper the shoe, the higher its ratings and user satisfaction.

3. Look for lightness in your running shoes

According to Sperl, that all-important lightness may be the one thing worth spending extra dollars for.

"While research is somewhat undecided on the performance effects of a stability vs. neutral shoe, it is clear that lighter shoes equal less energy expenditure, which equals increased running economy," she says. "If you are racing seriously, the weight of your shoe should be an important consideration."

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To prevent injury, though, your running form is a far better predictor of whether you'll hurt yourself than any ooh-la-la features of your shoes.

4. Comfort is still the winning feature

A 2015 study that tracked changes in running injuries over the last 40 years came to some no-nonsense conclusions. To pick the right footwear, said the study's authors, runners should "intuitively select a comfortable product" that allows them to "remain in the preferred movement path." As we mentioned, this comfort barometer will look different for every runner, which is a good thing!

It means you can trust your body to help you choose a shoe that feels good to you – regardless of bells and whistles. All it needs to do is help you move, and all you should need to do is lace up and hit the road!

https://greatist.com/move/expensive-exercise-shoes-worth-it

- You don't need much equipment...
- Advertisements try to convince people that pricey shoes are necessary...
- According to specialised running shoes stores, there are fewer probabilities to injure yourself...
- 4 According to specialised running shoes stores, the perfect shoes also consider...
- Many studies have demonstrated that these gimmicks have almost no influence on...
- 6 Findings have proven that you were likely to be more satisfied with your running shoes...
- What you can spend on without remorse and be sure of are...
- The best running shoes for everyone should be...

- **a**. if your shoes take into account and adapt to the way you walk.
- **b.** the shape of your plantar and foot.
- **c.** If they were less expensive.
 - **d.** comfortable and chosen by your body.
- **e**. to be a runner.
- **f.** the boutique store.
 - g. performances or injury rates.
- **h.** to improve your performances.
- potentially dangerous.
 - j. lighter shoes.



Time: max 60 min. **Score:**/36

Text 1 - Multiple choice questions - B1_

INVALSI 1 Listen to this talk by Laura Trice about saying 'thank you'. First you will have 1 minute to study the task below, then you will hear the recording twice. While listening, choose the correct answer (a, b, c, d) for questions 1-6. Only one answer is correct. After the second listening, you will have 1 minute to check your answers.

Remember to Say Thank You

Laura became interested in this topic because...

- a. she realised she wasn't able to say what she wanted.
- **b.** she wanted to express her admiration to people.
- c. she is shy.
- d. She thought she was the only one interested in it.

- a. used to be a drug addict.
- **b.** has never heard from her father that he is proud of her.
- c. works in a rehab facility.
- d. usually talks to her family and friends about her father.

Laura makes example of people she knows that...

- **a.** regularly praise the people they love for what they do for them.
- **b.** take responsibility for the actions they do.
- c. want to stay at home with the kids.
- d. ask their children to do house chores.

Laura has understood that she couldn't ask for what she needed because...

- a. she needed other people's help.
- **b.** she was afraid of what the people could do with that piece of information.
- **c.** she believed everyone was an enemy.
- d. other people were blocking information from her.

Laura refers to what happened with her bike...

- a. to show how the guy working in the shop was great.
- **b.** to say that it is important to take care of broken things.
- c. to demonstrate that being able to say what you need may help you to start a new life.
- d. to challenge the public to repair their bike too.

In her conclusion, Laura...

- **a.** thanks her husband, her mother, her friends and her children.
- **b.** says she's happy because she's done a really good job.
- c. thanks the public because they're building world peace.
- d. says that she believes that a world of peace starts from one's own house.

e thanh you

Text 2 - Short answer questions - B1 _____

Listen to Jules, talking about communicating with dogs. First you will have 1 minute to study the task below, then you will hear the recording twice. While listening, answer the questions (1-8) using a maximum of 4 words. After the second listening, you will have 1 minute to check your answers.

What's Going on When you talk to your Pet

1 Breed of dog who recognised 1,000 words	
2 Why Julie talked to the zoo animals she looked after	(2 things)
They respond appropriately to many commands because they are trained	
4 What is needed to really teach a dog a command	(2 things)
5 What it has been proven that dogs respond to	
Tone of voices that can obtain different reactions from dogs	(2 things)
Message the dogs get when we speak baby talk to them	
8 What dog trainers are better at with dogs than normal people	



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Text 3 - Multiple matching - B2 ___

INVALSI 3 Listen to this interview with DJ Jus-Ed. First you will have 1 minute to study the task below, then you will hear the recording twice. While listening, match the interviewer's questions (a-h) with the answers 1-7. There is one extra question that you do not need to use. After the second listening, you will have 1 minute to check your answers.

In the Mind of a DJ: Jus-Ed

	Answers		Questions
1		a.	What advice do you have for aspiring DJs?
2		b.	What did you learn as a label owner?
3		c.	What did you do to raise your profile as a DJ?
4		d.	How do you define the art of DJing?
		e.	Can you tell us about a time you taught someone else how to DJ?
5		f.	Can you tell us about your debut as a DJ?
6		g.	What changes have happened to your DJ career?
7		h.	How do you prefer to perform as a DJ?

Text 4 - Multiple choice questions - B2 _____

INVALSI 4 Listen to Lauren talking about her recent trip to Laos. First you will have 1 minute to study the task below, then you will hear the recording twice. While listening, choose the correct answer (a, b, c, d) for questions 1-7. Only one answer is correct. After the second listening, you will have 1 minute to check your answers.

Why I Loved Laos

Name

a. people tend to prefer Thailand and Vietnam to Laos.

b. she loved Laos because it has little culture but wonderful people.

c. is in Southeast Asia, between Thailand and Vietnam.

d. Laos was the first foreign country she visited in her life.

2 Laotian food...

a. can be found in the many restaurants along the streets.

- b. doesn't use herbs or spices, but a lot of chillies.
- c. is very colourful and easy to prepare and taste.
- d. is very satisfying.

3 In Laos...

- **a**. the capital city is bustling and chaotic.
- **b.** life is laid-back and calm, as even the locals say.
- c. there are no islands.
- d. it isn't ideal if you want to unwind and chill out.

4 Laos...

- a. doesn't offer adventurous activities.
- **b.** has no mountainous terrain so no hiking is possible.
- c. offers caves and villages to stay in.
- d. offers plenty of fun activities.



Date

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Multiple matching B1/B2 Invalsi

- 5 In Laos, there...
 - a. is little variety of scenery, but it's wonderful.
 - b. are mountains in the south.
 - **c**. are large areas covered with jungles and forests.

d. are many bikes to rent to discover the main farming villages scattered in the country.

- 6 In Laos...
 - a. it's easy to see the influence of its past colonisers.

b. there are many Buddhist temples but, strangely, not in the capital city.

c. the different styles of architecture don't fit together very well.

d. the many Buddhist temples are very simple and bare.

- 7 The waterfalls in Laos...
 - a. can be found only in the Champasak province.
 - b. sometimes come with many natural pools.
 - c. are very tall but not particularly large.
 - d. are few, but absolutely stunning.



Text 5 - Multiple matching - B2 ___

INVALSI 5 Listen to Petra reading her blog on a past experience of hers with a horse. First you will have 1 minute to study the task below, then you will hear the recording twice. While listening, match the beginnings of the sentences (1-8) with the sentence endings (a-j). There are two sentence endings that you should not use. After the second listening, you will have 1 minute to check your answers.

The Human-Horse Connection

- When Petra is worried and sad, she turns to...
- The story is about a white horse who was abandoned by...
- White heat was so beautiful that he attracted...
- He had possibly been abused, that's why he wouldn't be approached by...
- Petra approached him gradually for the whole winter and...
- Petra proved that it is possible to save animals if you...
- 7 White heat overcame his fear of humans and...
- 8 Petra believes that sometimes it...

- a. his trainer.
- **b.** humans with a halter.
- **c.** let him get used to her.
- d. many trainers and adopters.
- **e.** is horses that draw you to them.
 - f. horses.
 - **g.** his owner.
- **h.** is important to approach horses in winter.
- let them saddle and ride him.
- j. let them be themselves and get to know you.



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Class _____ Date ____