

Name: _____ Result: ___/100

Vocabulary

1 Choose the best words to complete the sentences.

- 1 He has really dark, thick _____.
A nails B kidneys C hips D eyebrows
- 2 If your _____ is warm, you may have a fever.
A waist B heel C forehead D ankle
- 3 The woman needed a _____ X-ray to see her lungs.
A liver B waist C thigh D chest
- 4 I have stronger _____ now that I work out.
A muscles B heels C ribs D eyelids
- 5 These jeans are too small. They won't go over my _____.
A ribs B lungs C nails D thighs
- 6 That actress has beautiful, long _____.
A hips B eyelashes C heels D lungs

Score ___/6

2 Read the sentences below. Use the words given to form a word that fits in the gap.

- 1 This is the department for _____ diseases. **(infection)**
- 2 It's normal for your body to be a bit _____ in the morning when it's cold. **(stiffness)**
- 3 Your ankle _____ should heal itself in time. **(injure)**
- 4 Take a break when driving. _____ can cause accidents. **(tired)**
- 5 I need some pain _____ for my headache. **(relieve)**
- 6 I'm sorry, but your arm seems to be _____. **(break)**
- 7 The mild _____ is a symptom of this disease. **(dizzy)**
- 8 The best _____ for this illness is rest. **(treat)**

Score ___/8

3 Complete the sentences with a suitable idiom. There are three extra idioms which you do not need to use.

black out come down with full of beans
keep in shape on the up and up
on your last legs pull through
under the weather up and about

- 1 Kim has _____ a cold, so she's absent today.
- 2 Why are you so _____ today? Have you had too much coffee?
- 3 We were so worried about our dog's health, but he managed to _____.
- 4 You were _____ in no time after your operation.
- 5 How long did I _____ for? It felt like hours. I don't think I ate enough today.
- 6 Nothing can stop him now. He's _____.

Score ___/6

Grammar

4 Correct the mistake in each sentence.

1 If we don't find our way soon, we have to call for help.

2 If I had more time to spare, I'll accompany you.

3 If students won't study hard, they won't fulfil their potential.

4 I'll be offended you don't accept this generous offer.

5 If we emigrated to Australia, we will have a more comfortable life.

6 Would you give up university if you'd won a fortune?

7 Everyone felt exhausted if they sleep poorly.

Score __/7

5 Rewrite the sentences using *unless*, *as long as*, *provided/providing (that)* and *in case*.

1 We're taking a torch. It might get dark.

2 I'll go to the party, but only if there's food.

3 You can only go if you come home on time.

4 I can't go to the dentist, but I can if I leave school early.

5 If the others agree to the plan, I will too.

6 Someone might forget their umbrella, so I'll take an extra one.

Score __/6

6 Complete the email with the correct third conditional form of the verbs in the box.

be call get back hurry leave stay up

Hi Adam,

I should have left when you did last night. I

(a) _____ so late if I had. First I missed the last bus. I would have caught it if I (b) _____.

Anyway, I didn't, so I tried to get a taxi. But because of the concert, it was so busy, and I couldn't get one. I started to walk, which (c) _____ fine if it hadn't started to pour with rain, and if I (d) _____ my umbrella in the restaurant.

I finally got home, soaking wet, and realised Ben had taken my keys by accident. If it had been earlier, I

(e) _____ him, but it was 3 am, so I knocked on the door. If my housemate (f) _____, it would have been terrible!

Hope you had more luck getting back!

Jim

Score __/6

7 Write sentences with *If only* and *I wish* using the prompts. Add words if necessary.

1 If only / lie / dad, / he / mad / me / .

2 I wish / you / do / exam / instead / me / .

3 I wish / brother / eat / so / loudly / .

4 If only / Mum / stronger / swimmer / .

5 I wish / we / stay / home / after all / .

6 If only / there / something / could / done / .

Score __/6

Use of English

8 Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Use between two and five words.

1 It's unclear how we treat this patient.

OF

The _____ isn't clear.

2 I wish the rain would stop.

IT

If _____ raining.

3 The athlete feels great at the moment.

TOP

The athlete is _____ right now.

4 The watch wasn't cheap so I didn't buy it.

WOULD

I _____ if it hadn't been expensive.

Score __/8

Listening

9 Listen to five people talking about sport. Choose from the list (A–G) what each speaker (1–5) says about sport. There are two extra letters which you do not need to use.

A This speaker had to stop exercising because of their age.

B This speaker thinks any form of exercise is just as good as running.

C An injury meant this speaker had to find an alternative form of exercise.

D This speaker believes that doing exercises when you have finished a run is essential.

E According to this speaker, flexibility is important for runners.

F Stiffness can be beneficial to this speaker's running ability.

G Following a regular exercise schedule even in bad weather helps this speaker.

Speaker 1

Speaker 2

Speaker 3

Speaker 4

Speaker 5

Score __/5

10 Listen again and complete the sentences with a word or short phrase. Write one to three words in each gap.

1 Speaker 1 usually runs for more than _____ a week.

2 Sticking to the advice of _____ is sometimes difficult for speaker 1.

3 Speaker 2 _____ during a half marathon.

4 Speaker 3 gave up team sport for the sake of his _____.

5 Speaker 4 was forced to stop _____ sports.

6 Provided speaker 4 _____, she's happy.

7 Speaker 5 regards all sport as a good form of _____.

Score __/7

Reading

From: Tom

Subject: My trip

Hi Sandy,

Good to hear from you. I'm sorry you've been a bit under the weather recently. It must have been a tough few weeks at home recovering from that injury, but it sounds like you're getting back on your feet. As long as you follow the doctor's advice, you'll be fine in no time.

It's such a shame you couldn't come on the trip – (a) _____, but it couldn't be helped. You'll be pleased to know that I've come back the picture of health. Well, not exactly, but I'm fitter than when I went at least. And I'm going to try to keep in shape.

You asked about it, so here goes. On the first day, we were all given our rooms and the timetable for the week. I looked at it and immediately thought, 'If only we'd gone for a beach holiday instead'. I would have probably turned around straight away and come home.

(b) _____

The first day, we did a five-mile jog followed by a ten-mile hike. To my relief, I quickly became aware that rather than struggling to keep up, I was pretty close to the front group. It was actually a good way to meet people as well.

The next day, we all thought we might get a bit of time in bed. It couldn't have been further from the truth. Despite our stiffness and exhaustion, we all managed to do the team sports. Starting with rugby! I think the breakfast helped a lot. (c) _____ One of our team members dislocated her shoulder though. She thought she'd be okay. If we hadn't convinced her to go to A and E, I think it would have been a different story though.

That evening was fun. We had a quiz. (d) _____ I was tempted to call you several times!

After that, we had a day of skiing. It was probably the highlight for me. There was a point where I fell and banged my head. 'If you go slowly, you'll be fine', was what my instructor said. Unfortunately, I couldn't remember how to stop! Afterwards, I felt dizzy and sick, so my time on the slope ended, but I still loved it and can't wait to go again.

On the last day, two of my roommates came down with a cold. (e) _____ Fortunately, I managed not to take home any of their germs ...

The weather was terrible, so luckily we were at the climbing wall. By this point, my muscles ached and I had very little energy. Climbing is not something I was that keen on, to be honest, but that could have just been due to the tiredness.

I couldn't wait to get into my own bed that evening and sleep. You'd have loved the trip for sure. And I checked – there are a few other trips coming up. (f) _____ It's probably a better idea to wait a bit though. A couple of months should be enough. What do you reckon?

Anyway, I'm not looking forward to going back to work tomorrow, but I have some preparation to do, so I should go.

Speak soon,

Tom

11 Read the email and complete the gaps (a–f) with the sentences below. There are two extra sentences which you do not need to use.

- 1 I immediately booked another trip when I got home.

- 2 I avoided them as best I could in case I got it, too.

- 3 You know how full of beans I can be after a good feast!

- 4 If I were fitter, I'd say let's go for the one next month.

- 5 I wouldn't have booked it unless you were going.

- 6 That was unless my roommates hadn't got the same anxious expression on their faces. _____
- 7 As a result, we felt rather pleased with ourselves.

- 8 I wish you had been there to give us a hand. _____

Score __/6

12 Read the email again. Are the statements True (T), False (F) or Not Mentioned (NM)?

- 1 Tom feels he is now at the peak of his fitness.
T / F / NM
- 2 Tom initially had second thoughts about the choice of holiday. **T / F / NM**
- 3 The first day's activities gave Tom some confidence in his abilities. **T / F / NM**
- 4 The girl who hurt herself in rugby had to have an operation. **T / F / NM**
- 5 Tom has already planned his next ski lesson.
T / F / NM
- 6 Tom's exhaustion led to a lack of enthusiasm when climbing. **T / F / NM**

Score __/6

13 In your opinion, which is the best sport or activity to do if you want to get fit? Give three reasons for your choice.

Score __/3

