

Name: \_\_\_\_\_ Result: \_\_\_/100

## Vocabulary

### 1 Complete the text with the correct words or phrases. Write one or two words.

My family are trying to be healthier and have all decided to improve one thing about ourselves. My brother goes to **1** \_\_\_\_\_ and is then tired in the morning, so he's going to try and get to sleep earlier. My sister nearly always **2** \_\_\_\_\_ breakfast but then eats **3** \_\_\_\_\_ snacks during the morning, which isn't good for her teeth. So, she's going to try and have some cereal and fruit in the morning instead. My mum doesn't eat much **4** \_\_\_\_\_ during the week, but she does sometimes have pizza or a burger at the weekend. She's going to try and only have it once a month. My dad has decided to spend more time **5** \_\_\_\_\_, as he works in an office. He's going to go for a walk at lunchtime each day. And as for me? Well, I don't drink **6** \_\_\_\_\_, and I'm often thirsty during the day. I've bought a flask that I can fill up and take with me that will keep my drink cool.

Score \_\_\_/6

### 2 Write the phrases that match the definitions below.

1 to be worried or tense about something

\_\_\_\_\_

2 to do regular exercise

\_\_\_\_\_

3 to get sufficient rest at night

\_\_\_\_\_

4 to do something to make you feel happier

\_\_\_\_\_

5 to consume food fast

\_\_\_\_\_

6 to become busy and keep moving

\_\_\_\_\_

Score \_\_\_/6

### 3 Choose the correct option to complete the sentences.

- My mum wants to be healthier, so she's cutting **out/down/up** sugary snacks.
- Helen switches her mobile phone **on/off/up** so that she can study without interruptions.
- You should try to stick **at/to/on** your new exercise plan – you look great!
- Whenever I go to bed early, I always wake **on/up/with** feeling refreshed.

- Jan wants to cut **down/out/off** on coffee he drinks as it keeps him awake at night.
- I like to sleep **in/on/off** at the weekend.
- My sister takes care **with/off/for** herself – she goes to the gym three times a week.
- I think it's important to talk **with/through/to** problems to avoid getting stressed.

Score \_\_\_/8

### 4 Complete the sentences with the words and phrases in the box. There are three extra words or phrases.

do exercise get up reliable sensible stay up  
take a course take notes win an award

- I like to \_\_\_\_\_ early in the morning so that I can take photos of the sunrise.
- Mike got a camera for his birthday, so he's going to \_\_\_\_\_ in photography at the local college.
- My friend Jenny takes photos at our family celebrations, and she always does a good job. She's very \_\_\_\_\_.
- Let's \_\_\_\_\_ later tonight so we can try and take photos of the bats when they fly around our garden at night!
- John's photograph of the two lions in South Africa is amazing. I think it should \_\_\_\_\_ in the photography competition.

Score \_\_\_/5

## Grammar

## 5 Choose the correct answers to complete the sentences.

- If you finish your homework early, you \_\_\_\_\_ go swimming with your friends.  
a had to    b are able to    c must    d can
- These jeans were on sale, so I \_\_\_\_\_ to buy two pairs!  
a could    b was able    c had to    d can
- When my dad was younger, he \_\_\_\_\_ play football really well.  
a had to    b can    c could    d must
- I \_\_\_\_\_ eat something. I'm so hungry!  
a am able to    b have to    c could    d can
- I \_\_\_\_\_ revise for this exam. It's very important!  
a must    b am able to    c had to    d could
- I've learnt how to speak Italian this year. I \_\_\_\_\_ speak three languages now!  
a have to    b must    c could    d can

Score \_\_\_/6

## 6 Complete the sentences using the negative form of the correct modal verb.

- Lunch is provided on the course, so you \_\_\_\_\_ bring anything with you.
- I didn't have enough money with me, so I \_\_\_\_\_ buy the book I wanted.
- You \_\_\_\_\_ use a mobile phone during class. It's not allowed.
- He arrived an hour late so he \_\_\_\_\_ get into the theatre to see the show.
- My mum \_\_\_\_\_ give us a lift because she's still at work.
- That cake is for tonight's party, so you \_\_\_\_\_ eat it until then!
- My friend bought me a ticket for last night's concert, so I \_\_\_\_\_ buy one.

Score \_\_\_/7

## 7 Correct the mistakes in the sentences.

- To drink coffee late at night isn't very good for you.  
\_\_\_\_\_
- I go to the gym every day keep fit.  
\_\_\_\_\_
- I've got some orange juice, so you don't need buying any. \_\_\_\_\_
- Learning a foreign language is difficult doing. You have to study a lot. \_\_\_\_\_
- Jack isn't interested in to play tennis. He prefers football. \_\_\_\_\_
- He suggested to walk to the shops, but it's too far.  
\_\_\_\_\_
- Jason wants listening to the new album by Dua Lipa. He loves her music!  
\_\_\_\_\_

Score \_\_\_/7

## 8 Choose the correct answers to complete the text.

Hi Emily

How are you? I went to the London food festival at Olympia last week. It was great fun! There were lots of different foods to try and I **1** \_\_\_\_\_ quite a few ingredients to use at home. I haven't tried any of them **2** \_\_\_\_\_, but I'm sure they'll be really tasty. There were a few celebrity chefs there, too, and I watched some of their demonstrations. The focus was on healthy eating, which is something I want **3** \_\_\_\_\_ more about. I think you would love the show, so you **4** \_\_\_\_\_ come with me next time! I'll send you details of when it's next on. It's easy **5** \_\_\_\_\_ there by tube, so we can arrive as the show opens!

Daisy

- a buy    b bought    c was buying    d buys
- a just    b already    c again    d yet
- a learning    b to learn    c learnt    d learn
- a must    b has to    c be able to    d mustn't
- a travel    b travelling    c to travel    d travelled

Score \_\_\_/5

## Reading

### The need for sleep

We've all stayed up late to spend time with our friends or family, watch a late-night film or play our new video game. We tell ourselves that it will be fine. Having only four or five hours of sleep a night is enough, and we can always sleep in at the weekend. However, doing this is bad for us in the **long term**.

### So why is sleep important?

When we sleep, our brain goes through the events of the previous day and releases hormones that control our energy, our mood and our ability to think clearly. To do this, our brain needs between seven and eight hours of sleep. If it gets less than this, it affects our ability to concentrate, and so our mood and productivity go down. When we are **deprived** of sleep, complicated tasks become much harder to do. Recent research has also shown that it becomes difficult to make decisions.

### What you can do to help yourself

- Avoid caffeine, which can be found in coffee, tea, chocolate and some fizzy drinks, approximately ten hours before bedtime. Caffeine is a well-known stimulant of our nervous system, so it helps to keep us awake – something we're trying to avoid!
- Darken your bedroom completely. The brain creates a hormone called melatonin that senses when it is dark outside and therefore prepares the body for sleep. If you try to sleep when there is too much light, the brain may decide that you're not ready for sleep! That's why it can be difficult for people who work at night to get enough sleep during the day.
- Make sure nothing can disturb you. Sleeping in a quiet environment certainly helps – so keep your mobile phone out of the bedroom!

#### 9 Read the text. Are the sentences T (true), F (false) or is there NI (no information)?

- 1 The writer often plays video games late at night.  
T/F/NI
- 2 The brain needs at least seven hours of sleep.  
T/F/NI
- 3 Complicated tasks become more difficult when we are tired.  
T/F/NI
- 4 The writer suggests that we should avoid drinking coffee completely.  
T/F/NI
- 5 The hormone melatonin helps us stay awake.  
T/F/NI

Score \_\_\_/5

#### 10 Read the text again. Then answer the questions. Write complete sentences.

- 1 What does the brain process when we are sleeping?  
\_\_\_\_\_  
\_\_\_\_\_
- 2 What do the hormones released by the brain control?  
\_\_\_\_\_  
\_\_\_\_\_
- 3 Why is it sometimes difficult for people who work at night to sleep?  
\_\_\_\_\_  
\_\_\_\_\_
- 4 Why should we avoid caffeine before going to bed?  
\_\_\_\_\_  
\_\_\_\_\_
- 5 Why is it a good idea to leave your mobile phone in another room?  
\_\_\_\_\_  
\_\_\_\_\_

Score \_\_\_/5

#### 11 Look at the highlighted words in the text. Then answer the questions.

- 1 What does 'long term' mean in paragraph one?
  - a taking a long time
  - b lasting for a long time
- 2 What does the word 'deprived' mean in paragraph two?
  - a We don't have enough of something.
  - b We stop ourselves from doing something.


Score \_\_\_/2

#### 12 Look at the suggestions in the text for how we can help ourselves sleep better. Choose one of the suggestions and say why you like it. Give three reasons for your choice.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Score \_\_\_/3

## Listening

13  Listen to two friends talking. Then answer the questions. Write short answers.

- 1 What is Lisa doing when she meets Mark?  
\_\_\_\_\_
- 2 What does Mark prefer drinking?  
\_\_\_\_\_
- 3 Why does Lisa say Mark has to be careful about what he drinks?  
\_\_\_\_\_
- 4 What does Lisa say happens if you become dehydrated?  
\_\_\_\_\_
- 5 Does Lisa drink a lot of cold fruit tea?  
\_\_\_\_\_
- 6 What does Mark think about trying cold tea?  
\_\_\_\_\_

Score \_\_\_/6

14 Listen again. Are the sentences T (true) or F (false)? Correct the false statements.

- 1 Lisa doesn't mind drinking a lot of water because it's good for her. **T/F**  
\_\_\_\_\_
- 2 Lisa says it was difficult to stick to her new habit at first. **T/F**  
\_\_\_\_\_
- 3 Lisa says it's important to drink enough water. **T/F**  
\_\_\_\_\_
- 4 Lisa says she needs to stay focussed to revise for her exams. **T/F**  
\_\_\_\_\_
- 5 Lisa suggests adding a flavour to water to make it taste better. **T/F**  
\_\_\_\_\_
- 6 Mark agrees to try water with lemon in it. **T/F**  
\_\_\_\_\_

Score \_\_\_/6

15 Listen again. What examples of informal speech do you hear in the conversation? Make a note of expressions you hear in the table.

Shorter sentences	1 _____ _____
Informal expressions	2 _____ _____
Phrasal verbs	3 _____ _____

Score \_\_\_/3

## Speaking

16 Complete the dialogue with the phrases in the box. There are two phrases you do not need.

cook it for two minutes   cut the fruit   finally, pour it  
first, get the ingredients   measure the fruit  
mix the fruit and nuts   you can add a handful

- Maria** I've got a recipe you might like for a healthy breakfast.
- Rob** OK, great. So what do we have to do?
- Maria** 1 \_\_\_\_\_. You need some plain yoghurt, a banana, some strawberries and raspberries and some nuts.
- Rob** OK. What's next?
- Maria** Next, 2 \_\_\_\_\_ into pieces and then chop the nuts up.
- Rob** OK. Is that OK?
- Maria** Yes. Then, 3 \_\_\_\_\_ together and add them to the yoghurt.
- Rob** OK, I've done that.
- Maria** 4 \_\_\_\_\_ into a bowl.
- Rob** Anything else?
- Maria** 5 \_\_\_\_\_ of whole berries on the top if you want to.
- Rob** It looks great!

Score \_\_\_/5

17 Work in pairs and act out the dialogues using the prompts in the Speaking task from your teacher.

Score \_\_\_/5

## Writing

18 Write an email to invite a friend to do one of the following things.

go hiking with you and your family

go to see an exhibition at your favourite museum

take a cookery course

Write 100–120 words.

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Score \_\_\_/10

Teacher's comments:

Vocabulary \_\_\_/25

Grammar \_\_\_/25

Reading \_\_\_/15

Listening \_\_\_/15

Speaking \_\_\_/10

Writing \_\_\_/10

**TOTAL \_\_\_/100**