

GRAMMAR

1 Underline the correct word(s).

Example: Did you go **somewhere** / anywhere / **anything** nice at the weekend?

- 1 She didn't do **nothing** / **something** / **anything** last night.
- 2 You eat too **much** / **little** / **many** sweet things.
- 3 I usually have a **few** / **little** / **enough** milk in my coffee.
- 4 Is there **anybody** / **nobody** / **anywhere** at home today?
- 5 I don't want **something** / **nothing** / **anything** to eat.
- 6 These shoes aren't big **too** / **enough** / **very**.
- 7 **Anyone** / **Someone** / **Something** left their bag in the classroom.
- 8 He has **too many** / **too much** / **too** money. He can't spend it!

	8
--	---

2 Complete the sentences with the correct words.

Example: What time did you get up?
get up you you get up

- 1 This film's boring. Turn _____.
off it it off
- 2 I don't want this dress. Give _____.
it away away it
- 3 These jeans are nice. Put _____.
them on on them
- 4 What are you doing? I'm _____.
looking my phone for looking for my phone
- 5 Can you _____ this evening?
look after your brother look your brother after
- 6 Tom rang. Can you call _____?
back him him back

	6
--	---

3 Complete the dialogues with one word.

Example: A I like reading.
B So do I.

- 1 A I don't like football.
B _____ do I.
- 2 A I went to Italy last year.
B So _____ I.
- 3 A I can speak French.
B So _____ I.
- 4 A I'm not English.
B Neither _____ I.
- 5 A I didn't enjoy the book.
B Neither _____ I.
- 6 A I've seen a crocodile.
B So _____ I.

	6
--	---

Grammar total		20
---------------	--	----

VOCABULARY

4 Choose from the pairs of adjectives in the list to complete the sentences.

~~boring~~ / bored exciting / excited
interested / interesting relaxing / relaxed
depressing / depressed tiring / tired

Example: The film was really boring. I nearly fell asleep.

- 1 I felt very _____ yesterday because I failed an exam.
- 2 Yoga is very _____. It helps me forget all my stress.
- 3 The match was really _____. Our team scored in the last minute.
- 4 I'm not _____ in sport. I prefer music.
- 5 I was _____ yesterday. I had nothing to do.
- 6 Walking around the shopping centre was quite _____. I need a rest!

	6
--	---

5 Complete the phrasal verbs.

Example: Your room's a mess! Put away those clothes!

- Turn the music _____. It's too loud. The neighbours can hear it!
- Ben doesn't get _____ with his brother. They argue all the time.
- You need to fill _____ a form if you want a new passport.
- The test will be _____ in ten minutes. Please check your work.
- I'm going to look _____ some information on the Internet.
- Can you find _____ about cheap hotels in Paris, please?
- He gave _____ smoking last week.
- I stayed _____ really late last night and now I'm tired.

	8
--	---

6 Complete the sentences with the correct word.

Example: He looks just like his brother.

like as same

- I've got the same dress _____ Lisa.
like both as
- I hate sport and _____ does my sister.
similar so neither
- The two girls are _____ good at French.
neither both same
- Our names are very _____. She's called Ann and I'm called Anna.
same similar like
- Mark doesn't work hard and _____ does Ben.
neither so also
- My dog looks _____ your dog.
similar like both

	6
--	---

Vocabulary total	20
------------------	----

PRONUNCIATION

7 Match the words with the same sound.

enough too hungry many gym diet

Example: up enough

- up _____
- bike _____
- egg _____
- jazz _____
- boot _____

	5
--	---

8 Underline the stressed syllable.

Example: identical

- investigate
- diet
- nobody
- however
- enough

	5
--	---

Pronunciation total	10
---------------------	----

Grammar, Vocabulary, and Pronunciation total	50
--	----

READING

1 Read the article about sleep and tick (✓) A, B, or C.

Six months ago, Jane Walker felt moody and irritable. She couldn't concentrate and the quality of her work was getting worse. She knew she wasn't getting enough sleep, so she decided to see a sleep therapist.

'I have a very stressful job. Six months ago, I often worked until midnight, drove home, had something to eat, went to bed, and then got up at five in the morning. I decided to see a sleep therapist. She said I needed to have a regular sleeping pattern, with seven or eight hours sleep every night. This meant I had to go to bed at the same time every night and get up at the same time – even at weekends. I decided to go to bed at eleven and get up at seven.

At first I had problems getting to sleep, so my sleep therapist gave me a few ideas. I often used to go to the gym late in the evening. However, this is a bad idea because exercise can wake you up. So I started going for a walk or swimming at lunchtime instead.

My therapist also suggested that I should create the right atmosphere in my room for sleeping. Bright light tells the brain that it's time to wake up, so I bought some heavier curtains and made sure my room was nice and dark. She told me not to fill my brain with exciting thoughts last thing at night. I like reading thrillers, but I put them away and read romantic stories instead! I also bought a relaxation tape and listened to it in bed.

After about a week I was more relaxed during the day and I had better concentration. The result was that I did more work and it was better quality, too. These days, I try to stick to my sleeping schedule. However, it doesn't always work. I sometimes go to bed after midnight at the weekend and I occasionally watch the odd scary movie!

Example: Jane went to see a therapist because her moods were affecting her _____.

A social life B work C health

- Jane used to go to bed straight after _____.
A working B travelling C eating
- The therapist advised Jane to _____.
A go to bed at a regular time
B get up earlier C go to bed earlier
- Exercising late in the day _____.
A helps you sleep B stops you from sleeping
C has no effect
- Jane decided to _____.
A give up exercise B do more exercise
C exercise at a different time of day

5 The therapist told Jane to make her room _____.

A brighter B darker C quieter

6 Jane decided _____.

A not to read in bed
B to read more exciting books
C to read books she didn't usually read

7 Jane also tried _____.

A relaxing exercises B speaking to friends
C listening to tapes in bed

8 Jane felt better _____.

A immediately B after a couple of days
C after a short time

9 She started to _____.

A work longer hours
B produce better work C dislike her job

10 Now, Jane _____.

A never goes to bed really late
B often reads scary books
C sometimes breaks the rules

10

2 Read the text again and answer the questions.

1 Why did Jane use to go to bed so late?

2 Why should people sleep in the dark?

3 How did Jane create a better atmosphere for sleep?

4 Why did Jane start reading romantic stories?

5 How did Jane feel after changing her lifestyle?

5

Reading total 15

WRITING

How do you feel about exercise? Write two paragraphs. (100–150 words)

Paragraph 1 the good side:

- What kind of exercise do you enjoy?
- How often do you do it? How does it make you feel?

Paragraph 2 the bad side:

- Can you often think of better things to do?
- Do you find it doesn't really make any difference to the way you look or feel?

Writing total 10

Reading and Writing total 25

LISTENING

1 Listen to the conversation. Tick (✓) A or B.

- 1 Matt doesn't drink much tea.
A True B False
- 2 Matt smokes too many cigarettes for his health.
A True B False
- 3 Matt doesn't drink enough water.
A True B False
- 4 Matt doesn't do much exercise.
A True B False
- 5 Matt is about four kilos too heavy.
A True B False

5

2 Listen to five conversations. Tick (✓) A, B, or C.

- 1 What does Patrick do at the weekend?
A He watches TV. B He goes to the cinema.
C He meets friends.
- 2 How did Tim feel at the end of the match?
A He felt bored. B He felt depressed.
C He felt excited.
- 3 When does Harriet usually wake up at weekends?
A After 10.00. B After 9.00.
C Before 9.00.
- 4 Which of the two speakers like watching sport on TV?
A Both do. B Neither does.
C One does but the other doesn't.
- 5 What is the speaker's message?
A Nobody in Paris answered when he rang.
B He forgot to telephone the office in Paris.
C He spoke to somebody in Paris.

5

Listening total 10

SPEAKING

1 Ask your partner these questions.

- 1 How often do you do exercise?
- 2 Do you think you get enough sleep?
- 3 What are your ideal working hours?
- 4 What's your routine at weekends?
- 5 How do you think you could improve your lifestyle?

Now answer your partner's questions.

2 Read about Hannah and answer your partner's questions.

HANNAH – MORNING PERSON

Typical weekday:

Morning

- 6.00 a.m. – go for run
- 8.00 a.m. – start work
- lunchtime – go to gym
- 4.00 p.m. – finish work

Evening

- read / something romantic
- listen / CDs
- eat / healthy food
- 10.00 p.m. – go to bed

3 Now make questions and ask your partner about Mick's typical weekday.

- morning / evening person?
- what time / wake up?
- what time / start / finish work?
- where / go / lunchtime?
- what / do / evenings?
- what time / go to bed?

Speaking total 15

Listening and Speaking total 25