

Name _____ Class _____ Date _____

Vocabulary

1 Choose the correct option: A, B or C.

- 1 When I finish university, I would like to start a _____ in Engineering.
A work B working C career
- 2 He works _____ research.
A in B as C for
- 3 In the _____ we decided to stay at home and order a pizza.
A past B summer C end
- 4 She _____ in her notice after she got a new job.
A worked B gave C earned
- 5 We get _____ training for the first six months.
A on-the-job B notice C successful

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2 Complete the sentences with a verb in the correct form.

- 1 If you want _____ better, you should do what the doctors tell you!
- 2 While I _____ the operation, my family were waiting for me.
- 3 She didn't _____ an appointment until the pain in her back was really bad.
- 4 He won't get fit unless he _____ some exercise.
- 5 If I hadn't eaten so much chocolate, I wouldn't _____ so sick now.

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3 Match the sentence halves.

- | | |
|---|---|
| 1 ☐ We can all make | a up a news story about spaghetti trees. |
| 2 ☐ She didn't laugh when we played | b fun together. |
| 3 ☐ My best friend and I always have | c a difference if we recycle. |
| 4 ☐ The BBC made | d my jokes, although I think they're hilarious. |
| 5 ☐ My dad never gets | e a joke on her but it was funny! |

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4 Circle the correct options.

- 1 Stop using your phone or you'll *get* / *have* us into trouble with the teacher.
- 2 My big brother always wants to *behave* / *break* the rules – he's a rebel!
- 3 Her parents don't *let* / *allow* her watch TV.
- 4 We always do what we're *said* / *told*! We're perfect students.
- 5 You *are not allowed to* / *don't let* walk on the grass!

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Grammar

5 Complete the sentences with one word.

- America _____ discovered by Christopher Columbus in 1492.
- _____ coffee grown in Brazil?
- My brother is _____ trained to work as a firefighter at the moment.
- Since the 1990s, the Internet _____ been used all over the world.
- We _____ not given permission to use the school hall for the party.

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6 Complete the sentences with the past simple, past perfect or past perfect continuous form of the verbs in brackets.

- When I _____ (get) to her house she wasn't there because she _____ (go out).
- He _____ (fail) his exams so he _____ (not/can) come to the party.
- She _____ (be) tired because she _____ (work) in the restaurant for twelve hours.
- How long _____ you _____ (walk) when you _____ (realise) you were lost?
- When the flight _____ (arrive), we _____ (wait) for four hours.

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7 Match the direct and reported speech and complete the sentences with the correct form of the verb.

- | | |
|--|---|
| 1 ☐ 'You can go to the party.' | a Miss Jones told us _____ an article for homework. |
| 2 ☐ 'I want to go and see a film.' | b She said she _____ her exam. |
| 3 ☐ 'I've finished my exam.' | c He encouraged me _____ the competition. |
| 4 ☐ 'Write a news report.' | d My mum allowed me _____ to Sarah's birthday. |
| 5 ☐ 'You should enter the competition; you're great!' | e He wanted _____ a film. |

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8 Complete the sentences with one word.

- I wasn't _____ to go out at night when I was your age.
- If I'd got into trouble at school, I _____ not have been able to come to the party.
- Our parents don't _____ us watch TV after 10pm – they expect us to be asleep!
- She'd have enough money for her concert ticket _____ she hadn't gone shopping last weekend.
- They _____ not allowed to have mobiles in class so they got into trouble with the teacher.

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Reading

9 Read the article and answer the questions.

Food is the Best Medicine

'An apple a day keeps the doctor away' may be a cliché but it is based on the truth. What we eat can influence our health and if we are ill, eating well can also help us get better.

Preventing Disease

People think we need to eat meat and dairy products to be healthy – we need iron for our blood, and calcium for our bones and teeth. However, we can get these minerals from vegetables too. In some cultures, dairy products are not available but people can get the vitamins and minerals they need from other foods.

Iron in our blood helps to keep our energy levels up. Iron can also be found in whole grains (like brown bread or rice) legumes and pulses (chickpeas and lentils) dried fruit, nuts and seeds. This type of iron, from plant-based sources, is much healthier for us.

Eggs are a great source of protein. However, they also contain cholesterol which can cause heart attacks. If we eat plant proteins from whole grains, beans and lentils we can avoid health problems like high blood pressure caused by cholesterol.

Making You Feel Better

The most common fatal diseases in the UK are:

- heart disease
- lung disease
- cancer
- diabetes
- high blood pressure (leading to strokes when there is bleeding in the brain)

Some of these health problems are related to smoking, drinking alcohol or being overweight (when you are too heavy for your height). However, these diseases can be prevented and treated by eating certain foods.

When people in research studies were put on a diet that was based on plants (including cereals, maize, beans, vegetables, fruit and greens), they said they felt better, had more energy, lost weight and had fewer problems with sleeping and digestion. While these diets are less 'fun', they work. Lots of people who tried them during the research chose to continue eating the same food afterwards. People put on a vegan diet in studies have experienced a 75% drop in their blood pressure within days. This shows the power of plants!

What's more, it has also been proved that you can eat food to make you happy. Eating fruit like apples, berries and grapes and vegetables like kale and onions, can help the chemical balance of your brain and improve your mood. So you can feel happier without having to take medicine.

If we make big changes to our diet, we will see big health benefits. Why not try a bean burrito instead of a beef one? It's cheaper, healthier and more fun than a trip to the doctor's! So what are you waiting for? You'd better eat more greens!

- 1 According to the writer, how often should you eat an apple to stay healthy?
A every week B less often C every day
- 2 Which foods contain calcium?
A Only dairy products B Both dairy products and vegetables C Only vegetables
- 3 Which mineral is needed for healthy blood?
A calcium B iron C vitamins
- 4 What is the healthiest way to get iron from food?
A Eating iron-rich plants B Eating meat C Consuming dairy products
- 5 What is the disadvantage of eating lots of eggs?
A They contain protein B They contain fat C They contain cholesterol
- 6 What should you do to prevent the most common killer diseases?
A You should smoke, or drink alcohol but you should eat a lot. B You shouldn't drink alcohol C You shouldn't smoke, drink or eat too much.
- 7 Which is the best diet if you want to lower your blood pressure?
A A vegan diet B A vegetarian diet C A diet with everything
- 8 A vegetarian diet...
A Can make you happy. B Doesn't give us enough energy C Is more expensive
- 9 How can food change the way you feel?
A It gives us energy B It affects the chemicals in our brain C Eating less food makes us thinner
- 10 Which foods can make you feel happier?
A Apples, berries and grapes B Hamburgers and chips C Dairy products

Writing

10 Complete the second sentence so that it means the same as the first. Use no more than three words.

- 1 Stephanie Meyer wrote *Twilight* in 2005.
Twilight _____ Stephanie Meyer in 2005.
- 2 I got to the party at 10.30pm but my friends left at 10.15pm.
When I got to the party, my friends _____ home.
- 3 'Would you like to come to the cinema tonight?'
My friend invited _____ to the cinema.
- 4 We're not allowed to chew gum in school.
The teachers _____ chew gum in school.
- 5 She didn't study. That explains why she failed the exam.
She _____ failed the exam, if she'd studied more.

10

11 Write a news report (100 – 120 words).

Think of an interesting topic and headline and write a short news report about it for your school magazine. Include the following:

- 2 examples of reported speech
- 3 different tenses
- 2 time linkers
- 1 conditional sentence

You can use the following points to help you plan the article:

- what happened
- what had happened before the event
- what happened as a result
- who saw what happened
- what they said about it

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TOTAL SCORE

100