

Name _____

Class _____

Date _____

Vocabulary**1 Complete the sentences with the words in the list.**

earning | notice | pay | promoted | works

- 1 My dad's a security guard and he _____ really long hours.
- 2 She hates her job so she gave in her _____ last week.
- 3 I want to be _____ so I am working very hard at the moment.
- 4 He's not _____ much money but he really loves his job so it's not a problem.
- 5 The _____ is fantastic but it's a really challenging job!

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2 Correct the sentence by changing the underlined word.

- 1 My granny is having an exercise on Friday morning. _____
- 2 You need to take an appointment with the doctor. _____
- 3 He should see a operation about his headaches. _____
- 4 I think you're getting sick; you can leave the hospital tomorrow. _____
- 5 My dad needs to take more appointments because he eats too much. _____

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3 Complete the sentences with the correct form of the words in the list.

have | laugh | make | play | tell

- 1 My big brother is always _____ fun of me - I don't like it.
- 2 My friends always _____ at me during dance class because I'm always doing the wrong moves!
- 3 My Science teacher is rubbish at _____ jokes but he thinks he's so funny.
- 4 Nina phoned him and told him he'd won a holiday. He wasn't happy to find out she _____ a joke on him.
- 5 We _____ a lot of fun on holiday this year – we went camping and made lots of friends.

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

- 1 When I was little my parents _____ for not doing my homework.
A told me off B let me C did what I was told
- 2 We can _____ a difference if we work together to protect the environment.
A take B have C make
- 3 They got punished for _____ the rules during the exam.
A behaving B breaking C telling off
- 4 My mum _____ us to take the dog for a walk while she was out.
A warned B invited C reminded
- 5 A I was really tired after school yesterday.
B _____ you went to bed early last night.
A So that's why B Because C It's because of

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Grammar

5 Match the sentence halves.

- | | |
|---|--|
| 1 ☐ 'The Scream' was | a sent right now. |
| 2 ☐ Olives have been grown | b built by the Ancient Greeks. |
| 3 ☐ How often are | c painted by Edvard Munch. |
| 4 ☐ The Acropolis was | d the Olympics held? |
| 5 ☐ Millions of emails are being | e in Mediterranean countries for millenia. |

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6 Circle the correct options.

- When I got to my friend's house, she *left / had left* so I had to go to the concert alone.
- They'd studied hard for their exams, so they *passed / had passed* them with high marks.
- Her parents were angry with her because she hadn't *listened / been listening* to them.
- He couldn't pay for lunch because he *lost / had lost* his wallet.
- How long had he been *waited / waiting* for the appointment when the doctor arrived?

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7 Complete the reported speech sentences with the correct form of the verbs from the quotes.

- 'I can speak three languages.'
He said he _____ three languages.
- 'I've known my best friend since we were two.'
She said she _____ her best friend since they were two.
- 'We're going to Milan this weekend.'
They said they _____ to Milan that weekend.
- 'You won't win the competition if you don't train more.'
My coach told me that I _____ the competition if I didn't train more.
- 'Be quiet!'
The librarian told us _____ quiet.

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

- I'm _____ go out on school nights because I have to do my homework.
A don't let me B not allowed to C allowed to
- If I _____ it was your birthday, I'd have brought you a present!
A knew B know C had known
- My teachers _____ use their first names – we have to say 'Miss' or 'Mr'!
A don't let us B are allowed to C aren't allowed to
- He _____ the exam if he had set his alarm clock the night before.
A would miss B had missed C wouldn't have missed
- My mum _____ cook my own food because I always want chips!
A doesn't let me B is allowed to C isn't allowed to

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Reading

9 Read the article. Decide if the sentences are T (true) or F (false).

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 You can only get calcium from dairy products.

2 Fruit doesn't contain iron.

3 Eggs contain cholesterol.

4 Eating a lot of meat is good for you.

5 Eating a diet based on plants makes you overweight.

6 You can feel like you have more energy on a vegetarian diet.

7 People in the research studies enjoyed their new diet and some stayed vegetarian afterwards.

8 A vegan diet increases your blood pressure.

9 Eating apples can make you feel sad.

10 A bean burrito is healthier than a beef burrito.
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10 Complete the sentences for you.

- 1 _____ are made in _____.
- 2 When I finish studying, I want to work as _____.
- 3 I'd never _____ until _____.
- 4 As soon as _____ I _____.
- 5 Last night my parents _____ me _____.

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Think of an interesting topic and headline and write a short news report for your school magazine. Include two examples of reported speech, at least three different tenses and some time linkers (*when, as soon as, then, until, while*).

- 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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