

TEST

LISTENING

Listen to the conversation between two friends and answer the questions 1-7, deciding whether the statements are A (True), B (False) or C (Not stated).

1. The girls have been able to look after themselves at university.
2. Jackie's mum is a better cook than Julia's mum.
3. There is a wide variety of food on offer at a refectory.
4. Julia hasn't been exercising enough.
5. They share a kitchen with tidy students.
6. The girls are planning to cook a traditional fried breakfast tomorrow.
7. The girls are going to get up early tomorrow.

READING

Read the text and match items A-G with gaps 1-6. There is one item you do not need to use. Write your answers in the table below.

Colourful and crunchy fruit and vegetables can be an enjoyable part of our diet. However, not all children and adults eat the recommended amount of two pieces of fruit and five vegetables per day. Some children learn to expect 'tastier' snack foods 1_____. Unfortunately, parents may not always set a good example 2_____.

There are many reasons why we should eat plenty of fresh produce. Not only are they packed with healthy vitamins, 3_____. Eating more fruits and vegetables can also lower cholesterol and bring down high blood pressure. They also keep your eyes and digestive system in good shape.

Fruit and vegetables can be any colour, shape, texture or variety. They can be frozen, fresh, tinned or dried. There are also many ways to prepare them, 4_____. It is important to include a variety of different colours of fruit and vegetables in your diet.

Sometimes vegetables and fruit can seem expensive. But, compared to packaged foods like crisps, they are relatively cheap. If you are worried about the cost, choose those that are in season. That way you will get a chance to try new things 5_____.

So how can we find ways to include more fruit and vegetables in our diet? It is a good idea to add fruit to your breakfast cereal in the mornings. Or you can try drinking fruit juice **6** _____. Increasing the amount of fruit and vegetables, you eat by as little as one serving a day can make a big difference.

- A which give us the daily vitamins that we need
- B and enjoy more flavor, too
- C and reject the healthier options such as raw carrots or an apple
- D such as steaming, boiling, microwaving, stir-frying or roasting
- E but they can also lower the risk of disease
- F by enjoying a wide variety of fresh fruits and vegetables themselves
- G instead of coffee, tea or fizzy drinks

VOCABULARY/GRAMMAR

Match the words/phrases in Column A with the words/phrases in Column B. Fill in the table.

Column A

- 1 sparkling
- 2 bitter
- 3 well-balanced
- 4 iron-rich
- 5 regular

Column B

- A meals
- B exercises
- C water
- D chocolate
- E foods

Choose the correct answer A, B or C.

- 6. I'm making a fruit salad with apple, peach and
 A cabbage B grapes C peas
- 7. The soup is very tasty. What did you use?
 A additives B spices C seeds
- 8. Is there anything to eat? My tummy is
 A rumbling B moving C starving
- 9. Andy is so; she sometimes eats a whole packet of biscuits without offering a single one to anyone else!
 A starving B hungry C greedy

10. My favourite vegetables are broccoli, cabbage and

A plums B pears C carrots

Complete the sentences with the correct form of the verb.

11. If I (not/have) to work tonight, I would come with you to the restaurant.

12. I wish he (stop) watching TV! He's been sitting there for four hours.

13. I(enjoy) the play if the lady behind me hadn't been talking all the time.

14. If I (be) you, I wouldn't eat that.

15. If only I (not/cause) damage to his car! He wouldn't be upset with me now!

11	12	13	14	15