Mid-Year Written Test

Reading

Read the text and insert the missing sentences. There are three extra sentences which you don't need to use.

4 bad eating habits *and how to fix them*

As teens grow and develop, it's normal for them to feel hungrier and start to eat more. Extra food gives them extra energy and the nutrients to support their growth. Teens also start changing their eating habits. 1 ☐ Sadly, they don't seem to realise how bad their diets are and that it isn't healthy to have biscuits for breakfast and burgers for lunch. Here are the four worst food habits of teens and how to fix them.

Skipping breakfast

One of the worst eating habits is skipping breakfast. 2 ☐ Eating breakfast helps with weight control, affects a teen's mood and their performance at school. It's important that parents make it part of their routine to put breakfast on the table and sit with their teens while they enjoy a healthy breakfast.

Dining out often

Teens visit fast food restaurants as much for the food as for the social life. 3 ☐ Or maybe they can't have lunch or dinner at home because of football practice or music lessons. Teenagers need to realise they can have fast food once a week. Parents need to make dinner and healthy food available to them when they have the time. When hungry teens get home from sports practice or whatever activity they enjoy, they can simply heat this food up.

Too many soft drinks

Research into the eating habits of young Americans has shown that soft drinks remain a favourite among teens. 4 ☐ They can develop healthier habits by drinking fruit juice and water and not buying soda or cola. They can try low-sugar alternatives that still offer flavour and sweetness but don't have as many calories.

Preference for high-calorie snacks

Fats, oils and sweets are at the top of the food pyramid. This group is filled with foods that may threaten your health. Teens develop a preference for these foods as they grow older. Quite often, eating too much from this group doesn't allow enough healthy foods into their diet. The only way young people can break this habit is by having fruit and healthy snacks available. Not having snacks that are high in fat and calories is also helpful. 5 ☐

Out of all age groups, a teenager's growing body requires the most energy. Teenage boys should consume up to 3,200 calories per day on average. Teenage girls should consume up to 2,400 daily calories on average. This much-needed energy should come from superfoods like berries, nuts, fish, beans and yoghurt. Parents should stock the kitchen with healthy food and be good role models in order to monitor their teens' eating habits.

A That is where they go to hang out with friends.

B Asian children were less likely to get their calories from fast food.

C Instead of grabbing a bar of chocolate, a better option is to reach for a piece of fruit or some nuts.

D For example, they start eating fewer vegetables and more fatty and sugary foods.

E Eat dinner together as a family whenever you can.

F Sugary drinks are not the healthiest choice that teens can make.

G A fruit salad is just as much fun for breakfast as it is for dessert.

H According to research, as many as 20% to 30% of teens do not eat breakfast on a regular basis.

Reading: ____ / 10

LIVEWORKSHEETS

Use Your English

1 **Read the text and choose the correct answers.**

Vegan travellers

Ten years ago, there were about 700 vegan restaurants worldwide. Today, there are over 8,000. The number of people that have [1]___ to a vegan diet has increased dramatically, and most restaurants have included vegan options on their [2]___.

London is a vegan-friendly city with about 300 restaurants specialising in the diet, and a large number of vegan-friendly bakeries, cafés and stalls. The UK's largest vegan restaurant is a three- [3]___ eatery in Norwich, which [4]___ hot drinks, juices, burgers, [5]___ and more.

New York is considered to be the international food capital of the world. There are more than 100 vegan restaurants in the city centre, where you can try great food [6]___ by Mediterranean or Chinese cuisine. New York also has a number of French vegan restaurants, where you can have amazing [7]___ and vegan versions of other classic French [8]___.

Although Los Angeles may be best known for Hollywood [9]___, including a number of vegan ones (Joaquin Phoenix, Alicia Silverstone, and Casey Affleck, to name [10]___), it is also an international vegan destination with more than 250 vegan and vegan-friendly restaurants in the city centre. It's a superb choice for vegan tourists!

1	A followed	B switched	C adopted	D chosen
2	A menus	B products	C ingredients	D diets
3	A area	B place	C side	D storey
4	A bakes	B sets	C serves	D lays
5	A desserts	B the dessert	C dessert	D a dessert
6	A designed	B produced	C inspired	D made
7	A the crepes	B some crepe	C crepe	D crepes
8	A ingredients	B dishes	C flavours	D smells
9	A celebrities	B relations	C generations	D siblings
10	A few	B many	C a few	D any

___ / 10

2 **Complete the sentences with the correct form of the words in bold.**

1	This pumpkin soup is a bit too _____ for me.	**SALT**
2	A _____ is a small dish served as the first part of a meal.	**START**
3	The dinner party was a huge _____.	**SUCCEED**
4	There was a lot of noise and it was _____ to sleep.	**POSSIBLE**
5	The youngest _____ was 16 years old.	**PARTICIPATE**
6	Video games are the main form of _____ for younger people.	**ENTERTAIN**
7	Their cottage was _____ decorated.	**BEAUTIFUL**
8	Who is the _____ of that amazing mansion?	**OWN**
9	There is still a great deal of _____ about how the system works.	**CONFUSE**
10	I had a big _____ with my twin sister this morning.	**ARGUE**

___ / 10

LIVEWORKSHEETS

Mid-Year Written Test

3 Complete the second sentence so that it has a similar meaning to the first sentence, using the word in bold. Do not change the word in bold. Write between two and five words.

1 Mum has made an appointment with the doctor at 4.00 pm.
SEEING
Mum _____ the doctor at 4.00 pm.

2 Dad doesn't mind waking up early to go to work on Saturdays.
USED
Dad _____ early to go to work on Saturdays.

3 He is going to finish school and then go to college.
WHEN
He'll go to college _____ school.

4 Grandma used to sit in the garden for hours.
WOULD
Grandma _____ in the garden for hours.

5 This tea has a bitter taste.
TASTES
This tea _____.

6 We started playing Jenga at two o'clock and it's now four o'clock.
BEEN
We _____ Jenga for two hours.

7 My younger brother ate too much ice cream and then felt sick.
EATEN
My younger brother felt sick because _____ too much ice cream.

8 Mum will probably buy an electric car.
LIKELY
It's _____ an electric car.

9 There is very little jam in the jar – we need to buy some.
MUCH
There _____ left in the jar – we need to buy some.

10 He doesn't like maths.
NOT
Maths _____ favourite subject.

____ / 20

Use Your English: ____ / 40

LIVEWORKSHEETS

Mid-Year Listening Test

Listening – Part 1

Listen and choose the correct answers.

1 Which video game does the girl like most?

A

B

C

2 What time did the taxi arrive?

A

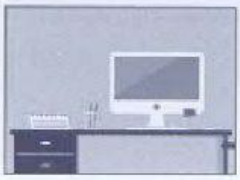
B

C

3 How will the boy contact his mother?

A

B

C 

4 What did the girl do last Saturday?

A

B

C

5 What did the boy buy first?

A

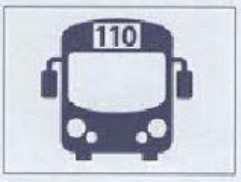
B

C

6 Which bus will the girl catch?

A

B

C 

7 Which sport did the boy do for the first time at the sports centre?

A

B

C

LIVEWORKSHEETS

8 Which TV programme is on at 8 o'clock tonight?

A

B

C

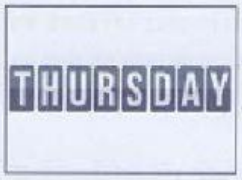
9 What is the man going to have for lunch?

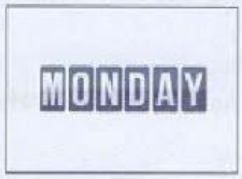
A

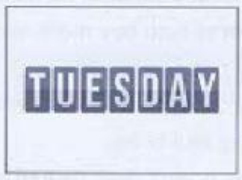
B

C

10 When is the boy's French exam?

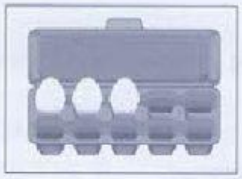
A 

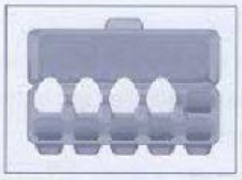
B 

C 

11 How many eggs do you need to make the cake?

A

B 

C 

12 What is the man's job now?

A

B

C

13 Where does the girl live?

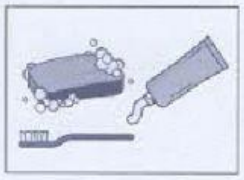
A

B

C

14 What did Sally bring?

A

B 

C

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LIVEWORKSHEETS

Mid-Year Listening Test

Listening – Part 2

A **Listen and choose the correct answers.**

1 You will hear two friends talking about a rapper. The boy thinks that the rapper
- A should find another title for his latest single.
- B should have healthier eating habits.
- C shouldn't be called the 'new king of hip-hop'.

2 You will hear two friends talking about buying a flat. The boy advises the girl
- A to buy the flat in the old building.
- B to buy the flat in the tower block.
- C not to buy either of the two flats.

3 You will hear two friends talking about recycling. They agree that
- A the school should move the recycling bins from the playground to the school canteen.
- B their classmates should be using the recycling bins more often.
- C the school should buy more recycling bins.

4 You will hear a boy telling his friend about a school trip. What does he say about it?
- A It was long and tiring.
- B It was less boring than he had expected.
- C He felt sick the whole time.

5 You will hear two friends talking about learning Chinese. The girl thinks that
- A her pronunciation has got better.
- B the grammar is difficult.
- C the vocabulary is more difficult than the grammar.

6 You will hear two friends talking about the girl's new teacher. The girl thinks that her teacher
- A doesn't treat her students well.
- B is very young but quite sociable.
- C is very young and not very sociable.

___ / 6

LIVEWORKSHEETS

B **Listen and choose the correct answers.**

You will hear a radio interview with Evan Edwards, a famous online gamer.

1 Why does Evan play online games?
- **A** He finds it very entertaining.
- **B** He thinks it's an enjoyable pastime.
- **C** It helps him reduce stress.

2 How does Evan decide what game he's going to play?
- **A** He chooses strategy games if he's not tired.
- **B** He chooses action games if he's not tired.
- **C** He chooses adventure games if he's not tired.

3 How does Evan feel after playing?
- **A** He finds the suspense tiring.
- **B** He has an overall positive feeling.
- **C** He is not looking for the next challenge.

4 What does Evan say about the gaming experience?
- **A** He becomes competitive.
- **B** It develops creativity.
- **C** It's better than hanging out with friends.

5 What is Evan's favourite thing about gaming?
- **A** the feeling of pleasure he gets from playing
- **B** spending a lot of time in front of the screen
- **C** being addicted to online games

____ / 5

Mark: ____ / 25

LIVEWORKSHEETS