

Student: _____
Date: _____

UNIT 7



ELEMENTARY LEVEL (A2)

1 Complete the sentences with the words in the box.

do do go take walk

- 1 My office is near my house and I usually _____ to work, but I drive when it's raining.
- 2 Try to _____ the stairs, not the lift, so you can get some exercise.
- 3 Phil likes to _____ to the gym three times a week. He even rides his bicycle there and back!
- 4 I'm quite healthy because I _____ lots of physical jobs around the house.
- 5 At primary school, children _____ an hour of exercise each day.

2 Choose the option to complete the sentences.

- 1 Can I **lend / borrow** your phone to call my boss?
- 2 Pippa **said / told** she was tired.
- 3 We **watched / looked at** a great film at the cinema last week.
- 4 You can **come / go** to my house for a coffee later.
- 5 When you go out, **bring / take** an umbrella with you.
- 6 They **told / said** me the way to the bank.
- 7 Sonje **lent / borrowed** me her suitcase when I went on holiday.
- 8 She **looked at / watched** the map before she left the house.

3 Choose the correct word.

- 1 Michael **runs / swims / does judo** 10 kilometres in the park every day.
- 2 We like to **play tennis / swim / play football** in the sea when we go on holiday.
- 3 Jim and Rui **play basketball / cycle / go fishing** on the river most weekends.
- 4 I **do athletics / go to the gym / jog** to use the exercise machines.
- 5 There is a stadium in our town and a lot of people **do athletics / go fishing / ski** there.
- 6 Kate's doctor told her to **do judo / ski / do yoga** because she has back pain.
- 7 We sometimes **play basketball / cycle / go fishing** in the local sports centre.
- 8 Dimitri **plays football / goes fishing / jogs** for his university team.

4 Complete the conversation with NEGATIVE PAST TENSE verbs.

- Rani** Hi Pedro, how are you?
- Pedro** A bit hungry actually. I ¹ _____ breakfast this morning.
- Rani** Why not?
- Pedro** I got up late so I ² _____ time.
- Rani** Oh no! Well, do you want to come to the gym with me later?
- Pedro** Yes, I do. I ³ _____ to the gym yesterday so today is good for me. Also, we ⁴ _____ tennis last week. Do you want to play on Saturday?
- Rani** Yes, I'd like that. I ⁵ _____ any exercise last week so tennis is a good idea.

5 Complete the conversations with the PAST FORM of the verbs in the boxes.

Sophia So how's your new healthy lifestyle?

Ashun It's good, thanks. I feel a lot better. Yesterday I ¹ _____ salad for lunch and I ² _____ a healthy dinner for the family. And I ³ _____ some exercise in the evening! But I ⁴ _____ to work because I was a bit late. Tomorrow, I want to walk.

Sophia That's great! I'm trying to be healthy too. Yesterday I ⁵ _____ the stairs up to my office on the 10th floor!

do
drive
eat
make
take

Miki Hi Raj, how was your evening?

Raj It was good, thanks. I ⁶ _____ some emails to a few friends and also ⁷ _____ time to go for a run in the park. Then my wife ⁸ _____ home and she ⁹ _____ me about her day. Then we ¹⁰ _____ on the sofa and watched TV.

Miki It sounds very relaxing. I worked late at the office and then just went home to bed.

come
have
sit
tell
write

6 Choose the correct option to complete the text.

Recently, scientists studied how older married couples can keep their brains healthy with some mental exercises. An example of an exercise was the 'holiday memory test'. ¹ **First / Next**, the couples wrote a list of all the holidays they had in their lives. ² **Then / Finally**, they tried to remember details of each holiday. ³ **Lastly / Next**, they asked about each other's favourite memories. ⁴ **Finally / After that**, the scientists studied the information.

⁵ **Finally / Next**, they decided this exercise helped older people's memories. The couples agreed and said the memory test helped them think about the past. Many couples decided to continue the exercise at home, e.g. with memories of their children, pets and houses they lived in before.

7 Read the article. Decide if the sentences are true (T) or false (F). If there is no information about this, choose 'not given' (NG).

1. Dried fruit

This has lots of sugar in it. People usually eat it a lot because they snack on it when they are at work. Eating half a cup of dried banana is like eating nine slices of bread. They have the same energy. Half a cup of raisins has the same sugar content as fifteen slices of bread!

2. Cereal

This is good for you before exercise like jogging or going to the gym because the sugar gives you energy. But it can be full of fat as well. One cup of cereal can have over 20 grams of fat.

3. Fruit yogurt

Yogurt with fruit also has lots of sugar. Often the fruit is in a sauce and that is full of sugar, too. But it's fine to eat it after doing sport for some extra energy.

4. Fruit juice

People think fruit juices are healthy, but this is not always true. Again, lots of them are full of sugar and don't have a lot of real fruit.

5. Nuts

These are good for you but only eat a little. Nuts have a lot of energy but also lots of fat, so it's important not to eat them all the time.

- 1 You shouldn't eat dried banana with bread. _____
- 2 Cereal has sugar in it. _____
- 3 Yogurt without fruit has no sugar. _____
- 4 Fruit juice is very good for your health. _____
- 5 Eating lots of nuts is a good idea. _____