LEVEL 2 – UNIT TEST

LISTENING

A 8.1 **Listen to an interview about the Midvale Social Club. Complete the sentences.**

1 The purpose of the club is to provide a place where people can meet others and _____ in their free time.
2 At the park in town, people can go kayaking or _____ on the lake.
3 The club offers activities that many people _____ since they were children.
4 Most of those who go to the club are _____ in their 30s and 40s.
5 Going to the club stops people from being bored or _____.

VOCABULARY

A Complete the sentences with the words from the box.

clay coloring fly models

1 Let's go outside and _____ a kite!
2 My brother enjoys building _____ of boats.
3 Have you ever made something with _____? It's great fun!
4 My cousin spends hours _____ in pictures in special books.

B Choose the best answers (a, b, or c) to complete the sentences.

1 Julietta does … to stay healthy.
a aerobics **b** potluck **c** jewelry

2 On Sundays, I often go … with my children.
a for yoga **b** to the park **c** a barbecue

3 In the summer, we often invite friends to … a barbecue outside.
a make **b** have **c** go

4 There's a river near my house and I sometimes … kayaking on it.
a do **b** make **c** go

5 I have a co-worker who … furniture as a hobby.
a has **b** makes **c** does

6 It's a beautiful day. Let's go … a drive in the country.
a to **b** for **c** at

C Choose *True* or *False*.

1 People often get **stressed** if they have a lot of work to do. True / False
2 We are usually **nervous** before an important interview. True / False
3 After a long sleep, people usually feel **rested**. True / False
4 You always feel **guilty** if something makes you happy. True / False
5 You feel **bored** if you are really interested in something. True / False

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LIVEWORKSHEETS

GRAMMAR

A Correct the sentences that have mistakes. Check (✓) the correct sentences. There is at least one correct sentence.

1 ☐ Sometimes, adults like do activities that are for children.

2 ☐ I enjoy to build models.

3 ☐ Making things with clay is my favorite activity.

4 ☐ How can you tell a businessman that playing children's games is a good idea?

5 ☐ What sort of things do you prefer do in your leisure time?

B Choose the correct answer to complete the sentences.

1 Sometimes I prefer to **staying** / **stay** at home.
2 I would like **trying** / **to try** paddle boarding.
3 I would rather **go** / **going** to the park on Saturday when it's quieter.
4 I hate **to driving** / **driving** in traffic.
5 I'd rather **go** / **to go** for a walk than for a drive.

C Complete the sentences with the words from the box.

hate love prefer rather would

1 I _____ like to try something different.
2 I _____ to be with others than to be on my own.
3 We _____ going out in winter—it's too cold!
4 What would you _____ do tonight?
5 I'd _____ to see your house.

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READING

A Read the text. Choose the best answers (a, b, or c).

Maybe it's not sleep that we need

Most of us are familiar with the feeling of tiredness after too much work or study. Perhaps, you have dreamed of just being able to lie down somewhere and have a nice, relaxing sleep? Well, if you don't get enough sleep that would probably be the best thing for you. However, there are times when it's not sleep that you need, but a different activity.

According to a study conducted by Dr. McGonigal, our brains cannot focus on too many things at one time. This can be very useful, for example, when we are in pain, because we can experience less pain by focusing on something else. We can't choose *not* to feel pain, but we can reduce it if we concentrate on a different activity. In tests in a hospital, some patients reported feeling up to 50% less pain when they were given a video game to play.

So how does this help when we are tired? When we are concentrating, the brain focuses on one thing. However, this stops us from looking at different ways of solving a problem. Sleep might not be the best solution at this point. By doing a different activity, even for a very short time, our minds relax from one set of problems and focus on another. When we return to our work or our studies, we look at things differently. This makes us more creative and can make us think of different ways to solve problems. In even better news, some scientists believe that if we want to make a great new discovery, this is the way to do it!

1 In the first paragraph, what does the writer say about sleep?
a Sleep never helps when you have done a lot of work.
b We should always change activities when we are tired.
c Sometimes, sleep is the only answer to the problem of being tired.

2 According to the writer, when we concentrate, …
a we cannot focus on many different things.
b we are open to new ideas.
c we learn useful things.

3 Why does the writer mention video games?
a Playing video games stops people being bored in hospital.
b Videogames can cause pain.
c Playing video games can help people feel less pain.

4 In paragraph 3, what needs to happen before we can solve a problem?
a We need to get some sleep.
b We need to do something different.
c We need to think about the problem differently.

5 What do some scientists believe is the best way to make an important discovery?
a Take a break and then return to what you were doing.
b Try to be more creative.
c Try to look at your work in a different way.

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WRITING

A Write about how you work or study. When is the best time for you? How long do you work without taking a break? Write at least 200 words.

SPEAKING

A Talk about the activities you do to relax.

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