Skills Test Unit 7 Test A

Name: _____

Everyday English

1 Complete the dialogue with the phrases below.

I can't sleep You don't look Are you I've got You should get

Iris Hello Amy. [1]_____ OK?

Amy No, not really. [2]_____ a headache.

Iris [3]_____ very well.

Amy I don't feel well. I'm really tired. [4]_____ at night.

Iris [5]_____ some rest. Why don't you go to bed and let me finish the housework?

Mark: ___ / 5

Listening

2 🎧 Listen to Jake, Katie and Hannah talking about cold treatments. Match the speakers to the statements below.

1 _____ believes that we should drink a lot of liquids because it helps the body fight the virus.

2 _____ says that eating chicken soup could help fight a cold.

3 _____ says that medicines such as antibiotics don't help cure a cold.

4 _____ drinks herbal tea when he / she has a cold.

5 _____ says we should rest a lot when we have a cold.

3 🎧 Listen again. Decide if the statements are true (T) or false (F).

1 Jake drinks lots of cold lemon and honey. ____

2 Katie says you should take antibiotics to cure a cold. ____

3 Katie believes it takes seven days to get over a cold without medication. ____

4 Hannah believes it's important to rest when you have got a cold or the flu. ____

5 Jake says sleep helps the body to fight infection. ____

Mark: ___ / 10

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Reading

Early America: The Europeans and the Native Americans

It's 1482 and Christopher Columbus lands in America on an island in the Caribbean Sea. He brings many men and animals on his ships. Some of the animals have serious illnesses, for example, malaria and smallpox. Soon, many of the Native Americans become very sick. These are diseases that are new in America and the Native Americans are dying from them because they don't have the same immunity as the European travellers. This means that they can't fight the diseases as well as the Europeans can.

By 1600 most of the Native Americans on the island where Christopher Columbus first landed in 1482 were dead from these diseases. The main reason was that the animals were ill. The cows had tuberculosis, the pigs had the flu, and the chickens had malaria. Smallpox was the worst of all the diseases. Native Americans used natural healing, but this wasn't enough for such serious illnesses. The Europeans, on the other hand, were skilled in advanced medicine. They weren't always friendly to the Native Americans, but when they could help, it was an advantage to both sides.

There were times when the Native Americans could help the Europeans, too. For example, during the winter of 1535 to 1536, the French explorer, Jacques Cartier and his crew were trapped in the St. Lawrence River near Montreal. Their ships were frozen in the ice from November to March. The men on the ship were sick and twenty five of them died. The Native Americans were skilled enough to free them. They could also use natural medicine to help the sick men. Soon, the Europeans were feeling better because of help from the Native Americans.

Today's Native American medicine still includes some of the old healing rituals and practices, and many Native Americans use herbs and other natural medicines.

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4 Read the text. Decide if the sentences are true (T) or false (F).

1 Christopher Columbus had only animals on his ships. ____

2 The cows were ill from malaria. ____

3 The worst disease the animals brought with them was smallpox. ____

4 Native Americans were natural healers. ____

5 The Native Americans knew a lot about medicine. ____

6 Jacques Cartier and his crew were trapped at sea. ____

7 The men on the ship were sick. ____

8 The Native Americans weren't able to free the ship. ____

9 The men on the ship died. ____

10 Today, Native Americans still use some of the healing practices that were used over 400 years ago. ____

Mark: ___ / 10

Writing

5 Write a letter of advice in response to this student's problem.

Hello,

I hope you can help me. I've got a big problem. I am really worried about my school work. I've got too much homework and lots of assignments to finish. We have an English exam soon and I don't have enough time to study. I'm not very good at English but I want to pass the exam. I'm so worried that I can't sleep very well at night. I wake up a lot and can't fall asleep again. What can I do?

Steve

Follow the plan:

Paragraph 1: Show that you understand the problem.

Paragraph 2: Write your most important suggestion first.

Paragraph 3: Include one or two more suggestions.

Paragraph 4: Write a conclusion.

Mark: ___ / 15

TOTAL MARKS: ___ / 40

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Challenge!

6 Complete the text with the correct answers (a–c).

Ultramarathons

[1]_____ how long a marathon is? It's 42 km. So, how about running an ultramarathon? Are you a sprinter? Then forget it! You [2]_____ be really fit to run an ultramarathon. You [3]_____ be slim with long legs and [4]_____ , and you should have good muscles, too. Ultramarathons are [5]_____ than traditional marathons. They are usually about 50 km long, but some are 100 km or even 1,500 km! Many ultramarathons take place in difficult environments, such as deserts or mountains, and runners often have to run in [6]_____ temperatures.

Runners take part in ultramarathons all over the world. Africa is one of the most popular places for ultramarathons. There's the 250 km Marathon des Sables through the Sahara desert in Morocco, or the Sahara Race in Egypt, for example, where [7]_____ from thirty countries compete. Ultramarathon running is becoming popular in Asia, too. In the last few years, the World Championships were in countries such as Taiwan, Japan and Korea. The toughest marathon [8]_____ , who are into endurance races, can go to New Zealand, where they can run the entire length of the country, a distance of around 2,200 km!

1 **a** Are you knowing **b** Do you know **c** Do they know

2 **a** should **b** can **c** have to

3 **a** can **b** should **c** may

4 **a** arms **b** shoulders **c** hips

5 **a** long **b** the longest **c** longer

6 **a** poor **b** extreme **c** dangerous

7 **a** competitors **b** competitions **c** compete

8 **a** sprinters **b** joggers **c** runners

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