

TEST UNIT 1

1- Complete the sentences with the affirmative or negative form of the verbs in brackets. Use the present simple. Use contractions.

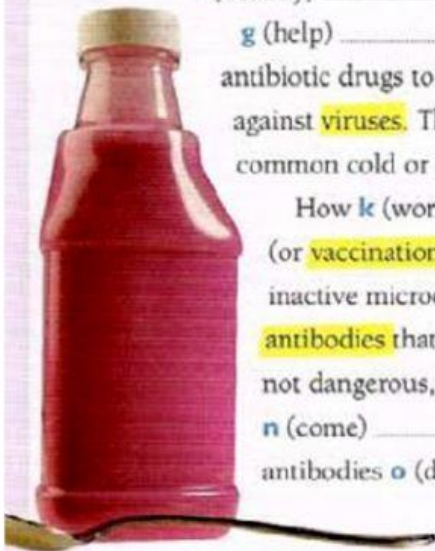
- a The plane (leave) leaves in half an hour but Nick (not / be) _____ at the airport yet.
- b My best friend (love) _____ science fiction films but they (not / interest) _____ me.
- c I (not / study) _____ chemistry because it (be) _____ difficult.
- d I (not / dance) _____ because I (look) _____ stupid.
- e The Sun (not / go) _____ round the Earth, the Earth (go) _____ round the Sun!
- f My new computer (do) _____ lots more things than my old one, and it (not / crash) _____.
- g My dad (not / have) _____ any qualifications but he (have) _____ a really good job.
- h Fire (need) _____ oxygen to burn. It (not / burn) _____ without oxygen.
- i My teacher (not / own) _____ a mobile phone because some people think they (be) _____ bad for your health.
- j According to scientists, animals (live) _____ longer if they (not / eat) _____ too much.

2- Complete the conversation with questions. Use the words given in brackets. Use the tenses you need.

- A: Hi there. Nice to meet you. I'm Devon.
- B: Hi Devon. I'm Natasha. Devon's an unusual name. ⁰ (How / you / spell) How do you spell it?
- A: D-E-V-O-N.
- B: ¹ (Who / give / you) _____ that name?
- A: My father.
- B: ² (Why / he / call) _____ you Devon?
- A: Because it's an old family name.
- B: ³ (What / you / do) _____?
- A: I'm a student at university. I'm studying sports science.
- B: ⁴ (What / sports / you / do) _____?
- A: Basketball and karate. I play a lot of sport.
- B: ⁵ (What / job / you / like) _____ to do in the future?
- A: I'd like to be a sports teacher.

3- Complete the text with the affirmative, negative or question form of the verbs in brackets.

What **a** (do) does the body do to protect itself? Your body **b** (prevent) prevents harmful **microorganisms** entering and causing harm. The skin, for example, **c** (allow) allows microorganisms to enter. Hairs and **mucus** in your nose **d** (catch) catch **invaders**, and then you **e** (push) push the mucus out when you cough, sneeze or blow your nose. **Enzymes** and acids in the body, and white blood cells also **f** (destroy) destroy **bacteria**. **g** (help) help **antibiotics** fight ? Doctors **h** (use) use antibiotic drugs to fight bacterial **infections**, but antibiotics **i** (work) don't work against **viruses**. This is why doctors **j** (give) don't give antibiotics to patients with a common cold or flu.



How **k** (work) does immunization work ? Immunization (or **vaccination**) is another way of protecting the body, by **injecting** the body with dead or inactive microorganisms. After vaccination, the body **l** (start) starts to make **antibodies** that destroy the microorganism. Because the microorganisms in the vaccination are not dangerous, the person **m** (get) doesn't get ill. When they **n** (come) come into contact with a live (dangerous) micro organism, then the antibodies **o** (destroy) destroy the infection before it makes them ill.

4- Drag and drop the words in the correct order.

Example:

My friends and I (**once a month / to the cinema / go**) go to the cinema once a month.

- 1 Lina (**organised / always / is**) is always organised and punctual.
- 2 I like to (**several times a week / share my photos online**) share my photos online several times a week.
- 3 Peter (**rarely / nervous / gets**) gets nervous before exams.
- 4 The running club (**every / meets / Friday**) meets every Friday at 6pm.
- 5 We (**my grandparents / visit / regularly**) visit my grandparents regularly.

5- Read the text and put the sentences in the correct place. There three extra sentences that you do not need to use.

How I dealt with stress

1

For months I'd been unable to relax and I felt awful. I worried about things, I wasn't sleeping well and I couldn't concentrate on my school exams revision. Then my best friend told me that everyone thought I was always in a bad mood. (1) ...

2

I began by making some simple changes to my routine. Each morning when I woke up, I thought about things I was looking forward to, so that I started the day in a more positive mood. I kept doing that until it became a habit. I also knew I should do more exercise, but to tell the truth I don't enjoy doing sports.

(2) ... That really helped me to relax, particularly when I learnt to concentrate on enjoying the experience rather than let negative thoughts go through my mind.

3

I changed the way I study, too. I used to put off working as long as I could until finally I had to study for hours non-stop, often until late in the evening when I was getting really tired. Nowadays I try to do my homework straight after school and every 40 minutes or so, I take a break, usually for no more than ten minutes.

(3) ...

4

I've also discovered some great anti-stress apps for my phone, such as Mindshift, Live Happy and Smiling Mind. Some of these are designed for teenagers, with yoga and breathing exercises to help you relax, a 'book of happy memories' that you create for yourself to look at when you're feeling down, and relaxing sounds such as the ocean. (4) ... Some of these apps are free.

5

Last month I read an article which said people with a good sense of humour are usually happier and more relaxed.

(5) ... So watching cartoons or your favourite comedy series really can help you relax – and even make it easier to do your homework!

- A One I particularly like has a 'quick tips' section you can use in stressful situations.
- B It was so funny that I felt more cheerful straight away.
- C That made me realise I couldn't go on feeling so stressed.
- D I knew I had to finish that first.
- E It recommended that everyone should laugh more often every day.
- F So I took up dancing instead.
- G People who do this often seem to be more miserable than everyone else.
- H If it's longer, I find it hard to get back into what I was concentrating on.

