

Vocabulary

A. Circle the correct words.

- Todd _____ to climb Mt Everest last year but didn't reach the top.
a. encountered c. attempted
b. established d. sought
- The nutritionist's _____ goal was to get people to lead a healthy life by educating them in healthy eating.
a. severe c. strenuous
b. extreme d. ultimate
- I was exhausted so I took a nap in order to _____.
a. keep my head above water c. recharge my batteries
b. give it my best shot d. push myself to the limit
- I am trying to _____ Carrie from making the same mistake!
a. push c. prevent
b. oblige d. propose
- Peter _____ and raised his hand before the speaker had finished talking.
a. got the ball rolling c. jumped the gun
b. went the full distance d. was saved by the bell
- I think that _____ under the tree would be perfect for our picnic.
a. position c. spot
b. venue d. site
- Johnny _____ to get into the team but he is going to try again next year.
a. failed c. beat
b. lost d. defeated
- Millions of _____ gather along the route that the Tour de France covers in order to watch the cyclists compete every year.
a. opponents c. viewers
b. spectators d. audiences
- Over five hundred students entered the annual photography _____ at our university.
a. match c. race
b. game d. competition
- My colleague Jeannie is hardworking, trustworthy and _____ a kind-hearted person.
a. above all c. even more
b. as a matter of fact d. because of

score

___ / 10

B. Complete the sentences with the correct preposition.

- Dina broke _____ a smile when she saw her sister come in.
- I always confuse him _____ his brother because they look alike.
- After watching the documentary about the consequences of crash diets, we engaged _____ an interesting conversation about health-related issues.
- Walter insisted _____ leaving without telling us the reason why.
- Losing the weight you put on will be easier if you combine a healthy diet _____ regular exercise.
- Louisa carefully listened to Anne's side of the story before commenting _____ it.
- I was late for my yoga class because my car broke _____ on my way there.
- I think it's time the gym replaced the old equipment _____ newer models.
- Our school recently invested a large amount of money _____ building an indoor pool.
- The whole sum of Jason's debt amounts _____ over €5,000.
- The fire that broke _____ in the chocolate factory damaged almost half of it.
- I'm going to call Daisy and congratulate her _____ her graduation.

score

___ / 12

C. Complete with the correct form of the words in the box. There are two extra words which you do not need to use.

effort	re-energised	excuse	endurance	pressure
dedicate	eliminate	transform	therapeutic	alleviate

Get Rid of Stress by Exercising

Exercising is one of the best ways to reduce stress and feel 1 _____, but if the thought of fitting it into your already busy schedule seems to put a lot of 2 _____ on you, maybe you should think again.

You don't need to 3 _____ a great deal of time if you want to benefit from exercising. Small but regular periods of exercise are more than enough to 4 _____ many of the symptoms of stress in your life completely, while 5 _____ other health problems as well. Daily exercise has proven to 6 _____ your mood entirely and get rid of anxiety. When exercising, you keep your mind busy and put an end to thoughts that worry you.

So now you know that you have no 7 _____. By putting in a little time and 8 _____, you will be stress free in no time.

Grammar

score ____ / 8

A. Circle the correct options.

1.

A: How about spending a day at the spa together?

B: Well, I really **1 am able to / need to** start taking more care of myself. But we **2 have to / can** book in advance, don't we? I know they can get very busy. We **3 should / might** call them right now.

A: Actually, we **4 needn't do / needn't have done** that because I have already booked a massage for both of us. It's my treat!

B: Thanks but I **5 can't / might not** possibly accept. It's such an expensive gift.

2.

A: I think that's Steven. We **6 would / should** go over and say hello.

B: It **7 can't / mustn't** be him. We talked yesterday and he's in Dubai on a business trip.

A: Oh, really? **8 Will / May** you give me his phone number? I just remembered I haven't spoken to him in a long time and I'd like to see how he's doing.

B: Sure, no problem.

score ____ / 8

B. Choose a, b, c or d.

1. You _____ find a way to apologise to Mr Spencer for what happened, otherwise you'll be in trouble.

- | | |
|----------|---------------|
| a. will | c. ought |
| b. could | d. had better |

2. That _____ have been Lydia that you saw; I heard that she moved out of the city.

- | | |
|------------|--------------|
| a. mustn't | c. can't |
| b. needn't | d. shouldn't |

3. Yesterday, Tim faced a lot of difficulties in the race which he _____ overcome in order to complete it.

- | | |
|-----------|-----------|
| a. must | c. had to |
| b. has to | d. needed |

4. Leanne _____ follow a diet so she decided to try nutrition counselling to get some help.

- | | |
|-------------------|-------------------|
| a. ought not | c. didn't have to |
| b. wasn't able to | d. didn't need to |

5. What were you thinking jumping over that high fence? You _____ have hurt yourself!

- | | |
|-----------|----------|
| a. should | c. could |
| b. ought | d. must |

6. We went on a company outing last Sunday. We _____ pay for anything as our boss paid.

- | | |
|------------------|----------------------|
| a. don't need to | c. needn't have paid |
| b. needn't | d. didn't need to |

7. I _____ have stayed up all night to complete the project. The deadline was extended and I'd have had time to finish it today.

- | | |
|------------|-------------------|
| a. mustn't | c. couldn't |
| b. needn't | d. didn't need to |

8. I _____ harder for the gymnastics competition because, unfortunately, I came in second to last.

- | | |
|-----------------|------------------------|
| a. should train | c. might have trained |
| b. might train | d. should have trained |

9. Where's my USB stick? Oh, ... I _____ have left it at work.

- | | |
|------------|-----------|
| a. needn't | c. should |
| b. must | d. can't |

10. Ben _____ on the plane right now. He called me from the airport an hour ago and now his phone is shut off.

- | | |
|-------------|--------------------|
| a. must be | c. must have been |
| b. might be | d. might have been |

score ____ / 10

Use of English

Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given.

1. I'm sure that he doesn't have enough money to survive on that salary; it's too small. **get**
He _____ on that salary; it's too small.
2. I'm positive that Lily reduced her intake of fatty food because she has lost a lot of weight. **cut**
Lily _____ on fatty food because she has lost a lot of weight.
3. There was a possibility for the meeting to produce a positive result but we couldn't agree to anything. **have**
The meeting _____ about a positive result but we couldn't agree to anything.
4. It isn't necessary for you to participate in the race. **part**
You don't _____ the race.
5. It is necessary for Elliot to help with the project if we want to finish on time. **contribute**
Elliot _____ the project if we want to finish on time.
6. It's not a good idea to follow such a strict diet. **ought**
You _____ such a strict diet.

score / 12

Listening

You will hear part of a radio interview with a celebrity chef called Gina Robinson. Listen and answer questions 1-5. Choose the best answer a, b or c.

1. Why did Gina stop the television cookery programme?
 - a. She became tired of hosting it.
 - b. She felt its content no longer expressed her.
 - c. She wanted to find ways to make healthy desserts.
2. What does Gina say about the health problem she had?
 - a. She hadn't considered her lifestyle was to blame.
 - b. She was worried about her health before it happened.
 - c. It was bound to happen sooner or later.
3. What is Gina's view about celebrity chefs?
 - a. They influence what the audience eats.
 - b. They should centre on making dishes for people suffering from illnesses.
 - c. They often focus on nutrition.
4. Why does Gina feel it is important to eat well?
 - a. It gives people more energy.
 - b. It stops people from putting on weight.
 - c. It prevents diseases.
5. What does Gina say about her job?
 - a. It's difficult to persuade people to change their eating habits.
 - b. It's rewarding to help people.
 - c. Often people do not take her advice.

score / 10

Reading

Read the text and answer the questions. Choose a, b, c or d.

This passage is about acrobatics.

Being one of the oldest sports on the planet, acrobatics has always held a place in society. Its importance in ancient times is seen through art, where acrobats were presented in countless paintings and were used to decorate vases and pots. It is also known to have played a significant role in festivals and in other events. Today its popularity remains as strong as ever, with it featuring in numerous world sporting events and competitions.

Acrobatics is often connected with the circus, where most people enjoy watching highly trained performers carry out brave, adrenaline-filled shows. For anyone who has ever been to a circus, the experience is often described as exhilarating, if not a little terrifying. Acrobats effortlessly throw themselves through the air to achieve the unbelievable, amazing the crowd and receiving a well-deserved applause.

No acrobatic performance is more overwhelming to watch than the 'tightrope walk', where performers walk across a thin rope raised high above the ground. For most, it seems impossible to succeed and avoid falling. Amazingly, on a number of occasions this has been achieved across Niagara Falls.

For those motivated to make it to the top, years of practice and hard work is necessary. Not only must an acrobat maintain their strength and flexibility, but eating well is essential. Those overlooking this may be more likely to have an accident due to feeling more exhausted than usual. Although performers may already be skating on thin ice by taking part in such dangerous performances, reducing the risks by staying in shape is crucial.

- What is implied about acrobatics in paragraph one?
 - In ancient times, it mainly featured in sporting events and competitions.
 - Its popularity has not changed throughout the ages.
 - It is more popular today compared to ancient times.
 - In the past it was only popular within arts and crafts.
- In paragraph two, what does the writer say about the acrobatic performances?
 - The audience is usually terrified when watching them.
 - The acrobats don't seem to try hard to do them.
 - They are the main reason people go to the circus.
 - Many people don't believe the tricks are real.
- What does 'this' refer to in the final sentence in paragraph three?
 - watching trained performers
 - the tightrope walk
 - amazing the crowd
 - the risk of falling
- What is said about an acrobat's diet?
 - It can help them avoid accidents.
 - It helps increase their flexibility.
 - It's not as important as working out.
 - A healthy diet is the best way for them to stay fit.
- What does 'make it to the top' mean in the fourth paragraph?
 - to win something
 - to be in control
 - to be considered unique
 - to be very successful



score / 10

TOTAL SCORE / 80