

## LISTENING

**A. You will listen to an interview with James Olive. For questions 23-27, fill in the blanks with NO MORE THAN TWO WORDS.**

According to James Olive:

- Many school cafeterias sell fast food like pizza, (23) \_\_\_\_\_ and soda. These foods contain lots of (24) \_\_\_\_\_ and salt, so students will get (25) \_\_\_\_\_ and have difficulty listening in class.
- Cafeterias should sell "brain food" like fruits and (26) \_\_\_\_\_. These foods help students (27) \_\_\_\_\_ and feel healthier.

## V. READING

**A. Read the following passage and complete the poster with suitable information. For each blank from 33 to 37, write NO MORE THAN THREE WORDS AND/ OR A NUMBER.**

### HOW TO BECOME HEALTHIER

Firstly, you should eat balanced meals. You should eat lots of fruit and vegetables because they are full of important vitamins. You shouldn't eat too much fatty food. Things like chips and burgers have a lot of fat. Also, be careful with sugar. If you eat a lot of sweet food, the sugar gives you energy for a short time, but afterwards you will feel more tired. Secondly, exercise should be part of your daily routine. Don't hurt yourself, start with gentle exercise. Exercise for at least 15 minutes every day. Or you can try a team sport or join a gym. Exercise can also be cycling instead of taking the bus, or using the stairs instead of the lift. Moreover, staying healthy requires enough sleep. It's sometimes OK to go to bed late; but if you stay up late too often, it will be bad for your health. Try to sleep eight hours every night. Lastly, every year, you should go to the doctor for regular check-ups. When you get fit and healthy, you will feel great.

**1...2...3... LET'S BE HEALTHY!**

01



Eat lots of (33) \_\_\_\_\_.  
Don't eat too much (34) \_\_\_\_\_ or sugary food.

02



Exercise regularly.  
Cycle or use (35) \_\_\_\_\_.  
Avoid taking the bus or using the lift

03



Sleep  
(36) \_\_\_\_\_ a day

04



Have  
medical check-ups  
every (37) \_\_\_\_\_

**B. Read the online post and choose the word/ phrase (A, B, C or D) that best suits each blank.**

**WHAT SHOULD I DO?**

My name is Libby and I'm 12 years old. I never manage to go to bed early during the week. I know I (38) \_\_\_\_\_ use my phone or tablet late at night, but I always do. I find it (39) \_\_\_\_\_ to fall asleep, but I don't know why. I often miss breakfast, so I'm hungry by the morning break. In my school, you don't need to go far for unhealthy food. There is a vending machine with (40) \_\_\_\_\_ sugary snacks and fizzy drinks like Coke or soda. My mum says I should eat some fruit or yogurt for a snack, but I keep forgetting to bring it to school with me. I also feel (41) \_\_\_\_\_ and have no energy during the day, which is really annoying. I really need to get fit and healthy for the school bicycle race. What do you think I should do to prepare for the race? Please give me (42) \_\_\_\_\_ advice on how to become a better me.

- |                  |              |           |            |
|------------------|--------------|-----------|------------|
| 38. A. should    | B. shouldn't | C. don't  | D. must    |
| 39. A. difficult | B. easy      | C. harder | D. healthy |
| 40. A. much      | B. a little  | C. few    | D. lots of |
| 41. A. healthy   | B. strong    | C. weak   | D. a fever |
| 42. A. an        | B. some      | C. many   | D. a few   |