

## VOCABULARY

### 1. Circle the correct answer.

1. There are three **qualified** / **essential** / **convenient** swimming instructors at our school.
2. When I'm tired, it's hard to **progress** / **improve** / **concentrate** on what the teacher is saying.
3. Training for a marathon is hard work, but it is worth the **balance** / **effort** / **importance**.
4. We didn't know you were coming, but you're **welcome** / **willing** / **proud** to stay.
5. My lunch **consisted** / **attached** / **developed** of a sandwich and some fresh fruit.
6. We've just **imagined** / **welcomed** / **discovered** that we have cousins living in Australia.

### 2. Complete the sentences with the correct form of the word given.

1. The doctors said the child's ..... was not serious. INJURE
2. Rachel is by far the most ..... person I know. INTELLIGENCE
3. It was her first ..... on television and she was nervous. APPEAR
4. While the students were writing the exam, there was complete ..... in the classroom. SILENT
5. I've been practising for months, so I'm ..... I'll play well in the concert. CONFIDENCE

### 3. Complete the text. Use the words below.

**calm \* night \* main \* benefits \* example \* prepare \* recommend \* sense \* go**

#### Sleep Time

If you are a typical teenager, you are probably busy and on the (1) ..... for most of the day. But if you are running around from morning to (2) ....., a good night's sleep is very important. When you sleep, you feel (3) ..... and your muscles relax, so your body can (4) ..... itself for the next day. Some experts believe that although our bodies are resting, our brains are busy. For (5) ....., when we sleep, our brains try to remember things we might otherwise forget. And then there are dreams. Some people think the (6) ..... purpose of dreams might be to help our brains make (7) ..... of everything that has happened during the day. So, as you can see, sleeping well has many (8) ..... In fact, scientists (9) ..... teenagers get around 9 1/2 hours of sleep a night! So, if you aren't getting enough sleep, you might want to try going to bed a bit earlier!

## GRAMMAR

### 1. Complete the sentences. Use Past Perfect Simple or Past Perfect Continuous.

1. I ..... (speak) to Jessica a few times on the phone before I actually met her.
2. Hannah felt tired because she ..... (study) for an exam all evening.

3. It was the first time I ..... (invite) my friends to my house.
4. The tourists ..... (walk) in the city for hours when they suddenly realised they were lost.
5. James was hungry at lunchtime because he ..... (not have) any breakfast.

## 2. Circle the correct answer.

1. Matthew **had finished** / **had been finishing** / **didn't finish** all his homework, so he turned on the TV.
2. How long **were you sleeping** / **did you sleep** / **had you been sleeping** when the alarm woke you up?
3. Laura, **who** / **whose** / **which** story was in the school magazine, wants to be a writer.
4. The train **already left** / **had already left** / **had left yet** before I got to the station.
5. David had been driving around for an hour when he finally **had been finding** / **found** / **had found** a place to park.
6. Barcelona, **which** / **where** / **that** my cousin lives, is a very exciting city.
7. The Science Museum, **where** / **which** / **when** I visited last year, is suitable for children of all ages.
8. I **had worked** / **worked** / **had been working** on my technology project since 8 am and it still wasn't finished.
9. Before she went on safari in Kenya, Liz **had never seen** / **didn't ever see** / **never had seen** a giraffe in the wild.
10. Do you remember that day **which** / **where** / **when** we both fell asleep on the school bus?

## 3. Combine the sentences. Use the relative pronoun given.

1. My best friend loved the gift. I gave it to her on her birthday. WHICH  
1. ....
2. My brother loves football. He watches a match every Saturday. WHO  
2. ....
3. The boy's phone was stolen. He is talking to the police. WHOSE  
3. ....
4. I want to go to England in the summer. It rains less then. WHEN  
4. ....
5. I talked to the teachers. They were at the meeting. THAT  
5. ....