

Life Vision Pre-intermediate Unit Test 3 A

A Grammar: Quantifiers

Read the dialogue and choose the correct answer.

1 A Would you like anything else?

B No, thanks. I ate ___ meat!

A ☐ too much

B ☐ too many

C ☐ a few

2 A Would you like some cheese on your pizza?

B Yes please, just ___.

A ☐ a few

B ☐ a lot of

C ☐ a little

3 A ___ eggs have we got?

B We've got three eggs.

A ☐ Many

B ☐ How much

C ☐ How many

4 A What do you think you should eat less of?

B Hmm. I think I eat ___ sweets!

A ☐ too much

B ☐ too many

C ☐ a little

5 A Are there any apples in the fruit bowl?

B Yes, but there are just ___.

A ☐ a lot of

B ☐ a few

C ☐ a little

6 A ___ sugar did you use in this cake?

B I think I used 200 grams.

A ☐ A few

B ☐ How much

C ☐ How many

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B Grammar: Quantifiers

Choose the correct words from the box to complete the sentences. There are two words you do not need to use.

a few a little a lot how many how much many too many too much

- 1 _____ coffee do we need this morning?
- 2 There were _____ of people in the cafe. It was very busy.
- 3 They go to a restaurant _____ times a week – maybe two or three.
- 4 No thanks – I'm trying not to eat _____ meat.
- 5 Would you like _____ water with your meal?
- 6 Are _____ people coming to the party?

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C Grammar: Modal verbs for obligation

Complete the second sentence so that it means the same as the first sentence using the words given. Use between two and five words and do not use contractions.

- 1 In our school, we aren't allowed to wear sports clothes in classrooms.
(must)
In our school, we _____ sports clothes in classrooms.
- 2 It's necessary to leave at 7.30 to catch the train.
(to)
They _____ at 7.30 to catch the train.
- 3 It's important to read the rules before you use the gym.
(must)
You _____ the rules before you use the gym.
- 4 Are you feeling tired? Don't worry, playing tennis today isn't important.
(have)
Are you feeling tired? Don't worry, we _____ tennis today.
- 5 Should we bring a basketball, or can we use yours?
(bring)
Do we _____ a basketball, or can we use yours?
- 6 It isn't necessary for Emma to take her racket today because she doesn't have Tennis Club.
(needn't)
Emma _____ her racket today because she doesn't have Tennis Club.

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D Vocabulary: Understanding topic vocabulary

Match the words with the definitions.

- | | |
|--------------------------|--|
| 1 broccoli ____ | A a large amount of food that makes you feel very full |
| 2 healthy lifestyle ____ | B a drink made with different fruits and vegetables |
| 3 heavy meal ____ | C a green vegetable |
| 4 portion ____ | D a lot of different kinds of things |
| 5 smoothie ____ | E good eating and exercise habits |
| 6 variety ____ | F an amount of food for one person |

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E Vocabulary: Understanding topic vocabulary

Read the sentence and choose the correct answer.

- 1 Andy made some ____ from beans, peas and carrots.
- A ☐ heavy meals B ☐ healthy lifestyles C ☐ veggie burgers
- 2 Wow! This bread tastes ____.
- A ☐ unhealthy B ☐ delicious C ☐ medium-sized
- 3 I can't eat a ____ for lunch. I had a big breakfast.
- A ☐ heavy meal B ☐ healthy lifestyle C ☐ smoothie
- 4 My cat needs to be on a ____ because she's too heavy.
- A ☐ portion B ☐ diet C ☐ recipe
- 5 Let's put some ____ leaves in the salad.
- A ☐ spinach B ☐ pineapple C ☐ smoothie
- 6 I'd like to cook this meal. Can you give me the ____?
- A ☐ variety B ☐ portion C ☐ recipe

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F Vocabulary: Understanding topic vocabulary

Choose the correct words from the box to complete the sentences. There are two words you do not need to use.

court helmet hiking jogging racket tracksuit trainers treadmill

- 1 You should wear a _____ on your head for cycling.
- 2 I bought a new tennis _____. My old one broke.
- 3 When it's cold outside, I run on the _____ in the gym.
- 4 I go _____ every day. I'm doing a 10 km race next year.
- 5 You can't go walking in snow in _____. You need boots!
- 6 The sports club has a basketball _____.

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G Reading: Predicting

Read the title and first heading of the texts and choose the correct answer.

The best way to look after your ears

Young and old: Turn it down!

- 1 What do you think is the focus of the article?

- A ☐ Ways to look after old people
- B ☐ How to deal with noisy neighbours
- C ☐ The danger of listening to loud music

Think yourself well

Use the power of your mind, not medicine

- 2 What do you expect to read about in the article?

- A ☐ Which medicines can improve your brain
- B ☐ How using your brain can make you feel better
- C ☐ Why clever people are healthier

Dealing with the journey

Are you a nervous passenger when you fly?

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3 What do you think the article will be about?

- A ☐ Things to pack in your hand luggage
- B ☐ Different forms of public transport
- C ☐ Advice for worried travellers

Food facts: the good, the bad and the very bad

A long journey in a plastic box

4 What do you think the article will be about?

- A ☐ How our food affects the environment
- B ☐ What we can do to eat more healthily
- C ☐ Where we should buy most of our food

Never stop working? It's time to slow down.

Stress is bad for you

5 What do you expect to read about in the article?

- A ☐ How to relax in your free time
- B ☐ Why you should work more slowly
- C ☐ What the most stressful jobs are

A Big Day with a difference

A wedding in an ice hotel

6 What do you think is the focus of the article?

- A ☐ Hotels where famous people go
- B ☐ Typical places for a wedding
- C ☐ Unusual places to get married

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H Listening: Identifying fact from opinion



Listen to two friends talking about health and fitness. Choose the correct answer for each question.

1 Which does Tom believe is the healthiest activity?

- A ☐ Walking is healthier than running.
- B ☐ Running is healthier than walking.
- C ☐ Running and walking are both the same.

2 Which fact does Jenny give about running and the heart?

- A ☐ Running can help people improve the condition of their heart.
- B ☐ Running can make hearts become weaker.
- C ☐ Running can cause people to live 15 years longer.

3 What's Tom's opinion of how he walks?

- A ☐ He walks further than other people.
- B ☐ He walks more often than other people.
- C ☐ He walks more quickly than other people.

4 According to Jenny, how often should you walk each day to improve health?

A ☐ 10 minutes

B ☐ 30 minutes

C ☐ 100 minutes

5 Why does Jenny mention that running can be dangerous?

A ☐ It's a fact another student told her.

B ☐ It's an opinion of her own.

C ☐ It's a fact she has read about.

6 What is Tom's opinion of the best way to get to school?

A ☐ Cycling

B ☐ Walking

C ☐ Running

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I Speaking: Using collocations

Read the sentence and choose the correct answer.

1 I usually ___ the housework on Saturday mornings.

A ☐ make

B ☐ do

C ☐ take

2 We were nearly late for the film – it ___ ages to find a parking space.

A ☐ did

B ☐ took

C ☐ made

3 You should ___ a warm-up before the start of the race.

A ☐ make

B ☐ do

C ☐ take

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4 Let's ___ a list before we go shopping.

A ☐ do

B ☐ make

C ☐ take

5 We're going to the mountains to ___ some photos.

A ☐ do

B ☐ take

C ☐ make

6 Dana left the room because she had to ___ a phone call to her son's school.

A ☐ do

B ☐ make

C ☐ take

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J Writing: Developing main points

Six sentences are missing from this blog post. Choose the correct sentence for each gap.

There are two sentences which you do not need to use.

My favourite healthy food

I always think that you should try to eat the healthiest food that you can. That often means you have to make it yourself. But you don't have to be a great cook to do it. In my opinion, healthy eating doesn't have to be difficult. ¹ ___ That's my favourite easy meal!

Before I begin, I make sure I have everything ready. I use lots of lovely fresh vegetables, and perhaps some meat. ² ___ I always use a good knife and make sure the slices are thin. They cook quicker that way.

Before I cook the meat, I always boil the rice. ³ ___ Some people prefer noodles, but remember that they are quicker to cook. They take about the same time as the meat and vegetables.

To do the stir-fry, add some oil to a pan and get it nice and hot. ⁴ ___ Be careful that you don't get any oil on you – it can really burn.

At this point I usually add lots of pepper to make it taste really great. Some people like their food to taste a little bit sweet. ⁵ ___ I prefer mine without it.

Cook everything quickly for five minutes. Then, just serve it in a bowl. It's the perfect fast food, but it isn't junk food. ⁶ ___

A When you can see it smoke, add your vegetables and meat.

B One simple way is to learn how to make a quick vegetable and rice dish.

C You can add a spoon of honey.

D It's the most expensive type of food.

E It takes a lot longer to cook than the vegetables and meat.

F Chicken is a cheap but delicious type for this dish.

G It's much better than food from a restaurant.

H It's much too healthy for that!

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Test score



To focus on next:

