

Name _____ Class _____ Date _____

LANGUAGE IN ACTION

1 Complete the sentences with *a few* or *a little*.

- 1 Could you spare _____ time to help me?
- 2 I usually try to do _____ exercises to warm up before I go jogging.
- 3 The school team has got _____ good players.
- 4 I'm tired. I only got _____ sleep last night!
- 5 We've got _____ apples in the fridge.

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2 Rewrite the sentences with *too* or *enough*.

- 1 John isn't well to go to school.

- 2 The shoes cost much money.

- 3 I didn't buy orange juice.

- 4 My brother is young to come with us.

- 5 I didn't get sleep last night.

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3 Complete with the words in the box.

a little enough ought should too

KEISHA I've got ¹_____ much work! I need to do homework and finish my project tonight, but I'm really tired and stressed! What ²_____ I do?

LUCY Don't worry. Try to relax! You ³_____ to make a list first.

KEISHA Good idea. OK, I've got a lot of maths homework, but only ⁴_____ English. An hour will be ⁵_____ time to do that. Then, I still need to find photos for my presentation.

LUCY OK. It's going to be a challenge!

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4 Complete the text with *too*, *enough*, *a little* and *a few* and the words in brackets.

Last weekend, I ran in a marathon! But one year ago, I couldn't run at all. I was very unfit. I couldn't even go jogging in the park. I had ¹_____ (much) school work and I was feeling stressed. I didn't get ²_____ (exercise) and I spent ³_____ (many) hours sitting on the sofa playing video games! But a friend wanted to run in a marathon and asked me to train with her, so I said yes. We started slowly. The first time, I could only run ⁴_____ (steps), but with ⁵_____ (hard work) once a week, I got stronger and faster. After three months, I could run 15 kilometres. Then, last summer, we decided to run a marathon. I finished the marathon!

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5 Match the problems 1-5 with the advice a-e. Then complete the advice with *should*, *shouldn't* and *ought*.

- 1 I want to run a marathon.
- 2 I have a bad cough and I'm sneezing.
- 3 I'm bored at weekends.
- 4 My dad is unfit.
- 5 My parents work too much.

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- a They _____ to take a holiday.
- b You _____ go out more.
- c You _____ go to school today.
- d He _____ to start doing exercise.
- e You _____ start training every day.

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VOCABULARY

6 Match the beginnings 1–5 with the endings a–e to make sentences.

- 1 When you have a fever,
- 2 When you get ill,
- 3 When you relax,
- 4 When you cough,
- 5 When you warm up,

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- a you become sick.
- b you force air out through your mouth with a loud sound.
- c you exercise gently before doing sport.
- d you have a high temperature.
- e you rest and feel calm.

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7 Complete the sentences with the words and phrases in the box.

a balanced diet dairy products get better
go jogging relax

- 1 It's important to eat _____ to stay healthy.
- 2 It took grandma a long time to _____ after her illness.
- 3 I often _____ in the park in the evening. I've just bought a new pair of trainers.
- 4 My sister can't eat _____; she gets ill if she eats milk or cheese.
- 5 I _____ by listening to music.

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8 Circle the correct options.

- 1 I try to eat well, and I think I have *nutrition* / *a balanced diet* / *dairy products*.
- 2 Most of the body's energy comes from *fibre* / *nutrition* / *carbohydrates*.
- 3 There is a lot of *fat* / *vitamins* / *protein* in chocolate, ice cream, butter and cheese.
- 4 *Protein* / *Fat* / *Fibre* is important because it helps food pass through your body.
- 5 Your body needs *fibre* / *protein* / *calories* to help it grow and be strong.

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LISTENING

9  Listen to an interview with Ella, a young swimmer. Match the information 1–5 with the numbers in the box.

3 4 5 5.30 15

- 1 The number of years until the next Olympic Games.

- 2 Ella's age.

- 3 The time Ella goes to the pool.

- 4 The number of times a week that Ella goes to the gym.

- 5 The number of meals that Ella eats every day.

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10  Listen again. Circle the correct options.

- 1 Ella goes to *school* / *the pool* early every school day.
- 2 She works out every day *during the week* / *at weekends*.
- 3 She thinks athletes *should* / *shouldn't* have a break from training.
- 4 She *eats* / *doesn't eat* snacks.
- 5 She *enjoys* / *doesn't enjoy* swimming.

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READING

Your body clock: Frequently Asked Questions

Q: What is the body clock?

The body clock is a natural 24-hour cycle that controls everything in the body, including your energy, your sleep, and your health.

Q: How does the body clock work?

The body clock is sensitive to light. When your eyes see light, they send signals to your brain and you feel awake. This is why we have energy during the day and start to feel tired when it's dark. This is the reason you shouldn't look at electronic devices before bed because the light can stop you going to sleep.

Q: How is a teenager's body clock different?

The brain changes a lot between the ages of 12 and 20 and this affects your body clock. Some scientists say that most teenagers don't get enough morning light. They suggest that teenagers should use the morning break at school to go outside or look out of the window.

Q: How much sleep do teenagers need?

Sleep is very important. Without it, we can get stressed, tired and ill. Teenagers need around nine hours a night but most don't get enough sleep. Because of changes in the brain, it is natural for teenagers to go to bed later and sleep in the morning. This is why teenagers find it difficult to get up early to go to school.

Q: What is the best time of day for exercise?

The body clock affects our heart and our muscles, and they work better at different times of the day. Scientists found that the best time to work out is in the morning or at 5 pm in the afternoon. You shouldn't exercise just before bed, because this is when it's important to relax and prepare for sleep. But experts say that the most important thing is everyone ought to have a balanced diet and take regular exercise.

11 Read the text. Put the topics a–e in the correct order 1–5.

- a Most teenagers don't get enough sleep. ☐
- b Your body clock affects your sleep. ☐
- c Your brain changes when you are a teenager. ☐
- d Exercise is better in the morning. ☐
- e Light controls your body clock. ☐

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12 Read the text again. Are the sentences true or false? Correct the false statements.

- 1 The light in electronic devices makes us feel tired.

- 2 It's important for teenagers to get light in the morning.

- 3 Teenagers should have a break in the morning.

- 4 The body clock makes teenagers want to stay up late.

- 5 You shouldn't exercise before bed because you will be too tired.

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13 Find words and phrases in the text to complete the sentences.

- 1 The brain receives _____ from the eyes. (paragraph 2)
- 2 If you don't _____, you will feel too tired at school. (paragraph 4)
- 3 The _____ is the organ that pumps blood around the body. (paragraph 5)
- 4 A lot of people _____ at the gym. (paragraph 5)
- 5 When you have a _____, you get all the vitamins that your body needs. (paragraph 5)

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WRITING

- 14 Useful language. Complete the sentences with the phrases in the box.

Have you tried I recommend
That way, you can Why don't you
You could always

- 1 _____ take your own food to school.
- 2 _____ exercising after school.
- 3 _____ walking to school?
- 4 Take fruit to school. _____ always have a healthy snack.
- 5 _____ look online for ideas?

5

- 15 Write a reply on a forum responding to the post below. Use the prompts below to help you.

Write at least 120 words.

- Greet the person and thank them.
- Give them advice.
- Give reasons for your advice.

Luke15: Help!



I want to have a healthier lifestyle.
I need to eat better, start exercise
and sleep more. What should I do?

10

TOTAL SCORE

100