Name .....

# Unit Test 6 Basic ★

## A Grammar

**Choose the correct words.**

1 Jim **has / have** worked as a pilot for ten years.
2 Alex **have / has** never been to America.
3 Sorry, I **haven't / hasn't** finished my project.
4 She **has / have** always loved organizing things.
5 They **haven't / have** never hired a car before.

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## B Grammar

**Match questions 1–5 to answers A–E.**

1 Have you ever invented anything? ___
2 Have there been a lot of road accidents this year? ___
3 Has Heidi ever rescued someone in danger? ___
4 Have they lived here long? ___
5 Has Jim ever flown through a bad storm? ___

A Yes, they have.
B No, I haven't.
C Yes, he has.
D No, she hasn't.
E Yes, there have.

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## C Vocabulary

**Choose the correct words.**

I recently started exercising because I wanted to lose [1] **calories / weight** and [2] **get / burn** fit. I started going to the gym and worked with a personal trainer. The trainer taught me some important things about exercise. Firstly, she told me how important it is to [3] **stretch / warm** up before you start. She said this can stop you from getting [4] **injuries / muscles**. I also learned that you should [5] **stretch / train** before and after you exercise because it is good for your [6] **muscles / brain**. It stops them from getting stiff. In the next lesson, she's going to teach me about exercises that are good for burning [7] **pain / calories**.

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## D Vocabulary

**Choose the correct words to complete the collocations.**

1 _____ your hair
A ☐ brush B ☐ use C ☐ cut

2 _____ soap
A ☐ use B ☐ go C ☐ cut

3 _____ your socks
A ☐ brush B ☐ change C ☐ use

4 _____ to the dentist
A ☐ change B ☐ brush C ☐ go

5 _____ illness
A ☐ cut B ☐ prevent C ☐ go

6 _____ your fingernails
A ☐ change B ☐ brush C ☐ cut

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## E Reading

Hi Nina,

How's it going? I wanted to let you know how I'm doing with my fitness plan.

Well, I've been getting up earlier in the morning so that I have time to go running. At the moment, I'm only running for about one kilometre. It's hard work, but I listen to podcasts to make it more interesting. My breakfasts are now much healthier. I have toast with brown bread and some fruit.

For the past week, I've walked to school. It takes half an hour! When I went on the bus, it only took ten minutes. Sally says I should ride my bike, but I think it's too dangerous on the roads at that time in the morning. The school has different sports activities that you can sign up for after classes, so I play football on Mondays and Wednesdays, and basketball on Tuesdays and Thursdays. I take the bus home on those days because I'm so tired!

My biggest news is that I've stopped eating meat! I read about how unhealthy it is. The only problem is that I'm cooking for myself now! Mum says the whole family can't become vegetarian just because I have. That's OK, though. I've watched a lot of videos online about vegetarian cooking and I've cooked some great meals.

Anyway, let me know how your fitness plan is going.

Take care,

Justin

**Read the email. What is the purpose of the email?**

A ☐ Justin wants to tell Nina about his diet.
B ☐ Justin wants to tell Nina about his fitness plan.

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**Read the email again. Complete the answers to the questions.**

1 Give two reasons why Justin is busier in the morning.
He now goes running and _____ to school.
2 How does Justin make his morning exercise less boring?
He listens to _____ while he is running.
3 How long did it take Justin to get to school by bus?
It took him _____ to get to school.
4 On which day does Justin not take the bus home from school?
He doesn't take the bus home on _____ .
5 Why doesn't Justin's mum want to cook for him?
She doesn't want to cook _____ food for the whole family.

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## F Listening

**Listen to a radio show. What is Jane's call about?**

A ☐ She's worried about her brother's health.
B ☐ She wants diet advice for her brother.

**Listen again. Choose the correct answers.**

1 What two things does Jane mention about Harry's unhealthy lifestyle?
A ☐ diet and exercise
B ☐ junk food and vegetables

2 What does Harry usually eat?
A ☐ burgers, pasta and pizza
B ☐ chips, burgers and pizza

3 What fruit and vegetables does he sometimes eat?
A ☐ carrots, apples and lettuce
B ☐ lettuce, tomato and pineapple

4 What does the health specialist recommend?
A ☐ He suggests that he shouldn't eat any more junk food.
B ☐ He suggests that Jane's parents cook recipes from a book called *Delicious Junk*.

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## G Use of English

**Choose the correct words to complete the dialogue.**

Piotr Hi, Selma. [1] **Are / Do** you alright? You don't look good.
Selma No, not really. I [2] **get / feel** awful!
Piotr What's the [3] **matter / ill**?
Selma I've [4] **feel / got** a cough and a sore throat.
Piotr Oh dear. Have you got a [5] **temperature / stomach ache**?
Selma Yes, I do feel quite hot.
Piotr OK. And does your head [6] **hurt / sore**?
Selma Yes, a bit.
Piotr Well, I think you had better get into bed and have some rest.

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