

Vocabulary

Food and drink

Complete the gaps in each sentence with an appropriate word. The beginning of each word has been given to help you.

- 1 When I was a child, I was a **fu**_____ eater; I refused to eat any vegetables.
- 2 Mike eats so quickly. He never **ch**_____ his food; he just bolts it down.
- 3 I've decided not to have **fi**_____ drinks anymore because I don't like the bubbles.
- 4 Mary wants us to have a **si**_____ meal in a fancy restaurant for her birthday.
- 5 I was so thirsty that I **gu**_____ down my water as soon as I got it.
- 6 I might just pop out for a **sn**_____ instead of a full dinner.
- 7 Keith doesn't drink a lot of lemonade but prefers **st**_____ drinks like apple or pineapple juice.
- 8 It took ages for the dog to **sw**_____ his tablet, but he's finally taken his medicine.
- 9 When Matthew is thirsty, he drinks milk **st**_____ from the bottle!
- 10 Do you want a hot or a **so**_____ drink from the menu?

Health

Choose the correct options to complete the sentences.

- 1 Don't get angry or your blood *pressure / attack* will go up again!
- 2 It doesn't mean you've got flu just because you've got a *running / runny* nose!
- 3 My dentist was pleased that I didn't have any tooth *sprain / decay* at my last check-up.
- 4 Jane can't find her *prescription / receipt* for the medicine she needs to take.
- 5 I think I have a *blister / bandage* on my toe after jogging today.
- 6 Tommy had a nose *ache / bleed* when he was hit in the face with a basketball.
- 7 My brother was feeling *stiff / faint* so we told him to sit down.
- 8 I heard that Barbara has finally got over her *heavy / runny* cold.
- 9 I don't know what I've eaten, but I've got a bad stomach *attack / ache*.
- 10 My sister has a *stitch / scar* on her knee from an accident when she was young.
- 11 Maybe you slept in a strange position if you have a stiff *heart / neck*.
- 12 I think I might have *infected / sprained* my ankle while running for the bus.

Language focus

Quantifiers

Choose the correct options to complete the sentences.

- 1 Unfortunately, *none / neither* of the twins is interested in history.
- 2 The cyclist held up her medals in *every / each* hand.
- 3 There was very *little / few* information on the website.
- 4 I'm feeling *a little / little* better, so I'll try and eat something today.

- 5 Maria did a great *many / deal* of research into the environment.
- 6 Don't worry, I think we have enough bread. Yes, we have *lots / lots of*.
- 7 There were *plenty / several* police cars on our street this morning.
- 8 My sister and I *both / all* enjoy playing badminton.

Hypothetical situations

Complete each sentence with the correct form of the verbs in the box. You can use some of the verbs more than once.

buy	find	go	listen	park	stop
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- 1 I wish you _____ in the driveway instead of on the road.
- 2 I think it's time you _____ smoking; it's really bad for your health.
- 3 My watch isn't working! I really wish I _____ that lovely one I saw yesterday.
- 4 She'd rather nobody _____ out about her promotion until it's announced.
- 5 If only we _____ on holiday, then we wouldn't be stuck here now.
- 6 I wish you _____ playing music while I'm trying to speak on the phone.
- 7 If only I _____ my passport; now I have to order another one.
- 8 It's time you _____ to my advice and then you wouldn't be in so much trouble.

Prepositions and gerunds

Complete the sentences with the correct answers (A, B or C).

- 1 My sister insisted _____ driving me to the airport but I could've taken the train.
A in B to C on
- 2 It's hard to put _____ with people being rude in the street.
A up B in C back
- 3 My boss had no objection _____ me taking a two-week holiday.
A with B by C to
- 4 Harry managed to get _____ breaking up with his girlfriend.
A by B over C on
- 5 There's little point _____ making dinner if he's not going to eat it.
A in B with C from
- 6 Charlotte has really taken _____ training as a doctor.
A in B for C to
- 7 I'm a bit put _____ flying at the moment because the fares are so expensive.
A of B off C out
- 8 Martin has no chance _____ promotion if he doesn't work hard enough.
A in B of C by

Word formation

Nouns 2

Complete each gap with an appropriate noun formed from the word in brackets. Here is an example (0).

- 0 We need to get to the **truth** (*true*) of what really happened that night.
- 1 It seems that your favourite team is going to win the football _____ (*champion*) this year.
- 2 The _____ (*survive*) of many species depends on how well we look after them.
- 3 We have never had any _____ (*difficult*) with our neighbours.
- 4 Susan enjoys feeling the _____ (*warm*) of the sunshine in summer.
- 5 Unfortunately, we have a staff _____ (*short*) due to illness.
- 6 The essay is written well, but you need to check the _____ (*accurate*) of the facts.
- 7 I don't like swimming pools unless I know the _____ (*deep*) of the water.
- 8 It's my absolute _____ (*please*) to present you with first prize in the competition.

Reading and Use of English

Part 2 Open cloze

For questions 1–8, read the text below and think of the word which best fits each gap. There is an example at the beginning (0). Write your answers in CAPITAL LETTERS.

Example: (0) SINCE

Subject: my visit

It seems a long time ago (0) I visited you in the summer. I had (1) a great time to finally see where you live and to try all your hobbies on the farm and beyond. I think my favourite part was when we went horse riding, (2) though it was raining. The place where we set (3) the picnic by the river was absolutely beautiful, and I have great memories of our chat. You must (4) your parents for allowing me to stay and for their great hospitality. I'm really hoping (5) visit again sometime in the future, but you have to come to me first. I think our spare room (6) have been decorated by the time you visit, so you'll have a nice place to stay. I'm (7) to plan lots of things for us to do, so let me know when you can make it. I want to (8) sure you'll never forget your visit!

Write back soon!

Reading and Use of English

Part 6 Gapped text

You are going to read a magazine article about a new fitness and diet. Six sentences have been removed from the article. Choose from the sentences A–G the one which fits each gap (1–6). There is one extra sentence which you do not need to use.

Get fit in 28 days

'We're going to turn right, is it right? Here, just where these cars are going. Yeah, go on.' Dusk is falling and Sally Gunnell is being driven back home after a day-long photo shoot. Such is the ceaseless pace at which her life moves that this short journey is almost the only free time she has had all week.

When she is not travelling up and down the motorways of Britain on her motivational speaking tours, she is looking after her three children, undertaking promotional work or appearing on television. **1** However, she shows few signs of slowing down. 'A lot of what I do now is being a taxi service,' she says with a smile.

So the first thing I want to know is where on earth she found the time to put together a fitness and diet programme, giving you the chance to train like an Olympic champion. 'I always say I'm like everybody else now,' she says. **2** 'I think it's about finding something that you enjoy. If you've only got five minutes, you'll be better off doing some sit-ups rather than doing nothing at all. You're better off adapting fitness to your lifestyle in this way. If you want to perform better at work, if you want to deal with stress and day-to-day living, fitness is a key part of it.'

Just as she uses motivational speaking to unlock people's potential in the workplace, Gunnell is passionate about spreading the word about healthy living. 'People always say to me: "I feel so stressed because I can't get this done, I can't think straight," and they might have all sorts of aches and pains. But often, the amount of energy you have in a day is linked back to lack of exercise or what you're eating or not eating.' **3** 'Whatever you're trying to achieve, whether it's trying to be a better mum, or performing to your highest ability at work, it often does come back to how you feel about yourself.'

So as well as slotting into the hectic lifestyle, Gunnell believes exercises in her fitness plan will suit people of all ages and shapes. 'I always think that with exercise there's no quick fix or secret remedy. It's often just something that fits in with what you can do at home.' Practicality is a primary objective. **4**

5 'I was an athlete from the age of 14 to the age of 31, and it was very demanding. When I retired, it was nice to choose what I wanted to do. I could go running, or go to the gym. I thought, "Wow, this is great."'

So, do people still expect her to be a finely sculpted athlete? 'Sometimes they do,' she says. **6** 'I still have to work at it. I still have to watch what I eat, and I know how it affects my mood. If I ate everything, I'd put on loads of weight.'

- A It's a matter of self-maintenance, she believes, which can have a beneficial effect in every area of your life.
- B But then you get chatting to people and they realise that you're like everybody else, really.
- C For Gunnell, the idea of determining her own fitness programme after two decades of being told what to do and when by athletics coaches brought its own sense of freedom.
- D I'm trying to balance being a mum and working, and just trying to build fitness into my life.
- E With this in mind, the exercises have been very well designed for different levels and abilities.
- F If they see you going out of the door and going for a run, or going to the gym, you make it a culture within the family.
- G The golden girl of British athletics in the 1990s retired from the track more than 15 years ago.

Listening

Part 1 Multiple choice

🔊 You will hear people talking in eight different situations. For questions 1–8, choose the best answer (A, B or C).

- 1 You hear a couple talking in a park. Why doesn't Jane want to go for a jog?
 - A She is feeling too unwell to go.
 - B The weather forecast isn't good.
 - C She is worried about getting an injury.

- 2 You hear two students talking about a project. What do they agree on?
 - A The alternative medicine part was tricky.
 - B The interview was the easiest section.
 - C The referencing is time-consuming.

- 3 You overhear a man on his mobile phone talking to his friend about plans. Why does he need to cancel?
 - A He is cooking dinner.
 - B He has to do some overtime.
 - C He is going to watch a match.

- 4 You hear a couple chatting in a restaurant. How does the woman feel?
 - A full
 - B hungry
 - C satisfied

- 5 You overhear a sales assistant talking to a customer. What does the shop assistant advise?
 - A buying some new footwear
 - B finding more suitable clothing
 - C warming up before exercising

- 6 You hear a woman leaving a message about a spa day. What does she want to know?
 - A how to change a class
 - B how to pay for the day
 - C how to access the website

- 7 You hear part of a radio programme. What is the man talking about?
- A a new restaurant
 - B a new market stall
 - C a new drinks' company
- 8 You hear a man talking about being vegetarian. What does he mention as the biggest advantage?
- A a cheaper weekly shop
 - B making new friends
 - C saving animals

Writing

Part 2 Informal letter

This is part of a letter you receive from your English friend, Max.

I've been thinking about changing some of my lifestyle habits. There are many things that I think I could do, but I'm mostly interested in becoming a vegetarian. I know you've been a vegetarian for years and was wondering why you became one. Can you also give me any advice?

Thanks,
Max

Write your letter in 140–190 words in an appropriate style.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Speaking

Part 4 Discussion

You will be asked some of the following questions:

- Do you think people in your country follow a healthy diet? Why/Why not?
- Why do you think some people are fussy eaters?
- What do you think is the biggest advantage of not eating meat?
- Do you think that everyone should follow a vegetarian diet? Why/Why not?
- What are some of the reasons people choose to eat fast food?
- How do you think our eating habits will change in the future? Why?