

Listening

1 [AUDIO 6] You will hear a dialogue between a basketball player, James, and his friend, Patricia. Listen and choose the correct answer (A, B or C).

1 What illness did Ben have last weekend?

A a bad back B a stomachache C the flu

2 On Wednesday James

A had a stomachache. B played the match. C ate spicy food.

3 On the day of the game, James felt

A full. B ill. C good.

4 During the match, Conor

A got a headache. B got the flu. C got hay fever.

5 In the last 10 minutes, James's team

A won the game. B stopped playing. C lost the game.

Vocabulary

2 Complete the words in the sentences.

0 Your **e / b o w** is in the middle of your arm.

1 Do your parents let you **s _ _ _** up late at the weekend?

2 I had a really bad sore **t _ _ _ _** yesterday – I couldn't eat or drink anything.

3 Men's **b _ _ _ s** usually grow about 0.5mm every day.

4 I usually sleep **w _ _ _** but last night I didn't get much sleep at all.

5 I have a food **a _ _ _ _ _** which means that I can't eat peanuts or fish.

3 Complete the sentences with the words in the box. There are two extra words.

rugby	arm	ready for bed	swimming	muscle	P.E. lessons	Tai Chi	asleep
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0 I play rugby every week for my school.

1 My family go _____ every Friday evening.

2 Anita did _____ for the first time last Saturday and she liked it a lot.

3 My dad broke his _____ when he was skiing last winter.

4 Lisa got _____ and then she read her book for half an hour.

5 Our class has _____ on Mondays and Thursdays.

Grammar

4 **Some, any, a lot of, much, many, too much or too many?** Choose the correct option.

0 Would you like some / ~~much~~ cake?

1 How *much* / *many* sandwiches have we got?

2 I never eat *any* / *some* crisps – they're very unhealthy.

3 How *much* / *many* cola do you drink every day?

4 My little sister ate *too much* / *too many* sweets and she has a stomachache now!

5 Alan usually eats *a lot* / *many* soup – he loves it!

5 **Complete the blog with the Past Simple or Past Continuous form of the verbs in brackets.**

A Terrible Accident!

My sister ⁰had (have) a terrible accident! She ¹_____ (walk) the dog when he

²_____ (see) another dog. Our dog ³_____ (start) to run

after it and my sister had to run along behind him. When our dog ⁴_____ (run), she

⁵_____ (fall) and hit her head. She's OK now and she still loves the dog! He wasn't sorry at all!

Speaking

6 **Complete the dialogue with the expressions in the box. There are two extra expressions.**

What's wrong?	lie down	feel really ill	should stay in bed
What did you have	a bad cold	hurts	a temperature

Nurse: Hello, Simon, how can I help you today? ⁰ What's wrong?

Simon: Well, Nurse, I ¹_____ !

Nurse: Oh dear. Let me ask you a few questions. Do you have ²_____ ?

Simon: No, it's not very high – I don't feel hot. But I've got a stomachache. It really
³_____ when I walk or sit down. What's the matter with me?

Nurse: I'm not sure yet. ⁴_____ for breakfast?

Simon: Err... nothing, as usual. Do I need to go home and ⁵_____, Nurse?

Nurse: No, you don't! You should start eating a healthy breakfast every morning and drink a lot too!

Simon: OK, Nurse. Thanks for your help!

Reading

7 Read the letters from an advice website for teenagers and choose the correct answer (A, B or C).

0 When did Henri go to bed last night?

- ☒ A at 10 o'clock B between 10 and 2 C at 2 o'clock

1 Which of these things happened first?

- A Henri's friend messaged him.
B Henri went to bed.
C Henri checked his Facebook page.

2 What were Henri's parents doing at 2 a.m.?

- A They were sleeping.
B They were watching TV.
C They were checking out their Facebook.

3 How much sleep do children need?

- A 8 hours B 9 hours C 12 hours

4 Why should Henri talk to his friend?

- A to tell his friend it's his fault that he's feeling tired.
B to organise when to play games.
C to tell his friend that they should stop playing online games.

5 Polly says that Henri should

- A start and finish playing games earlier.
B play games in the living room.
C stop playing online games.

Dear Polly

Last night I got into bed at 10 o'clock as usual. Then (as usual!) my best friend started messaging me to play our favourite action game online. I stopped playing four hours later, but I didn't feel sleepy, so I checked out my Facebook page. My parents went to bed at the same time as me so, of course, they were asleep. I didn't go to sleep until 3 a.m.! I feel tired all day today – it's my best friend's fault!

Henri, 15

Dear Henri

Adults usually need about eight hours sleep a night, which is one hour less than teenagers and four hours less than children. What this means is that you should go to bed about one hour before your parents, not five hours after!

Scientists think that teenagers are getting less sleep than before. Online gaming and social media are a big part of the problem.

When you play games, you get very excited. This means you don't feel sleepy. Also the light in the screen makes your brain think it's daytime.

The easy way to sleep better, of course, is to stop playing these games altogether. But why give them up completely? Speak to your friend and explain that you want to get more sleep. Then agree a time when you can both play. It should be at least two hours before you usually go to bed. Play for an hour. Oh, and leave your phone in the living room!

Polly

_____ / 5

English in Use

8 Complete the sentences with the phrasal verbs in the box.

picked up	go off	give up
find out	take up	top up

- 0 James picked up a cold when he was on holiday.
- 1 How do you _____ the information you need for your school projects?
- 2 Judy decided to _____ eating chips because they were really bad for her.
- 3 I must _____ my phone – can you give me £5, Dad?
- 4 My doctor says I should _____ a sport and train regularly.
- 5 This chicken soup can _____ soon – put it to the fridge, please.

9 Match the sentence beginnings from Column A with the endings in Column B.

Column A	Column B
0 try to do <u>C</u>	A go to the gym regularly – she quite likes it.
1 Grant has ____	B I play football – I need to make an appointment with the doctor.
2 Thalia broke her arm when she ____	C some exercise every day.
3 Not everyone likes ____	D Tai Chi classes on Friday evenings.
4 How often do you go ____	E keeping fit – some people are just lazy!
5 Jenny tries to ____	F running, Jeremy?
6 Did you prefer playing ____	G basketball or football when you were young, Grandad?
7 My feet really hurt when ____	H was playing rugby last Monday.

