

Name: _____

Grammar

1 Complete the sentences. Use the past simple or present perfect simple form of the verbs below.

**not eat hear know live meet earn not go not
replace post study**

- 1 Paul and Jess _____ each other since 2004. They're very good friends.
- 2 I _____ my girlfriend exactly a year ago.
- 3 This year _____ well for me so far.
- 4 'You look upset.' 'I _____ just _____ some terrible news.'
- 5 I _____ some photos on Facebook a few hours ago.
- 6 'Where _____ you _____ when you were a child?' 'In Leeds.'
- 7 My uncle _____ a lot of money in the past few months.
- 8 'Would you like to try these frogs' legs?' 'Yes, please! I _____ them before.'
- 9 In most state schools, healthy food _____ fast-food meals yet.
- 10 I _____ French for four years while I was at secondary school.

Mark ____/10

2 Complete the sentences. Use the present perfect simple or present perfect continuous form of the verbs in brackets.

- 1 Martin _____ (complete) six crossword puzzles since midday.
- 2 Jack, you _____ (play) that computer game for four hours. Please stop!
- 3 'How many times _____ you _____ (read) that book?' 'Four or five times.'
- 4 As far as I can remember, I _____ (love) ice cream all my life!
- 5 My dad still doesn't have a driving licence. He _____ (fail) his driving test ten times!
- 6 'Your face is red. Have you got a temperature?' 'No, I _____ (exercise) at the gym.'

- 7 Jill and Nick _____ (live) in Tokyo for a few months now, and they're still enjoying it.
- 8 We _____ (prepare) all day and most of the evening and we're still not ready.
- 9 Sean and I _____ (know) each other for most of our lives.
- 10 What _____ you _____ (buy) your sister for her birthday?

Mark ___/10

Vocabulary

3 Choose the correct answers.

- 1 I told Diane my brother was a famous pop star, but she didn't bat an _____.
a eyelash **b** eyelid **c** eyebrow
- 2 Those boxes are too heavy for Jane. Perhaps you ought to give her a _____.
a hand **b** neck **c** shoulder
- 3 Clive fell and sprained his _____.
a lip **b** ankle **c** sole
- 4 Her _____ are too long. She should cut them.
a palms **b** armpits **c** toenails
- 5 Jess looks great in a dress with a wide belt. She's got a small _____.
a thigh **b** hip **c** waist
- 6 The Brazilian football player scored a goal by kicking the ball with his _____.
a scalp **b** calf **c** heel
- 7 OK, I'll go to the cinema with you tonight. You've twisted my _____.
a wrist **b** arm **c** thumb

Mark ___/7

4 Complete the sentences with the words below. There are two words that you do not need.

awareness campaign diet issue law right tax treatment

- 1 It would be a good idea to launch a big _____ to promote daily exercise.
- 2 I hope the government doesn't raise income _____. Most people already earn too little.
- 3 I think people should have the _____ to choose what they want eat and drink.
- 4 The _____ of the disease is expensive because the medicine costs a lot of money.
- 5 Last year our parliament passed a new _____ to make smoking in restaurants illegal.
- 6 Our school wants to raise _____ of the importance of healthy eating.

Mark __/6

5 Complete the sentences with the words below. There is one word that you do not need.

allergic swollen itchy rash stiff dislocated upset blocked up

- 1 If you have a / an _____ stomach, you should avoid spicy food.
- 2 'Why is your mouth so _____ ?' 'I've just been to the dentist!'
- 3 I think I have a / an _____ shoulder. It's quite a common injury if you play rugby.
- 4 Annie has a cold. She's got a / an _____ nose and she's can't breathe properly.
- 5 My skin is really _____ – I can't stop scratching it.
- 6 I slept on an uncomfortable bed and when I woke up my neck was really _____ .
- 7 Are you _____ to any foods, like peanuts or strawberries?

Mark __/7

6 Complete the text. Choose the correct answers, A, B, C or D.

If you are planning to go to Japan on holiday, you should ¹ _____ yourself to one or two nights at a Buddhist temple. Staying in these temples gives you the chance to visit both historic and remote areas of Japan. They don't ² _____ to foreign visitors, who can experience the life of a Buddhist monk in a unique way.

Zen Buddhism ³ _____ in Japan since 1191, when it ⁴ _____ from China. However, interest in Zen Buddhism ⁵ _____ in Japan for the last 60 years, while it ⁶ _____ more popular in the West. As a result, many people come to Japan so ⁷ _____ they can learn more about it. Staying at a temple is a unique and inspiring experience and is sure to be one of the highlights of any ⁸ _____ to Japan.

In the past, in ⁹ _____ to join a Japanese temple you had to sit at the front gate for three days without sleeping. Now, all you need to do is make a phone call or write an e-mail! You will often have the chance to join meditation sessions both in the evening and the morning. For dinner you will be served a Buddhist meal, which is healthy and delicious, if you don't ¹⁰ _____ having no meat, no fish, no spices, no onions and no garlic!

- | | | | |
|---------------------|----------------------|------------------------|-----------------------------|
| 1 A book | B give | C show | D treat |
| 2 A object | B play | C study | D turn |
| 3 A existed | B has existed | C was existing | D has been existing |
| 4 A arrived | B has arrived | C was arriving | D has been arriving |
| 5 A declines | B declined | C was declining | D has been declining |
| 6 A gets | B got | C was getting | D has been getting |
| 7 A for | B order | C that | D to |
| 8 A event | B stay | C trip | D tourist |
| 9 A for | B order | C so | D that |
| 10 A reserve | B recommend | C matter | D mind |

Mark ____/10

Listening

7 🎧 Listen to Mark talking about the type of exercise he does. Are the statements 1–5 true or false?

- 1 Mark's girlfriend persuaded him to start yoga classes with her. _____
- 2 Despite being the only boy there, he feels comfortable in yoga classes. _____
- 3 Mark made a mistake in his first class, which he has never repeated since. _____
- 4 Mark has found that yoga is not as difficult as it looks. _____
- 5 Mark practises techniques from yoga when he is not in yoga class. _____

Mark __/5

Reading

8 Read the text. Choose the correct answers.

To smoke or not to smoke?

Laws that ban smoking in public places are not exactly a new idea. One of the world's first smoking bans was introduced in 1575, when the Roman Catholic Church passed a law that made it illegal to smoke in any church in the Spanish colonies of Central America. In the eighteenth century, a number of German and Austrian cities also banned smoking, not in specific locations or buildings, but anywhere in the city. Some of these bans were based on ideas about health. Others were more concerned with safety. The Old Government Building in Wellington, New Zealand banned smoking in the 19th century because the building was made entirely of wood; smoking was a fire risk.

In the second half of the twentieth century, campaigns began to make people aware of the health dangers of smoking, and the concept of *passive smoking* – or breathing other people's smoke – became a widespread concern. As a result, governments passed laws in the 1970s to control the use of tobacco, and restaurants and other public places began to create smoking and non-smoking sections. But it wasn't until the late 1990s that public smoking bans became widespread. California led the way in the US when it became the first US state to prohibit smoking in all public places in 1998. By 2010, nearly eighty percent of American states had introduced smoking bans. Elsewhere, ventilation systems were installed in public places, and smokers' lounges were created as alternatives to complete bans.

Not everyone is happy about the introduction of smoking bans. Not surprisingly, tobacco companies, restaurants and bars are concerned about losing business because of the new restrictions. Smokers often complain that by limiting the places

where they can smoke, smoking bans unfairly limit their freedom. Plus, it is difficult to break the habit and give up smoking. But nowadays most people accept the overwhelming scientific evidence that smoking harms our health and can cause lung and heart disease. Furthermore, research shows that smoking bans have resulted in a reduction in smoking-related diseases and deaths. We shall have to see whether in the future every country in the world will follow suit and impose bans on smoking in public places.

1 One of the earliest anti-smoking laws prohibited smoking

- a anywhere in Central American cities.
- b in wooden churches around the world.
- c in churches in Mexico and other Spanish colonies.
- d in Spanish colonies around the world.

2 In modern times laws about smoking were introduced because

- a smokers wanted special areas to smoke in.
- b governments wanted to publicise the health dangers of smoking.
- c of fears about second-hand smoke.
- d more and more people started smoking.

3 The smoking ban in California was important because

- a it set an example for other US states.
- b it made use of ventilation technology.
- c it wasn't possible to smoke in 80% of public places.
- d restaurants had to create smokers' lounges.

4 Many smokers feel that

- a it is difficult to prove that smoking has a negative effect on health.
- b it is impossible to change people's habits.
- c they are not consulted about anti-smoking laws.
- d people should be free to choose where they want to smoke.

5 According to research, smoking bans

- a will be imposed in all countries in the future.
- b are most effective in public places.
- c make it easier to stop smoking.
- d have had a positive effect on people's health.

Mark __/5

Writing

9 **You and some friends are studying at an English School in Oxford and you want to organise a sports day for all the students. Write an announcement to publicise your event. Include the following information:**

- Say what sports you want to include and why.
- Explain how people can take part in the event.
- Tell people where and when the event will take place.
- End with a strong message to persuade people to take part.

Mark __/10

Total: __/70