Pre Intermediate
Test on unit 6

READING COMPREHENSION

I. Read the article. Which exercise class...?

1 was created to improve fitness for a particular sport? ____
2 will make you feel like a child again? ____
3 plays songs from lots of different years? ____
4 might take a long time to be good at? ____
5 doesn't happen in a gym or a swimming pool? ____
6 is good for people who need more energy? ____

Now trending in health and fitness

More people are getting into exercising than ever before. With the number of fitness freaks growing, so is the choice of keep-fit classes. Forget about boring running and weights machines at the gym, and try something new, fun and different. Here are four of the latest exercise classes taking the fitness world by storm.

BOOGIECISE

For anyone who loves dancing, this class is a must-try. The class takes place in a nightclub on a dancefloor which not only lights up, but also changes colour! Copy the instructor's choreographed dance routines while the DJ pumps out classic disco, electro, pop and house music from the 70s, 80s, 90s and 00s.

SURFERCISE

This class was invented by surfers in Hawaii to help them be fitter in the water. It's basically weight training under water. Using a variety of exercises, you will carry, push and pull weights around a swimming pool. The water makes the workout gentle, but the weights challenge your cardiovascular system.

TRAMPO-LEAN

Twice as effective as running, and twice as much fun as karaoke, Trampo-lean involves bouncing around on a trampoline for an hour, doing different exercises the whole time. If you want something to wake you up after a long day at work, or to kick start your weekend, this might be the class for you!

SCHOOL FIT

This class will take you back to the school playground, but also give you a high-intensity, full-body workout. The main equipment for this class is a hula hoop and a skipping rope. It may take you a while to get the hang of it, but you can look forward to superhuman coordination and core strength if you do!

WRITING

II. Complete the sentences with the words in the box.

DESSERTS – JUNK – CALORIES – VEGETARIAN– VITAMIN – PROTEINS – ALCOHOL – SEAWEED – FIZZY

1 She stopped drinking _____ for a year.
2 Emily doesn't eat meat. She's a _____.
3 Did you know that eggs are rich in _____?
4 I like eating sweet food and love _____.
5 He is very healthy and never eats _____ food.
6 My dentist says _____ drinks are bad for teeth.
7 We can get _____ D from the sun.
8 Are there more _____ in tea or coffee?
9 _____ grows in cooler waters and it is an important part of the Japanese diet.

LIVEWORKSHEETS

III. Match 1–7 with a) – g).

1 Take these	**a)** high temperature.
2 Go to bed and get	**b)** pills once a day.
3 You have a very	**c)** the hospital for an X-ray?
4 Jo has caught a	**d)** your arm?
5 Did you go to	**e)** some rest.
6 How did you break	**f)** a headache today.
7 Simon has got	**g)** cold and is at home.

IV. Complete the sentences with the present perfect or past simple form of the verbs in brackets and FOR or SINCE where necessary.

1 I _____ (be) on a healthy diet _____ three weeks. I _____ (start) on 2nd January.
2 She _____ (not buy) any new clothes _____ years.
3 We _____ (know) them _____ ages. We _____ (live) in the same street when we were children.
4 He _____ (not be) back to see his parents _____ 2012.
5 Lisa _____ (be) in London _____ three years now. She _____ (come) in 2012.

V. Choose the correct alternative.

1 I'll take an umbrella as it *might/won't* rain later.
2 Sorry, but we *might/won't* be able to come to your party. We're on holiday then.
3 I'm not sure but we *might/will* be lost.
4 He *may/may not* find it hard to lose weight. He never does any exercise.
5 *Won't/May* I sit down here?
6 It's quite late now. *Will/May* they arrive in time for the concert?
7 The table is booked for 8p.m. so I *will/may* see you then.

VI. Complete the conversation with the words in the box.

CAN'T - HOW LONG - HURTS - NECK - PAINFUL - PAINKILLERS - SINCE - SO - TAKE THEM - WHAT'S THE - WORRIED

A: Hello, I'm Dr Simpson. [1] _____ matter?
B: Hello, Doctor. I've got a sore [2] _____ and my wrist [3] _____ . It's very [4] _____ .
A: [5] _____ have you had this problem?
B: [6] _____ about a month ago. I [7] _____ sleep very well.
A: Are you [8] _____ about anything?
B: No, but I'm working on the computer a lot.
A: So that's probably the reason.
B: Yes, I think [9] _____ .
A: Right. It's nothing to worry about. I'll give you some [10] _____ . They'll help you sleep, too. [11] _____ for two weeks, then come and see me again.
B: Thank you, Doctor.

LIVEWORKSHEETS