

Student: _____

Date: _____

TEST UNITS 7 & 8



1 ▷ Listen and circle the tense of the verb you hear.

1 present / past

3 present / past

5 present / past

2 present / past

4 present / past

2 ▷ Listen and complete the sentences with the word you hear.

1 _____ a lot of photos?

4 _____ on Fridays?

2 _____ to work by train?

5 _____ near you?

3 _____ the bus?

3 Complete the sentences with the words in the box.

do do go take walk

- 1 My office is near my house and I usually _____ to work, but I drive when it's raining.
- 2 Try to _____ the stairs, not the lift, so you can get some exercise.
- 3 Phil likes to _____ to the gym three times a week. He even rides his bicycle there and back!
- 4 I'm quite healthy because I _____ lots of physical jobs around the house.
- 5 At primary school, children _____ an hour of exercise each day.

4 Choose the correct word for these sentences.

- 1 Can I **lend / borrow** your phone to call my boss?
- 2 Pippa **said / told** she was tired.
- 3 We **watched / looked at** a great film at the cinema last week.
- 4 You can **come / go** to my house for a coffee later.
- 5 When you go out, **bring / take** an umbrella with you.
- 6 They **told / said** me the way to the bank.
- 7 Sonje **lent / borrowed** me her suitcase when I went on holiday.
- 8 She **looked at / watched** the map before she left the house.
- 9 Do you want me to **take / bring** anything to your birthday party on Friday?
- 10 Let's **go / come** for a walk.

5 Choose the correct word for these sentences.

- 1 Michael **runs / swims / does** 10 kilometres in the park every day.
- 2 We like to **play / swim / jog** in the sea when we go on holiday.
- 3 In France in the winter, people **do / ski / swim** in the mountains because there's lots of snow.
- 4 Jim and Rui **play / do / go** fishing on the river most weekends.
- 5 I **do athletics / go to the gym / jog** to use the exercise machines.
- 6 There is a stadium in our town and a lot of people **do athletics / go fishing / ski** there.
- 7 Kate's doctor told her to **do judo / ski / do yoga** because she has back pain.
- 8 We sometimes **play basketball / cycle / go fishing** in the local sports centre.
- 9 I **play football / cycle / do athletics** to work because the car parks in the city centre are very expensive.
- 10 Dimitri **plays football / goes fishing / jogs** for his university team.

6 Complete the conversations with the PAST FORM of the verbs in the boxes.

Sophia So how's your new healthy lifestyle?

Ashun It's good, thanks. I feel a lot better. Yesterday I ¹ _____ salad for lunch and I ² _____ a healthy dinner for the family. And I ³ _____ some exercise in the evening! But I ⁴ _____ to work because I was a bit late. Tomorrow, I want to walk.

Sophia That's great! I'm trying to be healthy too. Yesterday I ⁵ _____ the stairs up to my office on the 10th floor!

do
drive
eat
make
take

Miki Hi Raj, how was your evening?

Raj It was good, thanks. I ⁶ _____ some emails to a few friends and also ⁷ _____ time to go for a run in the park. Then my wife ⁸ _____ home and she ⁹ _____ me about her day. Then we ¹⁰ _____ on the sofa and watched TV.

Miki It sounds very relaxing. I worked late at the office and then just went home to bed.

come
have
sit
tell
write

7 Complete the sentences with the correct form of GET, TAKE or HAVE.

- 1 I _____ a lot of text messages from my best friend.
- 2 When we get home from work, we always _____ something to eat.
- 3 Kati and Lina _____ a long time to get dressed before a party.
- 4 You should _____ a taxi late at night.
- 5 I used my new camera to _____ photos on holiday.
- 6 Siri likes to _____ a shower in the evening.
- 7 When I'm with my sister, we always _____ a lot of fun.
- 8 My grandmother likes to _____ a sleep after lunch in the afternoon.
- 9 They always _____ a good time on holiday.
- 10 I _____ hundreds of emails at work every day.

8 Match 1–10 to a–j to make complete sentences.

- | | |
|--|---|
| 1 Amsterdam is a good city for cycling so _____ | A took a taxi. |
| 2 In big cities, people use public transport because _____ | B use public transport. |
| 3 To help improve traffic problems, everyone should _____ | C I always take the train. |
| 4 A good way to travel in Tokyo _____ | D a lot of people go by bike to work. |
| 5 I don't like flying so _____ | E I never go by plane. |
| 6 When it's raining, I go _____ | F is by plane. |
| 7 I was late for a meeting yesterday so I _____ | G driving or taking a taxi is too slow. |
| 8 The fastest way to go from London to Madrid _____ | H I missed the bus. |
| 9 I got up late so _____ | I to work by car. |
| 10 I can't park near my office so _____ | J is by metro. |

9 Complete the conversation with QUESTIONS in the PAST SIMPLE form.

Sergei ¹ _____ go on holiday?

Nuala I went to Germany.

Sergei ² _____ like it?

Nuala Yes, I did. It was really interesting.

Sergei ³ _____ do there?

Nuala I went to the countryside and visited lots of castles.

Sergei That sounds nice. ⁴ _____ go with?

Nuala I went with my parents.

Sergei ⁵ _____ like it too?

Nuala Yes, they liked it a lot. We all want to go back next year.

10 Complete the sentences. Choose the correct answer and write A, B or C.

- 1 You _____ take the bus. It takes a really long time so it's not a good idea.
a should b have to c shouldn't
- 2 Most museums in London are free so you _____ pay.
a have to b don't have to c shouldn't
- 3 People _____ take a break when they drive for a long time.
a should b have to c shouldn't
- 4 Children _____ wear a seat belt in the back seat. It's the law.
a don't have to b have to c should
- 5 I think old people _____ have someone to take care of them.
a should b shouldn't c don't have to
- 6 Tourists from other countries _____ show their passports at the airport when they arrive.
a should b have to c don't have to
- 7 You _____ get the train because it is quicker than the bus.
a have to b should c shouldn't
- 8 You _____ show your passport and be under sixteen to buy a child's ticket.
a have to b don't have to c should

11 Read the article. Decide if the sentences are true (T) or false (F). If there is no information about this, choose 'not given' (NG).

Five healthy foods that are bad for you!

1. Dried fruit

This has lots of sugar in it. People usually eat it a lot because they snack on it when they are at work. Eating half a cup of dried banana is like eating nine slices of bread. They have the same energy. Half a cup of raisins has the same sugar content as fifteen slices of bread!

2. Cereal

This is good for you before exercise like jogging or going to the gym because the sugar gives you energy. But it can be full of fat as well. One cup of cereal can have over 20 grams of fat.

3. Fruit yogurt

Yogurt with fruit also has lots of sugar. Often the fruit is in a sauce and that is full of sugar, too. But it's fine to eat it after doing sport for some extra energy.

4. Fruit juice

People think fruit juices are healthy, but this is not always true. Again, lots of them are full of sugar and don't have a lot of real fruit.

5. Nuts

These are good for you but only eat a little. Nuts have a lot of energy but also lots of fat, so it's important not to eat them all the time.

- 1 You shouldn't eat dried banana with bread. _____
- 2 Cereal has sugar in it. _____
- 3 Yogurt without fruit has no sugar. _____
- 4 Fruit juice is very good for your health. _____
- 5 Eating lots of nuts is a good idea. _____