TEST 2

Reading 6

Health, medicine and exercise

Complete the short conversations using the correct auxiliary verb.

1. **A:** When …… you start going running regularly?
   B: About two years ago.
2. **A:** What …… these machines used for?
   B: They measure how fast your heart is beating.
3. **A:** How often …… Helen go swimming these days?
   B: Three or four times a week.
4. **A:** How long …… you had that bike?
   B: About three months.
5. **A:** Where …… football first played?
   B: Some people think it was in the UK, others think it was in China.
6. **A:** When …… you usually have lunch?
   B: At about 1 o'clock.
7. **A:** Unfortunately, two players …… injured during the match.
   B: Oh no!
8. **A:** Keith …… lost a lot of weight recently.
   B: Yes, about 10kg.

Choose a word to complete the sentences below.

1. I go to the …… three times a week to do some exercise.
2. It's important to avoid having lots of …… in your life if you can.
3. My doctor gave me a …… and the medicine's making me feel better already.
4. It's amazing how much doctors can find out just by testing a bit of your …….
5. I've improved my …… and now eat things which are much healthier.
6. In my country, doctors only spend about ten minutes with each …… .
7. I don't feel well – I've got a high …… and a headache.
8. The doctor told me to get plenty of …… and to drink lots of water.

Exam task

For each question, write the correct answer. Write ONE word for each gap.

LIVEWORKSHEETS

Getting healthier

I have quite a healthy life these days, but I wasn't always so good! A few months (1) ……., I realised that I needed to change my habits. I (2) ……. spending too much time online and not eating well. I decided to do something (3) ……..… it.

The first thing I changed was my diet. My parents have always provided me with healthy meals, but I often ate unhealthy snacks like crisps and sweets in (4) ……. meals. I stopped doing this and immediately lost some weight. Then I started to do more exercise. (5) ……..…… of sitting at my laptop all evening, I went out for a short run. I ran a little further each week and feel so much better now! I also realised that I wasn't getting (6) ……..… sleep because of staying up late surfing the internet. I've also decided to limit my time online. All this goes to show – anyone can change!

What advice would you give someone about eating a healthy diet?
Write a paragraph below, giving your ideas.

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