

Healthy life

1. Read the text below. For questions (1-10) choose the correct answer (A, B, C or D).

FLU ADVICE

It's the flu season again, and 1) _____ seems to be walking around with a fever, a runny nose and a sore throat. And that's 2) _____ a basic mistake to make! You 3) _____ stay at home and give yourself a chance to recover. If you 4) _____ on with your normal activities while you are fighting a virus, you will simply use up all your energy and make it harder to recover. You may also risk 5) _____ on the germs to the people around you. So just make 6) _____ comfortable on the sofa and spend the time watching TV or reading a good book. Take your temperature regularly, and if you've got a fever, you can try 7) _____ it down with some aspirin. That should also help ease muscle pain, 8) _____ common flu symptom. Also, make sure you drink a lot of liquids – 9) _____ you do that, the fever will dehydrate you and you'll feel even worse. Usually there is no need to take antibiotics. They wouldn't have an effect if you 10) _____ them anyway, because they don't work on viruses. So just take your vitamins, eat light, healthy meals, and let your body recover from the illness in due course.



1	anyone	everyone	someone	no one
2	so	such	every	either
3	should	need	ought	have
4	carried	to carry	have carried	carry
5	pass	passing	to pass	to passing
6	you	your	yourself	yours
7	bringing	bring	to bring	brought
8	other	some	another	most
9	if	unless	when	as
10	take	took	taking	taken

2. You will hear twice a conversation about the reasons and effects of stress. Tick the sentences (1 -5) which are true (T) or false (F) according to what you hear.

1 Young people are stressed out because they want to keep as busy as their parents.	True	False
2 Permanent stress affects young people's minds more than their bodies.	True	False
3 The boy believes that most young people know enough about dealing with stress.	True	False
4 The girl says that having a positive attitude is the most useful piece of advice for teenagers	True	False

5 The boy thinks the girl's idea is a bit impractical.	True	False
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3. You will hear twice six different extracts. For each extract choose the answer (A-C) which fits best according to what you hear.

Extract 1.

The doctor is talking about people who have
 serious health problems.
 very low self-confidence.
 too high expectations of themselves.

Extract 2.

To keep fit, Luke
 does yoga.
 goes swimming regularly.
 works out in the gym.

Extract 3.

When Kate has a cold, she
 always goes to see her GP.
 looks for advice on the Internet.
 contacts her grandmother.

Extract 4.

Who are the speakers?
 doctors
 patients
 nurses

Extract 5.

The girl wants to work as a doctor because she
 wants to find a cure for some diseases.
 believes it's a very interesting job.
 wishes to do the same as her parents.

Extract 6.

The two patients
 have injured the same parts of the body.
 are waiting for surgery.
 are complaining about medical care.