

2 Complete the sentences with one word in each gap.

I've just taken up running. I want to take part in the New York City marathon next year.

- 1 We are going to _____ up a new web page to teach people about how food affects your health.
- 2 Look at this _____ on my face. I had an accident while I was shaving this morning.
- 3 I started to have a _____ attack on the crowded train, but controlling my breathing made me feel calmer.
- 4 Would you _____ my group by promising to donate fifty pounds if we complete the marathon?
- 5 The children's _____ of the hospital is decorated in bright colours to cheer up the sick kids.

_____ /5

3 Complete the sentences with the missing verbs. The first letters have been given.

Use the definitions in brackets to help you.

It was nice of you to share (make available to other people) my webpage with your friends. I want a lot of people to read it.

- 1 If you don't get this injection, it is possible you will c_____ (become infected with) a serious disease while you are travelling.
- 2 I was planning to t_____ (prepare by exercising) for the charity run, but spraining my ankle has kept me from running at all.
- 3 If you d_____ (give money or things to a person or a charity) your clothes or books, we will sell them and use the money to build a new hospital.
- 4 We plan to r_____ (collect) at least ten thousand pounds to give to the clinic for homeless people.
- 5 Besides putting out fires, fire fighters are also trained to d_____ (bring into the world) babies in emergency situations.

_____ /5

4 Complete the sentences with the correct form of the verbs in the box.

be

have

install

join

not play

not work

If I were you, I wouldn't touch the cut with a dirty hand.

- 1 Jason wants to be a doctor in the future. If only he _____ better grades!

2 I wish my dad _____ a special net in the window. There are a lot of mosquitos in the garden.

3 This song is OK but I wish my sister _____ it so often.

4 If a sports centre opened right next to your house, _____ (you) an aerobics class?

5 If Natalie _____ such long hours, she would have more time to exercise.

_____/5

5 Complete the second sentence so that it has a similar meaning to the first.

The expedition was a complete disaster because the climbers left too late.

If the climbers had left earlier, _____.

1 Sally was so tired because she had walked more than 30 km that day.
Sally wouldn't have been so tired if _____.

2 Jason bought that magazine because it had an article about his doctor.
If that magazine hadn't had an article about his doctor,
_____.

3 I didn't have any free time last weekend so I didn't go out with my friends.
If I had had some free time last weekend, _____.

4 The students didn't do their homework so the teacher gave them a test.
The teacher wouldn't have given the students a test
_____.

5 Sam didn't bring any carrots because you didn't ask him to buy them.
If you had asked Sam to buy some carrots, _____.

6 Choose the correct option.

HEALTH

When you go to A a new doctor, you are likely to hear the same questions that you've answered hundreds of times before. 'Do you take any medication? Do you ever have a ¹ _____ in your chest? Have you ever broken a bone or dislocated your shoulder?'

Actually, I had lots of accidents when I was a child. For example, when I was 10, I fell out of a tree. The doctors decided to put a ² _____ on my both legs and I couldn't walk for a long time. I didn't mind as I stayed at home and had plenty of time to watch TV. My mother was really angry and would repeat, 'It wouldn't have

happened if you ³ ____ to me.' Of course my friends just laughed their ⁴ ____ off and told me how careless I was! I am a lot more careful than I used to be, and the worst thing that's happened to me lately is being ⁵ ____ by a dog, which certainly wasn't my fault. I did go to the doctor for a tetanus injection, but that was my first visit in about three years.

A see **B** look **C** watch

1 A sore	B pain	C cure
2 A plaster	B rash	C tape
3 A would listen	B listened	C had listened
4 A hearts	B heads	C shoulders
5 A taken	B broken	C bitten

____/5

7 Complete the second sentence so that it has a similar meaning to the first. Use the words in capitals.

Some people wear face masks so they won't catch a cold. ORDER

Some people wear face masks in order not to catch a cold.

- 1** We've changed our diet because we want to improve our health. TO
We've changed our diet _____ health.
- 2** I can't go out with my friends because I have a stomach ache. NOT
If _____ a stomach ache, I could go out with my friends.
- 3** Jan is exercising more so she can lose some weight. AS
Jan is exercising more _____ some weight.
- 4** I live too far from my school. NOT
If _____ so far from my school!
- 5** The ambulance took 20 minutes to get to the victim because there was a lot of traffic. IF
The ambulance wouldn't have taken 20 minutes to get to the victim _____ so much traffic.

____/5

READING

8 Read the texts. For questions 1–4 choose the correct option A–D.

Text 1

With all of the advances in medical science, you would think that humans would be healthier than ever. This is especially true in countries where access to the latest therapies is easily available. So why do people seem to be suffering more and more from allergies and food-related illnesses? You may wonder if this is because people think too much about their health, but the numbers say otherwise. According to the World Health Organization, asthma has increased by a surprising amount, and about four per cent of the US population has a food allergy.

This has everything to do with the way we live in today's mostly urban world. Very young children's bodies can't fight infections until they have to deal with bacteria, the thing which causes disease. Their first cold or ear infection trains the body to fight the next one. It turns out that people who grow up in clean urban environments have less ability to fight germs because they don't come across them. Children who grow up on farms, around animals, or in families with many children have a lot more contact with germs. As a result, their bodies are better able to cope, and they are less likely to become allergic.

We may have to rethink our attitude towards germs. It might be better to let children get down in the dirt, and to stop using germ-killing chemicals in our homes. If we want to slow down the increase in allergies, maybe we need to get a little dirty.

- 1 The author's general conclusion about allergies is that
 - A we need to accept them as a part of life.
 - B the way we live has changed the types of allergies we get.
 - C they were more common at times in the past.
 - D our way of life is making them more common.

- 2 To help prevent a further increase in allergies, we may have to
 - A return to life in the countryside.
 - B give children more protection from germs.
 - C give up cleaning our homes.
 - D accept that germs are necessary.

Text 2

As a child, I was pretty fearless. I used to climb trees, walk through overgrown fields and – maybe foolishly – see how many bees I could catch in a single jar. This idiotic activity became a fun game among friends. The person with the fullest jar won, and then we'd let the bees go and watch them fly away. Of course we got stung once or twice, but that was

just part of the game.

The first time I reacted to a sting was when I was hiking with my family through some woods. I accidentally stepped into a wasps' nest. I got several stings, and – as my mother describes it – I almost immediately began to go red and swollen. Evidently my face looked like a basketball, and the last thing I remember is fighting to catch my breath as my throat began to close.

I was very lucky. A passing couple, one of whom had a bee allergy, immediately recognised the symptoms. The woman gave me an injection of epinephrine, which she always carried with her in case of an allergic reaction. They then phoned an ambulance. The next thing I knew I was waking up in hospital with my family around me, all of them looking extremely relieved. And I had a sense of thankfulness which has stayed with me.

The lesson? Allergies can develop over time, so don't assume you can't react to something just because you haven't before. And always be prepared.

3 The writer admits that as a child he

- A** was very careful with bees.
- B** did a lot of stupid things.
- C** was afraid of many things.
- D** was afraid of being stung by a bee.

4 After his experience, the writer feels

- A** afraid.
- B** happy.
- C** he should be more careful.
- D** embarrassed.