



1. Listen to the speakers A-F and choose the sentence that describes the meaning of the spoken texts. One sentence is extra!

1. I feel very unhappy because I cannot help eating unhealthy food.
2. I expected to gain weight but in fact I haven't.
3. I eat a lot trying to forget my problems.
4. I don't have any weight problems in spite of eating whatever I want.
5. I cannot lose weight as I combine exercising and eating unhealthy food.
6. I would like to lose weight without changing my habits radically.
7. I have gained weight after changing my habits.

A	B	C	D	E	F

2-8. Choose said, asked or told.

2. She _____ to us that dinner was ready.
3. Who _____ you that you could go through my things?
4. He _____ me to ask the teacher.
5. Vera _____ me if I knew Alyona very well.
6. My father _____ me that he would buy me an MP3 player for my birthday.
7. Sophie _____ Ivan where her phone was.
8. They _____ on TV that the price of computers would go down soon.

9-14. Turn the sentences below into reported speech. Use only ONE word in each blank, don't use contracted forms!

9. Mary said, "I bought a new printer yesterday."
= Mary said _____ a new printer _____.
10. Sveta said, "I'm writing an essay now."
= Sveta said _____ an essay _____.
11. Father (to Yana), "Turn off the computer."
= Father _____ the computer.
12. Lily asked, "Can I use your digital camera, Nicole?"
= Lily asked _____ use _____ digital camera.
13. Tony asked, "Where did you buy this laptop?"
= Tony asked _____ laptop.
14. Rita asked, "When will you go shopping?"
= Rita asked _____ shopping.

15-23. Put the verbs in brackets into the correct form: -ing form, to-infinitive or infinitive without to.

15. Let me _____ (help) you with the bags.
16. Jane hates _____ (take) the car to the garage.
17. I can't wait _____ (hear) your news.
18. Kate must _____ (see) a doctor as soon as possible.
19. Please remind me _____ (return) the DVD to the video club.
20. My mother made me _____ (clean) my room today.
21. Would you like _____ (go) shopping tomorrow?
22. I don't mind _____ (watch) this film again.
23. Rick and Diane enjoy _____ (do) extreme sports.

24-37. Choose the correct item.

24. Olga is so _____ ; she sometimes eats a whole packet of biscuits without offering a single one to anyone else!
25. My favourite vegetables are broccoli, cabbage and _____.
26. Having no friends is _____ thing that could happen to me.
27. You look _____ in the red dress than you do in the black one.
28. I'm making a fruit salad with apple, peach and _____.
29. The soup is very tasty. What _____ did you use?
30. Is there anything to eat? My tummy is _____.
31. Fashion models are quite popular _____ young girls.
32. I'm terribly sorry! I mistook you _____ someone else.
33. You must give _____ this crash diet; it's not good for you.
34. Georgia suffers _____ stomach problems; she can't have any dairy products.
35. He's always very nervous about everything; he can't cope _____ stress at all.
36. The doctor advised me _____ fatty foods.
37. What are you cooking in there? It's giving _____ a nasty smell!

38. Read the text and match items 1 – 7 with gaps A – F. There is one item you do not need to use.

Colourful and crunchy fruit and vegetables can be an enjoyable part of our diet. However, not all children and adults eat the recommended amount of two pieces of fruit and five vegetables per day. Some children learn to expect 'tastier' snack foods **A** _____. Unfortunately, parents may not always set a good example **B** _____.

There are many reasons why we should eat plenty of fresh produce. Not only are they packed with healthy vitamins, **C** _____. Eating more fruits and vegetables can also lower cholesterol and bring down high blood pressure. They also keep your eyes and digestive system in good shape.

Fruit and vegetables may be any colour, shape, texture or variety. They can be frozen, fresh, tinned or dried. There are also many ways to prepare them, **D** _____. It is important to include a variety of different colours of fruit and vegetables in your diet.

Sometimes vegetables and fruit can seem expensive. But, compared to packaged foods like crisps, they are relatively cheap. If you are worried about the cost, choose those that are in season. That way you will get a chance to try new things **E** _____.

So how can we find ways to include more fruit and vegetables in our diet? It is a good idea to add fruit to your breakfast cereal in the mornings. Or you can try drinking fruit juice **F** _____ increasing the amount of fruit and vegetables you eat by as little as one serving a day can make a big difference.

1. by enjoying a wide variety of fresh fruits and vegetables themselves
2. but they can also lower the risk of disease
3. and reject the healthier options such as raw carrots or an apple
4. and enjoy more flavour, too
5. instead of coffee, tea or fizzy drinks
6. which give us the daily vitamins that we need
7. such as steaming, boiling, microwaving, stir-frying or roasting

A	B	C	D	E	F

39-43. Choose the correct response.

39. A: Don't you think you ought to cut down on sugar?

B: _____

I never cut it.

Now you've got the idea!

Maybe you're right.

40. A: It might be a good idea to avoid spicy foods.

B: _____

I've already tried that and it didn't work.

Actually, I have.

What a rubbish!

41. A: I'm not feeling well.

B: _____

Oh dear! I hope you feel better soon.

Much better, thanks.

It's fine.

42. A: If I were you, I'd eat foods rich in vitamin C.

B: _____

Yes, really!

I am not so rich, sorry.

That's not a bad idea.

43. A: You're looking well!

B: _____

Thanks!

Oh, dear!

Yes, much better!

