

## OPTIMISE B1+ - REVISION - UNIT 6

### 1) CHOOSE THE CORRECT WORDS TO COMPLETE THE SENTENCES.

- 1 If you want to learn more English, try / you try watching some TV series.
- 2 I'll tell Matt about the meeting if I see / will see him.
- 3 If you don't / didn't go out so much, you'd have more time for studying.
- 4 If I were you, I won't / wouldn't open that box.
- 5 They let him watch TV as long as there is / will be something educational on.

### 2) COMPLETE THE SECOND SENTENCE WITH ONE WORD SO THAT IT MEANS THE SAME AS THE FIRST SENTENCE.

- 1 If you don't hand in the form by tomorrow, you can't go on the school trip.  
You can't go on the school trip \_\_\_\_\_ you hand in the form tomorrow.
- 2 We'll go to the beach if it isn't raining.  
As long \_\_\_\_\_ it isn't raining, we'll go to the beach.
- 3 You could learn to play the guitar quickly by practising for half an hour a day  
If you \_\_\_\_\_ for half an hour a day, you could learn to play the guitar quickly.
- 4 Take some fruit because you might get hungry.  
Take some fruit in \_\_\_\_\_ you get hungry.
- 5 Don't get rid of those old books unless you're sure you don't need them.  
Only get rid of those old books \_\_\_\_\_ you're sure you don't need them.

### 3) CHOOSE THE CORRECT WORDS TO COMPLETE THE SENTENCES.

- 1 That's Mr Brown, which / who was our maths teacher last year.
- 2 There's a boy over there that / whose has the same trainers as you.
- 3 My dad's car, that / which is 15 years old, is in perfect condition.
- 4 The girl whose / who phone was stolen was very upset.
- 5 The hotel where / which we stayed had wonderful views.

4) COMPLETE THE TEXT WITH THE WORDS IN THE BOX:

that | where | which | who | whose

My mum says breakfast is the most important meal of the day. She says it gives you energy, (1) \_\_\_\_\_ you need to keep going until lunchtime. I believe that up to a point but I've got some friends (2) \_\_\_\_\_ don't have

breakfast and they seem to be doing OK. I also read an article

(3) \_\_\_\_\_ the writer said that it's just an old wives' tale. According to this writer, there is little scientific evidence (4) \_\_\_\_\_ proves that breakfast is necessary. Now I don't know which arguments to believe, but I think I should trust the person (5) \_\_\_\_\_ opinion matters to me – my mum!

5) COMPLETE THE TEXT WITH THE WORDS IN THE BOX:

against | of | of | to | to

- 1 He doesn't approve \_\_\_\_\_ students using mobile phones in class.
- 2 My parent's house dates back \_\_\_\_\_ the 17th century.
- 3 The doctor advised \_\_\_\_\_ doing any sports for a month.
- 4 My brother is allergic \_\_\_\_\_ some medicines. If he takes them, he can get very ill.
- 5 I'm going to get rid \_\_\_\_\_ my video games because I never really use them.

6) COMPLETE THE SENTENCES WITH THE CORRECT FORM OF THE WORDS IN BRACKETS.

- 1 Martina will \_\_\_\_\_ (hopeful) win a prize in the writing competition.
- 2 This new game on my phone is \_\_\_\_\_ (extraordinary) difficult.
- 3 Fresh fruit and vegetables are delivered to your house \_\_\_\_\_ (day).
- 4 She \_\_\_\_\_ (accidental) knocked your cup off the table.
- 5 It's \_\_\_\_\_ (relative) easy to make your own yoghurt with a yoghurt maker.



## 7) CHOOSE THE CORRECT WORDS TO COMPLETE THE SENTENCES:

- 1 I **sprained** / **bruised** my head when I walked into a cupboard door.
- 2 I'm quite worried about her. She's had a **temperature** / **allergy** of 39° C since yesterday.
- 3 He stayed out in the sun too long and got **sprained** / **burnt**.
- 4 You can sometimes get **cramp** / **cut** if you do too much exercise.
- 5 A lot of people at school have had a stomach **allergy** / **virus**. They think it's from the water.

## 8) CHOOSE THE CORRECT WORDS TO COMPLETE THE TEXT.

It's very easy to (1) **sprain** / **burn** your ankle, especially if you do sports like running or football. The good news is that although it can be painful, it's (2) **relatively** / **relative** easy to treat. The first thing is to stop what you're doing and rest the ankle. Although some people may suggest using heat, most doctors advise (3) **for** / **against** doing that. You should put an ice pack on the ankle (4) **regular** / **regularly** in the day and keep the ankle in a raised position. After about three days, you should start moving the ankle again. Your doctor can show you some (5) **basic** / **basically** exercises that should help you get better within six to eight weeks.

## 9) WORD FORMATION

### SUPERFOODS

In recent years, there have been many articles in magazines and newspapers about 'superfoods.' Depending on the article you read, everything from eggs to spinach are superfoods and, (1) \_\_\_\_\_, supermarkets and food companies have been using this label to sell their products. The problem is that there is often a lack of (2) \_\_\_\_\_ evidence to support these claims. For example, one article says that garlic is a superfood because it can protect your heart and prevent damage to cells. However, what it doesn't explain is that you would have to eat about two heads of garlic a day for it to (3) \_\_\_\_\_ make a difference. The fact is that if we want to live long and (4) \_\_\_\_\_ lives, we need to eat a balanced diet. That means eating fish, fruit and vegetables on a (5) \_\_\_\_\_ basis. And we need to stop looking for superfoods!

SURPRISE

SCIENCE

TRUE  
HEALTH  
DAY