

Mock questions

Complete each sentence with the correct phrase from the list. Not all phrases will be used.

falls asleep gets up about stays up wakes up watches TV works long hours

1. On the weekend, Paul often _____ until midnight. He likes to read at night.
2. Becky _____ at 7 o'clock during the week. She has to set her alarm clock.
3. Maria usually _____ for a while in the evening before she goes to bed.
4. My grandmother sometimes _____ in her armchair while she's watching TV.
5. My father _____ so he comes home late most nights.

Complete each sentence with *do*, *play*, or *go*.

6. My mother likes to _____ yoga in the backyard to help her relax.
7. My father likes to _____ hiking on the weekend to get some fresh air.
8. He prefers to _____ his homework in his bedroom before he relaxes for the evening.
9. My sister has to _____ the violin every night because she is practicing for the school concert.
10. I often _____ shopping for clothes with my mother on the weekend.

Choose the correct option.

11. I need a tissue because I have a _____.
a. stomachache b. runny nose c. sore throat
12. I can't focus on my homework because I have a _____. It really hurts.
a. temperature b. bad cough c. headache
13. I feel hot. I think I have a/an _____.
a. temperature b. backache c. earache
14. I feel sick—I have a bad _____.
a. runny nose b. headache c. stomachache
15. It hurts when I eat. I'm getting a _____.
a. sore throat b. bad cough c. headache

Complete each sentence with the correct word or phrase from the list. Not all words will be used.

benefits blood vessels burn calories joke way

16. If you want to lose weight, I think you need to try and _____ more calories.
17. The doctor says the _____ around my grandfather's heart are partially blocked.
18. Stretching for 15 minutes is a good _____ to prepare yourself for a long run.
19. Have you heard the _____ about the man who was given three wishes? It's pretty funny.
20. I find one of the _____ of regular exercise is that I'm able to think more clearly.

Complete each sentence with the words in parentheses in the correct order. Use the simple present form of the verb.

21. _____ late for class. (always / Jeff / be)
22. _____ a nap in the afternoon. (often / Sally / take)
23. _____ in a bad mood in the morning. (never / Dad / be)
24. _____ at night. (rarely / the baby / wake up)
25. _____ out in restaurants. (don't / we / eat / often)

Complete each sentence with the present continuous form of the verb in parentheses.

26. Maria _____ (travel) around Europe this summer.
27. I _____ (not work) now so I have a lot of free time.
28. _____ (you, do) anything at the moment? I need to talk to you.
29. What _____ (they, make) for dinner? It smells delicious!
30. We _____ (stay) with our grandparents these days.

Choose the correct option.

31. _____ watching TV?
a. Does you like b. Do you likes c. Do you like
32. _____ French this year?
a. Are you study b. Are you studying c. Do you study

Complete each sentence with the correct option.

36. I _____ (don't see / am not seeing) my sister very often. She's very busy.

37. How often _____ (do you travel / are you traveling) to work?

38. You _____ (change / are changing) your job every two years. Is that a good idea?

39. How often _____ (do you feel / are you feeling) stressed at work?

40. I _____ (try / am trying) to learn some Japanese before my trip.

Complete each sentence with the simple present or present continuous form of the verb in parentheses.

41. Nicole _____ (want) to be a dancer when she leaves school.

42. I _____ (hope) it doesn't rain tomorrow.

43. Ben _____ (learn) to play the electric guitar.

44. We _____ (study) math every day at school.

45. I'm sorry, you can't see them at the moment. They _____ (have) lunch.

Read. Then decide whether each statement is T (True) or F (False). Correct the false statements.

Get moving!

Nowadays, many teenagers don't get enough fresh air and exercise. Video games, computer games, and cell phones are the main reason for this. However, not all kids are inactive.

I think both parents and teachers should encourage children to play some kind of sports or do some type of outdoor activity, such as hiking or walking. Getting fresh air is important for their overall health. For example, it makes them stronger so that they don't get sick too often. It also makes them feel good about themselves and keeps them happy and smiling!

Exercising inside is also very beneficial, but you won't get the benefits of fresh air. I know that playing sports or doing exercise outside in winter is not so much fun, but if you dress for the weather, I'm sure you won't get too cold or wet. Perhaps on the days when the weather is really bad, kids can play their sport indoors, for example, in a gym or sports center. This, of course, depends on whether the facilities are available where they live.

If a child doesn't like sports, just walking is an alternative form of exercise. Power walking is another good example. Both are healthy activities and they don't cost any money as you don't need any special equipment to do them.

Joining a club is a fun way to play sports and make new friends at the same time. Even individual sports like tennis and golf can be social. For example, many clubs have challenge days when they put people together to play against each other, so it's easy to meet new people!

____ 46. The writer believes that children need to spend more time outside.

____ 47. The writer probably believes that getting fresh air is just as important as doing exercise.

____ 48. The writer believes that playing sports outside in winter is not very enjoyable.

____ 49. The writer thinks that clubs are boring places for kids.

____ 50. The writer says that if you can't really make friends if you don't play a team sport.

Match the word to the correct meaning.**Get moving!**

Nowadays, many **teenagers** don't get enough fresh air and exercise. Video games, computer games, and cell phones are the main reason for this. However, not all kids are **inactive**.

I think both parents and teachers should **encourage** children to play some kind of sports or do some type of outdoor activity, such as hiking or walking. Getting fresh air is important for their overall health. For example, it makes them stronger so that they don't get sick too often. It also makes them feel good about themselves and keeps them happy and smiling!

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If a child doesn't like sports, just walking is an **alternative** form of exercise. Power walking is another good example. Both are healthy activities and they don't cost any money as you don't need any special equipment to do them.

Joining a club is a fun way to play sports and make new friends at the same time. Even individual sports like tennis and golf can be social. For example, many clubs have challenge days when they put people together to play against each other, so it's easy to meet new people!

- a. not doing a lot of things, or not moving around a lot
- b. to make someone more likely to do something
- c. at the present time, especially when compared to the past
- d. one of two or more possibilities
- e. a young person between 13 and 19 years old

____ 51. nowadays
____ 52. teenager
____ 53. inactive
____ 54. encourage
____ 55. alternative

Read. For each point, write an example from the text.

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56. an outdoor activity _____
57. a reason why fresh air is good for people _____
58. a place for indoor sports _____
59. an alternative form of exercise for children who don't like sports

60. tennis and golf can be social sports _____

**Listen. Write T (True) or F (False). Correct the false statements.
(Audio Track 3.01)**

61. Lauren thinks her school project is boring.

62. In the richest countries in West Africa, the people have the best diets.

____ 63. In some countries in West Africa, people don't eat a lot of meat.

____ 64. In many European countries, people eat a lot of fatty foods and sugary drinks.

____ 65. In general, younger people eat healthier food than older people.

Listen. Match the word to the correct meaning.

(Audio Track 3.01)

- a. the type of food that someone usually eats
- b. If something is _____, you can get it or use it.
- c. a piece of work that involves detailed study of a subject
- d. good for your body
- e. having more money than others

____ 66. project

____ 67. healthy

____ 68. diet

____ 69. available

____ 70. richer