

**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

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- \_\_\_\_\_ 33. Jeremy \_\_\_\_\_ he will pass the exam.  
a. thinks                      b. is thinking                      c. think
- \_\_\_\_\_ 34. Clare \_\_\_\_\_ fish.  
a. don't like                      b. doesn't like                      c. don't likes
- \_\_\_\_\_ 35. They \_\_\_\_\_ to the movies very often.  
a. don't go                      b. doesn't goes                      c. doesn't go

**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.

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- 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.**

**Get moving!**

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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.  
\_\_\_\_\_

Name: \_\_\_\_\_

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\_\_\_\_ 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