

PRACTICE TEST B

Listening

1 [1.06] Listen to Ann and David's conversation.
Write **true** or **false**. (5 marks)

- 1 David loves cycling. _____
- 2 David eats a lot of sweets. _____
- 3 David has a healthy lifestyle. _____
- 4 Ann is very lazy. _____
- 5 There are some swimming pools in Ann's city. _____

Vocabulary

2 Complete the words in the sentences. (5 marks)

I usually drink w a t e r when I'm thirsty.

- 1 Chicken is my favourite m u t.
- 2 You need b u l d to make a sandwich.
- 3 My favourite drink is orange j u s e.
- 4 An a u l e is a type of fruit.
- 5 We get f u l h from the sea.

3 Circle the word that is different. (5 marks)

cheese	chicken	<u>water</u>	fish	
1	rice	lunch	pasta	chips
2	cheese	fizzy drink	juice	water
3	eggs	rice	chicken	snack
4	vegetables	breakfast	soup	salad
5	burger	chicken	sweets	fish

4 Choose the correct words. (5 marks)

She exercises a lot. She's **unhealthy** / fit.

- 1 He plays football every day. He's **well** / **active**.
- 2 Can I have some water? I'm **thirsty** / **hungry**.
- 3 Sweets are an **unfit** / **unhealthy** snack.
- 4 Sara is in hospital. She's **active** / **ill**.
- 5 He watches TV all day. He's **lazy** / **healthy**.

Reading

8 Read the interview. Choose the correct words. (10 marks)

Hi, Rita. What's your favourite sport?

I love running marathons! I run in the London Marathon every year, and I sometimes run in the New York Marathon.

Really? A marathon is more than forty kilometres, right?

Yes. It's a very long race. I can run a marathon in three hours.

That's fast! Are you really fit?

Yes, I am. I run in the park every day.

How do you prepare for a marathon?

It's important to sleep well the night before the marathon. I always have a good meal, too. I don't drink any fizzy drinks, but I drink a lot of water.

I want to run a marathon. What advice can you give me?

Don't run a marathon without training! Start with shorter races – maybe five or ten kilometres. Eat healthy food. Don't be lazy!



Language focus

5 Choose the correct words. (10 marks)

There isn't any **some** water in this bottle.

- 1 I always have a / an egg for breakfast.
- 2 How **much** / **many** cheese do we need?
- 3 There aren't **some** / **any** beans in this meal.
- 4 There is a / **some** rice on the table.
- 5 We don't eat **many** / **much** sweets.
- 6 I drink **much** / **a lot of** water.
- 7 Do you want a / **many** sandwich?
- 8 There are **any** / **some** sweets in that box.
- 9 How **much** / **many** eggs do you want?
- 10 He doesn't want **much** / **many** soup.

6 Complete the sentences. Use the **-ing** form of the verbs. (5 marks)

Do you like swimming? (swim)

- 1 I don't mind _____ with the housework. (help)
- 2 Tina doesn't like _____ up early. (get)
- 3 I like TV, but I prefer _____ with friends. (chat)
- 4 I hate _____ for the bus! (wait)
- 5 They like _____ to the park. (go)

7 Order the words to make affirmative and negative imperative sentences. (10 marks)

your / homework / finish

Finish your homework!

watch / TV / don't

Don't watch TV!

- 1 food / eat / healthy

_____!

- 2 be / late / don't

_____!

- 3 the / to / teacher / listen

_____!

- 4 in / eat / class / don't

_____!

- 5 doctor / a / go / to

_____!

Rita runs in the New York / London Marathon every year.

- 1 Rita **likes** / **hates** running marathons.
- 2 Rita **never** / **sometimes** runs in the New York Marathon.
- 3 A marathon is a **very long** / **short** race.
- 4 Rita **can** / **can't** run a marathon in three hours.
- 5 Rita is very **unfit** / **fit**.
- 6 Rita runs at the sports centre / in the park every day.
- 7 It's important to **sleep** / **read** well before a marathon.
- 8 Rita always has a good meal **after** / **before** a marathon.
- 9 Rita drinks a lot of **water** / **fizzy drinks**.
- 10 It's **important** / **not important** to train before you do a marathon.