

## GRAMMAR

### 1 Underline the correct word(s).

*Example:* I'm much / little / too tired to go out.

- 1 Do your children eat a little / lot of / many sweets?
- 2 There's too much / few / many salt in this soup.
- 3 He usually has a few / little / enough sugar in his coffee.
- 4 We have too many / too / too much money. We can't spend it!
- 5 Can I have much / many / a few of your fries?
- 6 These pants aren't big too / enough / very.

### 2 Complete the sentences with the correct word or phrase.

*Example:* Marc is more generous than Alex.

generouser more generous as generous

1. I drive \_\_\_\_\_ than my father.  
carefuller more carefully as carefully
2. Our office is \_\_\_\_\_ this month than it was last month.  
busier more busy the busiest
3. Jason dances \_\_\_\_\_ than Franz.  
badder worser worse

### 3 Write the superlative form of the adjective in brackets.

*Example:* Yesterday was the hottest (hot) day of the year.

- 1 Who's \_\_\_\_\_ (good) teacher you've ever had?
- 2 Alan's \_\_\_\_\_ (friendly) boy I know. He talks to everybody!
- 3 Is Russia \_\_\_\_\_ (big) country in the world?
- 4 This is \_\_\_\_\_ (exciting) game I've ever played. I can't stop playing it!
- 5 \_\_\_\_\_ (far) we've ever been is Hong Kong.
- 6 It was \_\_\_\_\_ (bad) movie I've ever seen. It was terrible!
- 7 They stayed at \_\_\_\_\_ (expensive) hotel in town.

## VOCABULARY

### 4 Complete the sentences with the correct word.

*Example:* At Christmas the streets are crowded with shoppers. It's difficult to move.

boring crowded quiet

- 1 Istanbul is an old city with lots of \_\_\_\_\_ buildings.  
modern interesting noisy
- 2 There's a \_\_\_\_\_ of Nelson Mandela outside the town hall.  
statue mosque cathedral
- 3 I usually buy fruit at the \_\_\_\_\_ because it's cheaper.  
palace church market
- 4 This is the \_\_\_\_\_ where the Queen lives.  
temple town hall palace

- 5 My town has a \_\_\_\_\_ of around 150,000.  
department store      population      coast
- 6 Seoul is a big city \_\_\_\_\_ the Han River.  
on      in      over
- 7 There's a lot of traffic in Mexico City, so it's very \_\_\_\_\_.  
clean      safe      polluted
- 8 Not many people go to the beach in winter. It's usually completely \_\_\_\_\_.  
empty      crowded      noisy

**5 Complete the sentences with the correct word or phrase.**

take on time save ~~spend~~ waste hurry

*Example:* How much time do you spend watching TV?

- 1 We can \_\_\_\_\_ time if we take the freeway. It's much quicker.
- 2 Don't \_\_\_\_\_ your time on computer games! Do something more useful!
- 3 He's always in a \_\_\_\_\_. He never has time to relax.
- 4 Don't be late. Try to arrive \_\_\_\_\_.
- 5 How long does it \_\_\_\_\_ you to do your homework?

**6 Underline the correct word.**

*Example:* He's putting on **weight** / diet / illness because he eats a lot of sweets.

- 1 Too much sunbathing is bad for your **bones** / skin / feet.
- 2 Playing computer games can stimulate your **brain** / time / activity.
- 3 Drinking coffee can help to **prevent** / save / protect some illnesses.
- 4 I have an **active** / anxious / lazy lifestyle. I run every day.
- 5 It's not a good idea to eat a lot of **quick** / slow / fast food.
- 6 She doesn't have a **healthy** / bad / thin diet. She eats lots of junk food.
- 7 Take some **sunlight** / sunscreen / sunshine to the beach with you.

**READING**

**1 Read the article about three lifestyle changes and check (✓) A, B, or C.**

## Changing lifestyles

**Maggie, age 35**

"I got skin cancer last year. It was very frightening. I'm better now, but I realized I needed to change my lifestyle. You see, I loved the sun. Every vacation, I went to the beach and spent too long in the sun. I didn't wear sunscreen. I didn't visit the sights like the other tourists. I wasn't interested. I just spent my time at the beach. When I go on vacation now, I spend more time at museums and art galleries. It's safer and more interesting."

**Vincent, age 31**

"I was a doctor and I loved my job. But I worked too much. And that's unhealthy. I had no time for my family or friends. I wasn't getting enough sleep and I wasn't getting enough exercise. I felt irritable and stressed. I needed to slow down and change my lifestyle. So I decided to work four days a week, not seven! Now I spend much more time with my children. I sleep better and I play more sports. I have slowed down and I feel happier."

**Clare, age 24**

"I work in a department store in the capital city. This city has the best restaurants I've ever been to. It has the best-dressed people I've ever seen. And it has the most expensive stores. So, although I like my job, I don't have enough money to live here! Before, I spent too much money on things I didn't really need. I've changed my habits now. I try to eat at home, not in restaurants. I don't try to look like the people who come into the department store. And I don't go into the expensive stores. I'm much less frustrated now!"

*Example:* When Maggie went on vacation, she spent too long \_\_\_\_\_.

A at art galleries  B at museums  C in the sun

- On vacation, Maggie didn't put on \_\_\_\_\_.  
A sunglasses                      B sunscreen                      C a sunhat
- She wasn't interested in \_\_\_\_\_.  
A sightseeing                      B lying in the sun                      C going to the beach
- When she goes on holiday now, she goes to \_\_\_\_\_.  
A the stores                      B the cafés                      C museums and art galleries
- Vincent worked too much and didn't have enough time \_\_\_\_\_.  
A to do the housework                      B to play golf                      C for his family and friends
- He felt \_\_\_\_\_ and not at all relaxed.  
A lonely                      B impatient                      C bored
- He decided to stop working seven days a week and only work \_\_\_\_\_.  
A four                      B three                      C two
- Before, Clare bought \_\_\_\_\_.  
A expensive clothes                      B things she didn't need                      C presents for her friends
- Now, she doesn't go into the \_\_\_\_\_.  
A department store                      B city                      C expensive shops
- She is happier with her life because she \_\_\_\_\_.  
A has changed the way she lives                      B eats in nice restaurants                      C earns more money

**2 Write M for Maggie, V for Vincent, or C for Clare.**

*Example:* I needed to slow down.   V  

- I have a safer lifestyle now. \_\_\_\_\_
- I have a job in a department store. \_\_\_\_\_
- I have more time for my children now. \_\_\_\_\_
- I don't have enough money to live in this city. \_\_\_\_\_
- I spent every vacation at the beach. \_\_\_\_\_
- I wasn't sleeping enough. \_\_\_\_\_

**LISTENING**

**1 Listen to the conversation about Edinburgh and Havana. Fill in the gaps with Edinburgh or Havana.**

- \_\_\_\_\_ 's architecture is more interesting than \_\_\_\_\_ 's.
- The buildings in \_\_\_\_\_ are more modern than the buildings in \_\_\_\_\_.
- \_\_\_\_\_ isn't as romantic as \_\_\_\_\_.
- The nightlife in \_\_\_\_\_ is better than the nightlife in \_\_\_\_\_.
- The people in \_\_\_\_\_ aren't as friendly as the people in \_\_\_\_\_.

**2 Listen to the radio show. Match the speakers with what they think of their town (A–G). There are two answers you don't need.**

In conversation 1, Jim thinks his town is \_\_\_\_\_.

In conversation 2, Sandra thinks her town is \_\_\_\_\_.

In conversation 3, Dave thinks his town is \_\_\_\_\_.

In conversation 4, Jess thinks her town is \_\_\_\_\_.

In conversation 5, Simon thinks his town is \_\_\_\_\_.

A too quiet

B too noisy

C too dangerous

D too dirty

E too traditional

F too crowded

G too boring

## WRITING

**Write a short article about your lifestyle. Answer these questions. (100–150 words)**

- Do you have a healthy lifestyle? Why (not)?
- Do you play / get enough sports / exercise? What do you do?
- Do you eat enough healthy food? What do you eat?
- Do you work too much / study too hard? How many hours a day do you spend working / studying?