

SPEAKING (20)

A. Discuss with your partner the following topics using the language for speaking box.

LANGUAGE FOR SPEAKING	
asking for/giving opinions, agreeing/disagreeing	
1. Working from home	Asking for opinions
2. Climate change	<i>What do you think (of ...)?</i>
3. Artificial intelligence	<i>What's your opinion (of ...)?</i>
4. Traveling alone	Giving opinions
5. Social media	<i>I think ...</i>
	<i>For me, ...</i>
	Agreeing
	<i>You're right.</i>
	<i>I agree (with that).</i>
	Disagreeing
	<i>Yes, but ...</i>
	<i>I don't know about that.</i>

LISTENING (20)

B. Listen an article about popular sports in Argentina and complete the gaps with the correct word.

The most popular sport in Argentina is ¹ _____. People like playing it, going to games and watching it on TV. The Argentinian team won the World Cup in 1978 and 1986, and came second in 2014. ² _____ is also very popular especially after Argentina won the semi finals against the NBA players in 2004, and then took the Olympic gold home. ³ _____ was a sport for rich people in the past, but now lots of people play it. The best Argentinian player, Juan Martín del Potro is world number 8. Winter sports are also very popular in Argentina, people often ⁴ _____ in the Andes Mountains. And of course lots of people ⁵ _____ in local parks or ⁶ _____ to keep fit!

C. Listen to the pronunciation of the groups of three past simple verbs. Circle the verb with a different vowel sound.

1. taught / bought / rode	4. came / drank / sang
2. chose / put / wrote	5. took / flew / put
3. said / felt / heard	6. made / ate / caught

WRITING/GRAMMAR (25)

D. Choose the correct word in *italics*.

1. Can I *lend* / *borrow* your phone to call my boss?
2. Pippa *said* / *told* she was tired.
3. We *watched* / *looked at* a great film at the cinema last week.
4. You can *come* / *go* to my house for a coffee later.
5. When you go out, *bring* / *take* an umbrella with you.
6. They *told* / *said* me the way to the bank.
7. Sonje *lent* / *borrowed* me her suitcase when I went on holiday.
8. She *looked at* / *watched* the map before she left the house.
9. Do you want me to *take* / *bring* anything to your birthday party on Friday?
10. Let's *go* / *come* for a walk.

E. Complete the conversations with the past form of the verbs in the boxes.

do	drive	eat	make	take
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Sophia So how's your new healthy lifestyle?

Ashun It's good, thanks. I feel a lot better. Yesterday I ¹_____ salad for lunch and I ²_____ a healthy dinner for the family. And I ³_____ some exercise in the evening! But I ⁴_____ to work because I was a bit late. Tomorrow, I want to walk.

Sophia That's great! I'm trying to be healthy too. Yesterday I ⁵_____ the stairs up to my office on the 10th floor!

F. Put the verbs in (brackets) in the past simple positive or negative. Use the symbols (+/-) to help you.

Yesterday.....

1. I _____ (drive/-).
I _____ (come/+) to work on foot.
2. I _____ (cook/-) chips or fried food.
I _____ (make/+) a healthy salad for lunch.
3. I _____ (go/+) to the gym.
I _____ (watch/-) TV.
4. I _____ (go/+) to bed early.
I _____ (have/+) eight hours' sleep last night.
5. I _____ (have/+) an apple for dessert.
I _____ (eat/-) ice cream or cake.

G. Choose the correct answer from the words in italics to complete the text.

Recently, scientists studied how older married couples can keep their brains healthy with some mental exercises. An example of an exercise was the 'holiday memory test'. ¹ *First / Next*, the couples wrote a list of all the holidays they had in their lives. ² *Then / Finally*, they tried to remember details of each holiday.

³ *Lastly / Next*, they asked about each other's favourite memories. ⁴ *Finally / After that*, the scientists studied the information.

⁵ *Finally / Next*, they decided this exercise helped older people's memories. The couples agreed and said the memory test helped them think about the past. Many couples decided to continue the exercise at home, e.g. with memories of their children, pets and houses they lived in before.

READING (20)

H. Read the article. Decide if the sentences are true (T) or false (F). If there is no information about this, choose 'not given' (NG)

Five healthy foods that are bad for you!

1. Dried fruit

This has lots of sugar in it. People usually eat it a lot because they snack on it when they are at work. Eating half a cup of dried banana is like eating nine slices of bread. They have the same energy. Half a cup of raisins has the same sugar content as fifteen slices of bread!

2. Cereal

This is good for you before exercise like jogging or going to the gym because the sugar gives you energy. But it can be full of fat as well. One cup of cereal can have over 20 grams of fat.

3. Fruit yogurt

Yogurt with fruit also has lots of sugar. Often the fruit is in a sauce and that is full of sugar, too. But it's fine to eat it after doing sport for some extra energy.

4. Fruit juice

People think fruit juices are healthy, but this is not always true. Again, lots of them are full of sugar and don't have a lot of real fruit.

5. Nuts

These are good for you but only eat a little. Nuts have a lot of energy but also lots of fat, so it's important not to eat them all the time.

1. You shouldn't eat dried banana with bread. _____
2. Cereal has sugar in it. _____
3. Yogurt without fruit has no sugar. _____
4. Fruit juice is very good for your health. _____
5. Eating lots of nuts is a good idea. _____

I. Read the article again. Complete the sentences with one or two words from the text.

1. People like to eat dried fruit at _____.
2. There is a lot of _____ in cereal.
3. After doing exercise, you can eat _____ to have more energy.
4. Fruit juices have only a little bit of _____.
5. There is _____ and fat in nuts.