Name: _____ **Class:** _____ **Date:** _____

StartUp3 Unit 8 Test

LISTENING

Listen to the podcast and answer the questions.

(**Audio track:** StartUp3_Unit08_Test_01)

____ 1. What is the woman talking about?
   a. Why we need some stress in our lives.
   b. Where people experience the most stress.
   c. How to stress less.

____ 2. Choose the two pieces of advice that are mentioned in the audio.
   a. Spend time exercising.
   b. Spend time with friends.
   c. Spend time meditating.

____ 3. Why does the author suggest spending time outdoors?
   a. Time spent in the sun makes people happy.
   b. The outdoors is a great place to exercise.
   c. There are many fun activities to do outside.

PRONUNCIATION

A. Listen to Speaker B's response. Choose the sentence that you think Speaker A said.

____ 4. (**Audio track:** StartUp3_Unit08_Test_02)

   a. It's snowing tomorrow
   b. I'm going to be late
   c. We need to finish our homework

____ 5. (**Audio track:** StartUp3_Unit08_Test_03)

   a. What are you doing tomorrow?
   b. Which movie do you want to watch?
   c. How was the pasta?

B. Circle the stressed word or phrase.

6. (**Audio track:** StartUp3_Unit08_Test_04)
   My class ends at six thirty.

7. (**Audio track:** StartUp3_Unit08_Test_05)
   Gabriela is from Spain.

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LIVEWORKSHEETS

GRAMMAR

A. Complete Speaker A's questions using information from Speaker B.

8. A: What _____?
   B: My favorite instrument to play is the trumpet.

9. A: Who _____?
   B: Tony Banks plays keyboard in that band.

10. A: What kind of music _____?
    B: Rick listens to all kinds of music.

B. Complete the sentences with *so*, *because*, or *because of*.

11. Nobody was sitting in the front row, _____ I moved there to get a better seat.

12. The band cancelled their show that night _____ the lead singer was sick.

13. We were late to the game _____ the traffic.

C. Look at Robin's weekly planner. Make sentences combining the information with the phrases in parentheses.

<table>
<tr><th></th><th>Monday</th><th>Tuesday</th><th>Wednesday</th><th>Thursday</th><th>Friday</th><th>Saturday</th><th>Sunday</th></tr>
<tr><td>7:00 AM</td><td colspan="7">take a shower (Monday–Sunday)</td></tr>
<tr><td>8:00 AM – 5:00 PM</td><td colspan="3">work at the library</td><td colspan="2">work at a cafe</td><td>relax</td><td>do homework</td></tr>
<tr><td>6:00 PM</td><td>go to band practice</td><td>go to a night class</td><td colspan="2">go to band practice</td><td>play in a band</td><td colspan="2">spend time with friends</td></tr>
</table>

14. _____ (three times a week)

15. _____ (on Tuesday evenings)

16. _____ (on Friday night)

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LIVEWORKSHEETS

VOCABULARY

A. Complete the sentences with the correct word.

a. violin
b. guitarist
c. bassist
d. drummer
e. trumpet
f. keyboard

____ 17. Jordan is the _____ in this band. He played the bass since middle school.

____ 18. Casey plays the _____. She is the trumpeter in her school band.

____ 19. The _____ is very similar to the piano.

B. Complete the sentences with the correct phrase.

a. go to a ballet
b. see a movie
c. go to a comedy club
d. go to a game
e. go to the opera

____ 20. Let's _____ in town. I want to hear some good singers.

____ 21. I want to _____ because I love all types of dance.

____ 22. Mary told me to _____ if I want to see a funny show.

C. Complete the sentences with the correct phrase.

____ 23. Let's _____ outside. It will be a good exercise.

a. get a check-up
b. go for a run
c. drink water

____ 24. You should _____. You eat a lot of sweet things.

a. get enough sleep
b. put down your device
c. cut down on sugar

____ 25. I like to _____ because I like to exercise inside.

a. go to the gym
b. spend time outdoors
c. follow a balanced diet

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LIVEWORKSHEETS

CONVERSATION

Complete the following conversation with the correct phrases.

a. She's amazing!
b. I do too!
c. You probably haven't heard of her.
d. Hey, what are you listening to?

26. A: _____

B: This artist called Lil' Goody-2-Shoes.

A: Oh, yeah! _____

B: Yeah, she is. She sent me some of her music!

A: Really?

B: I have a friend who knows her.

Complete the following conversations with the correct phrase.

a. I'll pay you later
b. I'm sure we can still get tickets
c. I'm afraid I'm busy that night
d. I'd love to meet him

27. A: Do you want to see a musical on Saturday night? I have two tickets to *We Built This City on the Internet*.

B: I'd love to, but _____.

A: Oh, OK. I also have tickets for Sunday afternoon. Would you like to go then?

B: Sure! _____.

A: Oh, it's no problem! You don't have to.

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LIVEWORKSHEETS

READING

Read the article and answer the questions.

If you look around at the gym, you'll see lots of people who are exercising to lose weight, get stronger or look better. But studies have shown that there are many other ways that exercise can help us – ways that can't be seen with the eyes. For example, did you know that exercise also makes us feel happier? Or that exercise can help us to relax and to sleep better at night?

Exercise doesn't just help us look great. It helps us feel great too. When we exercise our body produces fewer stress hormones and more of the hormones that make us feel happy. Because of this, doing any physical activity for 30 minutes three days a week can make us feel much happier and more relaxed. Also, small changes like running a little farther or a little faster or lifting heavier weights at the gym can help us feel better about ourselves.

Studies have also shown that exercise is helpful for our brains. In fact, exercise is one of the best things we can do for our brains. Scientists believe that physical activity helps us to make decisions, think, learn and remember things. What's more, during activities, like football or dance class, we need to think and act in the moment. Because of this, these activities help our brains even more than basic exercise.

Some people worry that exercise might make them tired, but the opposite is true. Research shows that workers who spend time exercising have more energy and get more done in the office than workers who sit still all day. Also, regular exercise can help us to fall asleep faster. And we all know that getting enough sleep is important for our energy levels!

There are so many ways exercising just a few times a week can help us. The next time you're sad and want to feel happy, or you're stressed and want to relax, the solution might only be a short walk or run away!

____ 28. Which statement best describes the main idea of this article?

a. How to find time to exercise every day
b. How exercise is good for our bodies and minds
c. The best types of exercises for our bodies and minds

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LIVEWORKSHEETS

____ 29. Complete the following sentence with the correct phrase.

Activities like football and dance classes _____ basic exercise.

a. are better for our brain than
b. are worse for our brain than
c. are as good for our brain as

WRITING

Choose the correct sentence in informal writing.

____ 30. I have a lot of work to do this week.

a. I will have a lot of work to do this week.
b. I may have a lot of work to do this week.
c. I have lots of work to do this week.

____ 31. I hope we can talk again soon.

a. Hope to talk to you again soon.
b. Hope we talk.
c. I hope to talk to you again soon.

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LIVEWORKSHEETS