

Full name: .....

Unit 1; 2; 3

Class: .....

Time: 45 minutes

**I. LISTENING**

**1. Listen to the conversation between Tom and Jack. Circle the best answer A, B or C. You will listen TWICE.**

1. What is the interview about?

A. a teenager's hobby

B. how to make origami

C. a birthday present

2. What is Jack's hobby?

A. creating paper

B. folding paper

C. recycling paper

3. How long has he had his hobby?

A. for two weeks

B. for two months

C. for two years

4. What does Jack say about his hobby?

A. It's difficult.

B. It's expensive.

C. It's cheap.

5. Which among these that Jack doesn't do with the things he made?

A. give them to his friends

B. keep them in a box

C. sell them

**2. Listen to a girl talking about her hobby. Decide whether the sentences are true (T) or false (F). Circle T or F. You will listen TWICE.**

1. Julia is talking about her hobby.

T

F

2. She bought a camera on her eleventh birthday.

T

F

3. She has time for her hobby every day.

T

F

4. She goes to the park at the weekend to take photos of the flowers.

T

F

5. Julia doesn't let anyone see the photos she has taken.

T

F

**II. READING**

**1. Read the passage and decide whether the sentences are true (T) or false (F). Circle T or F.**

Meliha and her children live in St. Paul. She is from Somalia. She came to the US five years ago. Many things are different in America. You can buy junk food with fat, sugar, and oil here. Americans don't walk as much as people in Somalia. You can drive a car or take the bus. Meliha sees many overweight people in America.

Meliha's children like junk food such as hamburgers and French fries. She does too. She notices that she gains weight in America. Her children like watching TV instead of playing outside. Meliha doesn't walk very much because she has a car. Meliha's doctor says she has to eat more fruit and

vegetables. He says that too much junk food like chips, fries, and sugar is bad for her health. He tells her that she needs to get more exercise.

- |   |   |   |
|---|---|---|
| 1. Meliha has lived in the US for 5 years.                  | T | F |
| 2. People walk more in Somalia.                             | T | F |
| 3. Some people in America are overweight.                   | T | F |
| 4. Meliha loses weight in America.                          | T | F |
| 5. The doctor advised Meliha to eat healthily and exercise. | T | F |

## 2. Read the passage and answer the questions.

Heart disease kills more people in Britain than any other disease, including cancer. One adult dies every three minutes from heart disease. It is more common in men than women. Age is also important. 80% of people who die of heart attacks are 65 or older. But there are many things you can do to help heart. Here are our top tips for a healthy heart!

- Do more exercise. Regular exercise is very good for your heart.
- Don't eat a lot of salt. We only need about 1g of salt a day. Most people eat about 6g!
- Eat more fruit and vegetables (at least five portions a day).
- Don't drink a lot of alcohol, but a glass of red wine every day can be good for your heart.
- Lose some weight.

1. Which disease kills more people in Britain: cancer or heart attack?

\_\_\_\_\_

2. How many adults die of heart disease in Britain every hour?

\_\_\_\_\_

3. How many grams of salt is it good to eat every day?

\_\_\_\_\_

4. How many portions of fruit and vegetables should we eat every day?

\_\_\_\_\_

5. Is alcohol always bad for your heart?

\_\_\_\_\_

## III. WRITING

1. Here are some sentences about hobbies. Rearrange the words to make meaningful sentences. You can not change the words.

**Here is an example.**

0. There/library/many/the/books/are/in.

Answer: 0. *There are many books in the library.*

1. Amy/pottery/much/very/likes/making/.

\_\_\_\_\_

2. My/chess/evening/plays/me/with/sister/every/.

\_\_\_\_\_

3. Next/to climb/mountains/more/year/you/will/continue/?

\_\_\_\_\_

4. Collecting/environment/save/the/helps/bottles/glass/.

\_\_\_\_\_

5. I/because/improve/can/useful/health/soccer/I/playing/find/my/.

\_\_\_\_\_

2. Complete the second sentence so that it means the same as the first.

**Here is an example.**

0. The bookshop is opposite the library.

There is \_\_\_\_\_.

Answer: 0. *a bookshop opposite to the library*

1. I have worked as a volunteer for three years.

I started \_\_\_\_\_.

2. She has been a member of the Peace Corps for two years.

She became \_\_\_\_\_.

3. The last time he donated blood was ten years ago.

It has \_\_\_\_\_.

4. He started to work for this non-profit organisation five years ago.

He has \_\_\_\_\_.

5. He has never had such an interesting experience.

This is \_\_\_\_\_.

#### IV. LANGUAGE FOCUS

1. Choose the best option to complete each sentence. Circle A or B.

***Here is some advice to be healthy.***

1. You should drink \_\_\_\_\_ alcohol.

A. more                      B. less

2. You should drink \_\_\_\_\_ fresh water.

A. more                      B. less

3. You should eat \_\_\_\_\_ fruit and vegetables.

A. more                      B. less

4. You really should exercise \_\_\_\_\_.

A. more                      B. less

5. You should sit \_\_\_\_\_ in front of the TV or computer.

A. more                      B. less

**2. Choose the best option to complete each sentence. Circle A, B or C.**

1. She is having \_\_\_\_\_. She's hot and coughs a lot.

A. spots                      B. flu                      C. earache

2. I'm very \_\_\_\_\_. I've been working all day.

A. tired                      B. strong                      C. tiring

3. I \_\_\_\_\_ terrible toothache. I can't chew.

A. have a                      B. feel                      C. have

4. My cold is better, but I still have \_\_\_\_\_.

A. cough                      B. a cough                      C. flu

5. Although he practised a lot, his legs still \_\_\_\_\_ weak.

A. are                      B. were                      C. felt

-- The end --