

Name: _____

Class: _____

Date: _____

StartUp4 Unit 8 Test

LISTENING

Listen to the podcast and answer the questions.

(Audio Track: StartUp4_Unit08_Test_01)

- _____ 1. What is Dr. Mendes' advice about?
- | | |
|-------------------------------------|------------------------------------|
| a. How to be healthy | c. How to stop a fever |
| b. What do to if you have allergies | d. Where to find the best medicine |
- _____ 2. According to Dr. Mendes, what three things can you try if you don't want to take medicine?
- | | |
|-----------------------|-------------------------|
| a. drinking hot tea | c. breathing in wet air |
| b. take a cold shower | d. eating some honey |
- _____ 3. When should people with seasonal allergies stay inside?
- | | |
|---------------------|-------------------|
| a. in the morning | c. in the evening |
| b. in the afternoon | d. at night |

PRONUNCIATION

A. Listen to the word. Choose which letter is silent.

- _____ 4. (Audio Track: StartUp4_Unit08_Test_02)
- | | |
|--------|--------|
| a. /v/ | d. /n/ |
| b. /a/ | e. /e/ |
| c. /c/ | |
- _____ 5. (Audio Track: StartUp4_Unit08_Test_03)
- | | |
|--------|--------|
| a. /c/ | d. /m/ |
| b. /l/ | e. /b/ |
| c. /i/ | |

B. Listen to the sentences. Choose the word that you hear in the sentence.

- _____ 6. (Audio Track: StartUp4_Unit08_Test_04)
- | |
|----------|
| a. can |
| b. can't |
- _____ 7. (Audio Track: StartUp4_U08_Test_05)
- | |
|----------|
| a. can |
| b. can't |

GRAMMAR

A. Complete each conversation with the words in parentheses. Use the continuous form of the verb.

8. A: Where's Lewis? He's never late.

B: He _____ (could / sit) in traffic.

9. A: Everyone is driving today.

B: Oh, the trains _____ (may not / run).

10. A: I called Harry, but he is not answering the phone.

B: It's really late. He _____ (might / sleep).

B. Rearrange the words in parentheses in the correct order to complete each sentence.

11. Jamal plays the piano _____ (he / whenever / stressed / is).

12. The students listened _____ (a book / read / while / their teacher).

13. You should check the weather _____ (before / outside / go / you).

C. Complete each future real conditional sentence using the words in parentheses.

14. You _____ (feel) sick if you _____ (eat) all that candy.

15. If Victor _____ (cook) more vegetables, he _____ (get) healthier.

16. I _____ (take) a walk if it _____ (not rain) today.

VOCABULARY

A. Complete the sentences with the correct word or phrase.

- a. indigestion
- b. a sneeze
- c. food poisoning
- d. the flu
- e. a rash

- ____ 17. I have some red spots on my arm. Do you think it's _____?
- ____ 18. I think I ate too quickly and now I have _____.
- ____ 19. I was in bed all weekend with _____. My whole body hurt.

B. Complete the sentences with the correct phrase.

- a. stay at home until you are not contagious
- b. catch the flu
- c. get the flu vaccine
- d. wash your hands frequently
- e. drink plenty of fluids

- ____ 20. Please _____. You can come back to work when you're not sick anymore.
- ____ 21. I heard that if you _____ this season you will get very sick.
- ____ 22. You can get sick from touching things that other people have touched, so it's important to _____.

C. Complete the sentences with the correct phrase.

- a. make others sick
- b. go to the doctor
- c. get worse
- d. miss work
- e. get better

- ____ 23. If you try to do too much when you're sick you might _____. It's better to rest so that you can recover faster.
- ____ 24. I didn't go to work today and I think I'll have to _____ again tomorrow.
- ____ 25. You've been sick for a while. I hope you _____ soon. We miss you at work.

CONVERSATION

A. Choose the best phrases to complete the conversation.

- a. I don't think so.
- b. Are you okay?
- c. You could be coming down with the flu.
- d. I think it's just a little hot in here.

26. A: What are you looking for?

B: My ginger tea. I take it at the first sign that I might be getting sick.

A: _____

B: I feel kind of strange—hot and cold at the same time.

A: _____

B: I've had a flu shot. Oh, thank goodness here it is.

A: You really do believe in ginger tea, don't you!

B. Choose the best phrases to complete the conversation.

- a. You want me to wear this?
- b. Do you want it?
- c. Maybe it's not such a bad idea?
- d. What are you wearing?

27. A: The deadline is really important. We can't miss it.

B: Yeah, if I get sick, I'll miss work and we won't meet our deadline.

A: Oh wait ... I have an extra mask. Here, take it.

B: A mask, really? _____

A: Sure, better to be safe than sorry.

B: OK. _____

READING

Read the article and choose the correct answer to the question.

CAN A CUP OF COFFEE STOP A MIGRAINE?

You are starting to notice a pain in your head that feels like it's behind your eyes. It's becoming hard to see clearly. The lights in the room seem extra bright, and the noises seem really loud. All you want to do is find a bed in a dark, quiet room and go to sleep. All of these signs might mean that you have a migraine headache. If you want to feel better quickly, go pour yourself a cup of coffee!

Many people affected by migraines report that a strong cup of coffee can often stop a migraine before it starts. This should not be too surprising because caffeine, the chemical in coffee that helps us stay awake, is also one of the active chemicals in many migraine medicines. Caffeine helps to reduce pain and increase the speed and effects of other medicine. Plus, it helps to increase energy levels, which are usually low when you have a migraine.

But, this doesn't mean that caffeine is harmless. Actually, the same thing that makes caffeine a successful form of headache relief can lead to other problems. When people have too much caffeine, their bodies can start to rely on it, and when they stop taking it, it can even cause a headache for some people. It's common for people to experience this on the weekends, when they sleep a little later and don't have their usual early morning cup of coffee with caffeine.

Caffeine is the world's most popular drug. In fact, most of the world takes some caffeine daily in the form of coffee. If you often get migraines, caffeine may help you, but you want to be careful and talk with your doctor about the possible risks. A cup of coffee might be just what you need unless it's causing your headaches in the first place. Then it's probably best to drink less of it.

- _____ 28. What is the main idea of the article?
- | | |
|--|---|
| a. Coffee is the healthiest way for your body to get caffeine. | c. People who suffer from migraines drink too much coffee. |
| b. Caffeine is needed for headache medicines to work. | d. A headache can be reduced with caffeine, but not always. |
- _____ 29. If you drink coffee every morning, you might feel _____ if one day you don't drink it.
- | | |
|-----------|-------------|
| a. better | c. the same |
| b. worse | d. great |

WRITING

Choose the most appropriate phrase or sentence to complete the e-mail.

- _____ 30. _____, There's a football game tonight and I cannot wait to see it! I told my boss that I had the flu and couldn't come to work. I am free!
- a. Dave
 - b. Hello Mr. Dave
 - c. Dear Dave
- _____ 31. Dear Will, I am currently suffering from a high fever so I will not be able to make the meeting tonight. _____.
- a. Oh well
 - b. I am truly sorry
 - c. Sorry