

1 Read the situations. Then complete the sentences with the correct form of the verbs in brackets. (4 x 2 = 8 points)

1 I'm feeling much better now.

If I (not listen) to you, I (still / be) upset.

2 Nobody told me you were in hospital.

If only I (know), I (visit) you.

3 It's confidential information.

We (not tell) anyone unless he (give) us permission.

4 She's allergic to nuts.

If she (eat) anything with nuts, she (not breathe).

2 Complete the second sentence so that it has the same meaning as the original. (6 x 2 = 12 points)

1 I regret not learning another language.

I wish

2 Our hospital is always busy because it's the only one in the area.

If our hospital weren't so busy.

3 There will be a school trip, but only if 20 students sign up to go on it.

There won't

4 It's a shame that our school doesn't organise exchange visits to other countries.

I wish to other countries.

5 I regret not listening to my parents' advice.

If only

6 I didn't go because it was cold.

If it

3 Complete the text with the correct form of the verbs below. (10 x 1 = 10 points)

be ■ want ■ do ■ gain ■ realise ■ happen ■ become ■ not have ■ hear ■ lose

I had just started a famous celebrity-sponsored diet when I met nutritionist Gemma Starkey and asked her what she thought about it. "If you had started this diet three weeks ago, you

¹ 8-10 kg by now," she said. "But, if you continued with the diet for two months or more, you ² weak and ill because your body would be missing vital nutrients." It appears this is the problem with most diets. When your body ³

that something is missing, it sends a message to the brain to get it.

That's when we give up on the diet and, after a few days of feasting, we end up back where we started. So, do diets work?

"If they ⁴, we would all be slim," said Gemma. "I wish

I ⁵ more positive, but I'm trying to be honest. However, if you

⁶ to lose weight, I can help you. Eat exactly what you eat now,

including all the unhealthy things, but eat less and eat earlier in the day. When you eat in the evening, your body ⁷ time to digest the food before you go to sleep.

Research has found that, if you eat later in the evening, you ⁸ weight,

even if you eat exactly what you ate before. Your cholesterol levels will also increase and, if that ⁹ _____, the chance of you having a heart attack will also increase.”

If only I ¹⁰ _____ all this from her earlier, I wouldn't have had to give up chocolate and pizza. I could just have had half a bar of chocolate and a small-size pizza. It wouldn't have been perfect, but certainly better than nothing.

1 Complete the sentences with a suitable word below. (2 points)

overcame ■ dosage ■ relapse ■ drowsy ■ recovered ■ disorder ■ adjust ■ overweight
well-being ■ incurable

- 1 Due to the high _____ of medication, the patient felt _____.
- 2 Sally _____ her addiction and has not had a _____ in over five years.

2 Complete the sentences with a suitable word. Pay attention to the phrasal verbs in bold. (2 points)

- 1 I'm not sure we can **pull this off**. It's not that _____.
- 2 Let's try and **cheer Kim up**. She's not very _____ today.

3 Complete these sentences with a suitable word to form an expression. (5 points)

- 1 Since I broke my leg, I've been out of _____. I'll have to start exercising soon.
- 2 She decided to go on a _____ diet to lose 5 kg before her wedding.
- 3 A cup of coffee is often a _____ fix for exhaustion.
- 4 Our scientists are on the _____ of finding a cure for the common cold.
- 5 What are the _____ effects of this medication?

4 Translate into English. Use the vocabulary from the unit in the underlined words. (10 points)

1. Si no hubiera rechazado la sugerencia, Susan habría adelgazado.
2. Se desmayó porque seguía una dieta milagro.
3. Los efectos secundarios desaparecerán en cuanto la medicina surta efecto.
4. Ojalá me hubiera recuperado del sobrepeso.
5. Si dejara de fumar no estaría sin aliento ahora.