

Name:

Date:

Vocabulary

1 Complete the sentences. (0.5 marks)

- 1 You will feel better if you **o**_____ **u**_____ to someone about your problems.
- 2 You need to **s**_____ **d**_____ and take things easy!
- 3 Let's **c**_____ **o**_____ this weekend. I don't want to do anything stressful.
- 4 Sarah has to **f**_____ **u**_____ to the fact that she needs to do more exercise.
- 5 I have **c**_____ **d**_____ on the amount of sugar I eat since I saw that TV programme.

2 The bold words are in the wrong sentences. Write them next to the correct sentences. (0.5 marks)

- 1 You should stretch before exercise to avoid a(n) **dislocated**. _____
- 2 My skin is very **injury**. I can't stop scratching it. _____
- 3 Karen has got **broken** muscles after running in the marathon. _____
- 4 My leg is **itchy** from my fall. I can't walk. _____
- 5 I've got a(n) **aching** shoulder – it happened during the rugby match. _____

3 Add the correct preposition – *up, with, in, on or around* – to the phrasal verbs. (0.5 marks)

- 1 Don't run on the ice or you may end up _____ a broken leg.
- 2 You should wrap _____ well in lots of layers – it's cold outside.
- 3 Close the windows and keep the heat _____.
- 4 My brother likes to lie _____ the house all day at the weekend.
- 5 The tennis player couldn't carry _____ playing because she had a dislocated shoulder.

4 Complete with the words in the box. There is one extra word which you do not need to use. (0.5 marks)

| | | | | | |
|------------|-----------|---------|----------|----------|------|
| accessible | advisable | caution | cautious | national | snow |
|------------|-----------|---------|----------|----------|------|

- 1 There was a lot of _____ on the mountain.
- 2 It isn't _____ to swim in that lake because it is very deep.
- 3 The _____ dish of Scotland is haggis.
- 4 Drivers should be _____ while driving in the rain because the roads are slippery.
- 5 The beach is only _____ by boat.

5 Complete the dialogue with the words. There are two words you do not need. (1 mark)

| | | | | | | |
|-------|----|--------|---------|---------|--------|-------|
| could | if | should | suggest | thought | unless | would |
|-------|----|--------|---------|---------|--------|-------|

Stacey I feel tired all the time. I need to do more exercise, but I'm so busy. What do you think I (1) _____ do?

James Well, (2) _____ I were you, I would make some time to do exercise. It's important for your health.

Stacey I know it is ... Would you (3) _____ joining a gym?

James My advice (4) _____ be to find a sport you enjoy. Have you (5) _____ about cycling?

Stacey I don't know how to cycle and I don't have a bike.

James What about running?

Stacey That's a good idea. I quite like running.

Grammar

6 Complete the sentences with *if* or *unless* and the correct form of the verbs in brackets. (1 mark)

- 1 _____ we _____ (not hurry), we will miss the bus.
- 2 I'll go for a run, but only _____ you _____ (come) with me.
- 3 _____ I had known you were ill, I _____ (not ask) you to help me tidy up.
- 4 We _____ (go) to the beach tomorrow _____ the weather is bad.
- 5 _____ I _____ (study) harder for the exam, I would have got better marks.

7 Write sentences using the conditional form in brackets. (5 marks)

- 1 I / lie / sun / too / long / I / get / sunburn! (first conditional)

- 2 you / be / late / you / not hurry up. (first conditional)

- 3 Tom / be / very happy / his football team / win / tonight. (first conditional)

- 4 Karen / study / Spanish / at school / get / that job. (third conditional)

- 5 we / not meet / I / not move / to / London. (third conditional)

8 Complete the sentences with the verbs using the conditional form in brackets. (1 mark)

| | | | | | | | | | |
|----|-----|-----|------|----|------|----------|----------|------|-----|
| be | buy | eat | like | go | have | not meet | not move | pass | win |
|----|-----|-----|------|----|------|----------|----------|------|-----|

- 1 _____ you _____ a big house if you _____ the lottery? (second conditional)

- 2 Ann _____ happy if she _____ her exam. (first conditional)

- 3 We _____ and got married if I _____ from my flat in Madrid to that shared house in London. (third conditional)

- 4 I _____ more vegetables if I _____ them. (second conditional)

- 5 We _____ on that holiday if we _____ the money. (second conditional)