

# Vocabulary

## 1 Choose the correct option to complete the sentences.

- 1 The table was **plain/square/hard**. It had four sides and space for one person on each side.
- 2 The dress was **round/hard/plain**. It was a simple design and all green.
- 3 The dog was **light/valuable/huge**. It was as big as a small horse!
- 4 Could you ask for a **light/square/medium-sized** pizza? It's for two people.
- 5 Don't worry, it's really **huge/light/patterned** – I can carry it on my own.
- 6 Do you have a cushion to sit on? The chair is very **hard/tiny/plain**.

Score \_\_\_/6

## 2 Choose the correct answers to complete the sentences.

- 1 The theatre play was really \_\_\_\_\_. I would recommend it.  
a useful      b comfortable      c enjoyable
- 2 She doesn't really like sports, and she isn't very \_\_\_\_\_.  
a athletic      b noisy      c helpful
- 3 His desk is a bit \_\_\_\_\_. He's not very organised.  
a realistic      b messy      c lucky
- 4 When we have our neighbourhood party, the music can be a bit \_\_\_\_\_.  
a noisy      b artistic      c active
- 5 I find exams quite \_\_\_\_\_, and I often feel nervous before them.  
a stressful      b lucky      c enjoyable
- 6 Some people think that the number seven is \_\_\_\_\_.  
a messy      b realistic      c lucky

Score \_\_\_/6

## 3 Order the words to make sentences.

- 1 we / every week / the / In summer, / cut / grass  
\_\_\_\_\_
- 2 takes / he goes to work / My dad / before / for a walk / the dog  
\_\_\_\_\_
- 3 forget / plants / the / don't / Please / to water !  
\_\_\_\_\_
- 4 hang / we / the washing / sunny, / When / outside to dry / it's  
\_\_\_\_\_
- 5 my / to do the / take turns / washing up / brother and I / After dinner,  
\_\_\_\_\_
- 6 the washing machine / washing on / Put your / in / and I'll / later / football kit / put the  
\_\_\_\_\_
- 7 when / took / rubbish / she left / She / out the / the house  
\_\_\_\_\_

Score \_\_\_/7

## 4 Correct the adjectives in bold in the sentences.

- 1 I've had an **annoying** day – first a maths exam and then football training. I'm really tired. \_\_\_\_\_
- 2 We're going to a big adventure park tomorrow. I can't wait, I'm so **confused**. \_\_\_\_\_
- 3 You should read this **embarrassing** book; I thought it was fascinating. \_\_\_\_\_
- 4 I'm **exhausted** about my cat; she isn't eating her food. \_\_\_\_\_
- 5 Could you explain that again? I don't understand. It's **exciting**. \_\_\_\_\_
- 6 He's going to read a book in the garden – it's calm and **worrying**. \_\_\_\_\_

Score \_\_\_/6

# Grammar

## 5 Choose the correct option to complete the sentences.

- 1 I haven't been on holiday **for/since** last July.
- 2 My mum has had the same phone **for/since** the last two years.
- 3 She has saved her pocket money **for/since** her last birthday.
- 4 It hasn't rained **for/since** many weeks.
- 5 They have been in class **for/since** nine o'clock.
- 6 We haven't visited my cousins **for/since** a couple of months.

Score \_\_\_/6

## 6 Complete the sentences and questions with the past simple or present perfect.

- 1 When I \_\_\_\_\_ five years old, I learnt to play the piano. (**be**)
- 2 \_\_\_\_\_ he \_\_\_\_\_ to his teacher since this morning? (**speak**)
- 3 My parents \_\_\_\_\_ London twice this year. (**visit**)
- 4 When I \_\_\_\_\_ her yesterday, she was riding her new bike. (**see**)
- 5 He \_\_\_\_\_ that book for many years. (**not read**)
- 6 When \_\_\_\_\_ she \_\_\_\_\_ vegetarian? Six years ago. (**become**)

Score \_\_\_/6

## 7 Choose the correct answers to complete the sentences.

- 1 What jobs \_\_\_\_\_ she \_\_\_\_\_ do around the home?
- 2 She \_\_\_\_\_ get up early tomorrow, she has class at 9:00 am.
- 3 Do you \_\_\_\_\_ have a library card to take a book out?
- 4 On the way to school, my mum drives me, but on the way home, I \_\_\_\_\_ walk.
- 5 He \_\_\_\_\_ buy tickets for the cinema; he's got some free passes.
- 6 In your country, \_\_\_\_\_ people \_\_\_\_\_ have an ID card?
- 7 My baby sister is sleeping, we \_\_\_\_\_ be quiet!

- |                     |                 |
|---------------------|-----------------|
| 1 a do, have to     | c does, has to  |
| b does, have to     | d does, hasn't  |
| 2 a doesn't have to | c had to        |
| b has to            | d don't have to |
| 3 a don't have to   | c don't have to |
| b has to            | d have to       |
| 4 a have to         | c don't have to |
| b doesn't have to   | d has to        |
| 5 a doesn't have to | c have to       |
| b don't have to     | d had to        |
| 6 a does, has to    | c do, has to    |
| b do, have to       | d does, have to |
| 7 a don't have to   | c has to        |
| b doesn't have to   | d have to       |

Score \_\_\_/7

## 8 Complete the sentences with the correct form of *will/going to*.

- 1 When she passes her driving test, her parents say they \_\_\_\_\_ buy her a car.
- 2 They \_\_\_\_\_ go camping in the mountains tomorrow – they've got everything ready.
- 3 \_\_\_\_\_ you open the window please? It's a bit hot.
- 4 He \_\_\_\_\_ go to Greece this summer. He's booked the flights.
- 5 She passed the exam? Great, I \_\_\_\_\_ call her now to say congratulations.
- 6 There's no milk left in the fridge – I \_\_\_\_\_ go to the shops now.

Score \_\_\_/6

# Reading

## Grab your cleaning things for a workout!



It's sometimes hard to find time in the day to do everything – going to school, eating, studying, seeing our friends and family and also making sure we keep healthy by

doing exercise. Some people keep fit by doing sports or going to the gym, but there is another way you can do more exercise – housework!

You might not think that cleaning the house is exercise, but any activity that makes your heart beat faster counts as part of the total amount of exercise you should do in a week to stay healthy. In fact, some jobs around the house and garden can be good forms of exercise. Of course, some types of housework use more energy than others. Cutting the grass is quite a tiring activity, but drying the dishes isn't. Remember good exercise makes you out of breath, so don't give up your gym membership yet!

And of course there are other benefits to housework; you can do relaxing activities to help you worry less while you are doing the housework. How about doing breathing activities as you do the ironing, or practising mindfulness while you do the washing up by thinking about the smell of the soap, the feel of the plates and the temperature of the water.

### 9 Answer the question below.

- 1 Name two benefits of doing jobs at home according to the article.

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Score \_\_/2

### 10 Read the article again. Are the sentences T (true) or F (false)?

- 1 It can be difficult to find time to do exercise. T/F  
2 Not everyone keeps fit by doing sport. T/F  
3 The writer doesn't think housework is good for exercising. T/F

- 4 All types of housework are good ways to exercise. T/F  
5 Cutting the grass can be a way to exercise. T/F  
6 You don't need to do exercise if you do enough housework. T/F  
7 You can also do things to calm yourself when you do housework. T/F

Score \_\_/7

### 11 Read again and choose the correct answers.

- 1 What does the article say about keeping fit?  
a The only way to keep fit is to go to the gym.  
b The best way to keep fit is to do lots of housework.  
c We can keep fit in lots of different ways.
- 2 According to the article, how does our body react when we are doing exercise?  
a We feel more tired.  
b We can count faster.  
c We can feel our heart go faster.
- 3 Which jobs around the home are better for doing exercise?  
a the jobs that make our house cleaner  
b the jobs that we need more energy to do  
c the jobs that we do in the garden
- 4 According to the article, how should we feel when we are doing exercise that benefits us?  
a It should be difficult to breath.  
b We should feel exhausted.  
c We should be breathing more quickly.
- 5 What does the article say we can also do when we do jobs in the house?  
a We can do activities to make us more creative.  
b We can do activities to make us more worried.  
c We can do activities to make us calmer.
- 6 What does the article suggest we can do when we wash the dishes?  
a We can make sure the plates are clean.  
b We can think about things we need to do the next day.  
c We can concentrate on the experience.