

Vocabulary

1 Complete the sentences with the correct word or phrase.

- I don't think I drink _____. I'm often thirsty during the day.
- My brother goes to _____ and is then tired in the morning.
- I never _____ breakfast. I think it's the most important meal of the day.
- Helen never eats _____ during the week, but she does sometimes order pizza at the weekend.
- My dad works in an office, so at the weekend, he likes to spend time _____ in the park or forest.
- You should try not to have too many _____. They're not good for your teeth.

Score ____/6

1 Write the correct verbs to complete the collocations.

- _____ a solution
- _____ a product
- _____ an invention
- _____ a discovery
- _____ a device

Score ____/5

2 Complete the sentences with the words in the box.

discovered do invent investigated researching

2 Match the words to make phrases.

1 keep	a stressed
2 get	b sleep
3 feel	c your mood
4 improve	d fit
5 get enough	e too quickly
6 eat	f active

Score ____/6

3 Read the definitions and choose the correct option to complete the sentences.

3 Choose the correct option to complete the sentences.

- You should try to stick **on/to** your new exercise plan – you look great!
- I like to sleep **in/on** at the weekend.
- My mum wants to lose some weight, so she's cutting **out/down** fast food.

1 The opposite of cheap is **expensive/inexpensive**.

2 Something that is worn is **comfortable/wearable**.

3 A new and original design is **handy/innovative**.

4 Something suitable for a particular purpose is **practical/high quality**.

5 Choose the correct answers to complete the sentences.

1 If you finish your homework early, you _____ go swimming with your friends.
a had to b are able to c can

2 These jeans were on sale, so I _____ to buy two pairs for the same price!
a could b was able c had to

3 When my dad was younger, he _____ play football really well.
a could b can c had to

4 I _____ eat something. I'm so hungry!
a am able to b have to c could

5 I _____ revise for this exam. It's very important!
a had to b am able to c must

6 I've learnt how to speak Italian this year. I _____ speak three languages now!
a can b have to c must

Score ___/6

7 Use either the gerund or infinitive of the verbs in brackets to complete the sentences.

1 _____ (drink) coffee late at night isn't very good for you.

2 I go to the gym every day _____ (keep) fit.

3 I've got some orange juice, so you don't need _____ (buy) any.

4 Learning a foreign language is difficult _____ (do). You have to study a lot.

5 Jack isn't interested in _____ (play) tennis. He prefers football.

6 He suggested _____ (walk) to the shops, but it's too far!

7 Jason wants _____ (listen) to the new album by Dua Lipa. He loves her music!

Score ___/7

6 Complete the sentences using *after*, *before*, *when* or *by*.

1 _____ I had waited for half an hour, the bus finally arrived.

2 They had just finished lunch _____ I called them.

3 _____ the time we got to the theatre, the concert had already started.

4 He had lived in Lisbon for a year _____ his Portuguese started to improve.

5 The train had just arrived _____ we got to the station.

Score ___/5

9 Complete the text with the correct answers.

My family has moved to a new house in the country. 1 _____ in the city for most of my life, and we 2 _____ live in a smaller house. The big difference is the garden – we 3 _____ a garden before, so it's been fun to explore it and look at the flowers and trees that are already there. My mum has always been interested in gardening, and she wants 4 _____ some fruit and vegetables. I want to learn about plants and flowers, and mum says that I 5 _____ help her as much as I want. I'm really looking forward to it!

1 a I've lived b I live c I was living
2 a use to b used c used to
3 a don't have b haven't had c aren't having
4 a to grow b growing c grows
5 a have to b can c could

Score ___/5

Reading

The need for sleep

We've all stayed up late to spend time with our friends or family, watch a late-night film or play our new video game. We tell ourselves that it will be fine. Having only four or five hours of sleep a night is enough, and we can always sleep in at the weekend. However, doing this is bad for us in the **long term**.

So why is sleep important?

When we sleep, our brain goes through the events of the previous day and releases hormones that control our energy, mood and ability to think clearly. To do this, our brain needs between seven and eight hours of sleep. If it gets less than this, it affects our ability to concentrate, and so our mood and productivity goes down. When we are **deprived** of sleep, complicated tasks become much harder to do. Recent research has also shown that it becomes difficult to make decisions.

What you can do to help yourself

- Avoid caffeine approximately ten hours before bedtime. Caffeine can be found in coffee, tea, chocolate and some fizzy drinks. Caffeine is a well-known stimulant of our nervous system, so it helps to keep us awake – something we're trying to avoid!
- Darken your bedroom completely. The brain creates a hormone called melatonin that senses when it is dark outside and prepares the body for sleep. If you try to sleep when there is too much light, the brain may decide that you're not ready for sleep!
- Make sure nothing can disturb you. Sleeping in a quiet environment certainly helps – so keep your mobile phone out of the bedroom!

9 Read the text. Are the sentences T (true) or F (false)?

- 1 The writer never stays up late. **T/F**
- 2 The brain needs at least seven hours of sleep. **T/F**
- 3 Complicated tasks become more difficult when we are tired. **T/F**
- 4 The writer suggests that we should avoid drinking coffee completely. **T/F**
- 5 The hormone melatonin helps us stay awake. **T/F**

Score /5

10 Read the text again. Then complete the sentences. Write one or two words in each gap.

- 1 Having four or five hours' sleep per night _____ enough.
- 2 During sleep, our brain produces _____.
- 3 If we haven't had enough sleep, we _____ concentrate very well.
- 4 Caffeine is well known for _____ us awake.
- 5 It's important _____ in a quiet environment.

Score /5

11 Look at the highlighted words in the text. Then answer the questions.

- 1 What does 'long term' mean in paragraph one?
 - taking a long time
 - lasting for a long time
- 2 What does the word 'deprived' mean in paragraph two?
 - We don't have enough of something.
 - We stop ourselves from doing something.

Score /2