

GRAMMAR

1 Complete the second version of the sentences using the words in brackets.

- 1 A man stole your handbag. I didn't see the man.
I didn't see _____ your handbag. (who)
- 2 This is a picture of the house. We stayed there on holiday.
This is a picture _____ on holiday. (where)
- 3 The comments upset some people. They were removed from the website.
The comments, _____, were removed from the website. (which)
- 4 You spoke to a sales assistant. She isn't available at the moment.
The _____ isn't available at the moment. (that)
- 5 André works at the garage, not Colin.
It _____ works at the garage, not Colin. (who)
- 6 She called me on Monday, not Sunday.
It _____ she called me, not Sunday. (that)
- 7 It's strange that he never comes out with us anymore.
_____ that he never comes out with us anymore. (what)

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2 Choose the correct option (a, b or c).

- 1 I ___ want to hear your news, but I'm busy right now.
a do b does c don't
- 2 Rebecca ___ still live with her parents, does she?
a does b doesn't c didn't
- 3 She ___ get you a present, but she left it at home.
a do b does c did
- 4 When you get home, I ___. Please don't wake me up.
a will sleep b will be sleeping c will have slept
- 5 By this time next year, he ___ school and he should be at university.
a will finish b will be finishing
c will have finished
- 6 Graham said you ___ to the party. That's such a shame.
a 'll be coming b won't be coming c won't have come
- 7 I'm not sure, but I ___ from home for the next couple of weeks.
a 'll be working b won't be working
c might be working

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3 Complete the second sentences so they mean the same as the first.

- 1 They have shown that the information we received was incorrect.
The information we received _____ to be incorrect.
- 2 Some people think that children learn better when they are happy.
It _____ that children learn better when they are happy.
- 3 In ancient times they believed that the Sun moved around the Earth.
It _____ in ancient times that the Sun moved around the Earth.
- 4 They have suggested that you should stay at home today.
It _____ that you should stay at home today.
- 5 Several of yesterday's newspapers reported that the minister is likely to resign.
It _____ in several of yesterday's newspapers that the minister is likely to resign.
- 6 They expected the ship to arrive last week.
It _____ that the ship would arrive last week.

/6

VOCABULARY

4 Choose the correct words to complete the sentences.

- 1 The new media centre is expected to **attend** / **attract** the most talented journalists.
- 2 Some **festival-goers** / **organisers** paid more than 200 euros for a three-day ticket.
- 3 Wood-burning fires are responsible for high levels of **carbon emissions** / **natural resources**.
- 4 Waste paper and plastic go through a process of **clean-up** / **recycling** so they can be used again.
- 5 I'm afraid his latest film didn't **come up with** / **live up to** my expectations.
- 6 I don't know how you can **fall back on** / **put up with** that noise. It's giving me a headache.
- 7 I was hoping to **bring up** / **speak up** the topic of my salary.
- 8 Let me **move it on** / **spell it out** in case you haven't understood.

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5 Match the sentence beginnings (1–6) with the endings (a–f).

- 1 Most doctors recommend doing
 - 2 I should pass the course if I keep
 - 3 Volunteering has helped me expand
 - 4 I always make an effort to vary
 - 5 I got home from work just
 - 6 Some of us think time is
- a up my progress.
 - b in time to see the news.
 - c my diet so I don't eat the same things.
 - d running out to reach a deal.
 - e a regular workout to stay in shape.
 - f my horizons by meeting new people.

/6

6 Complete the sentences with the missing words.

- 1 She's been trained to give f ___ t a ___ for cuts and burns.
- 2 The doctor's going to test me for a _____ s because I get ill when I eat certain kinds of food.
- 3 The children were given a v _____ e to protect them from the virus.
- 4 I had a horrible n _____ e where I dreamt my teeth were falling out.
- 5 You should set the alarm clock so you don't o _____ p again.
- 6 You were in such a d ___ p s ___ p that you didn't hear me calling you.

/6

HOW TO ...

7 Complete the conversations with the words and phrases in the box.

aerobic bit couldn't agree makes sense
on the other hand personally sort of subtitles
twist what's his name

Conversation 1

- A: What did you think of the film?
B: It was pretty good. I liked the ¹ _____ where the children catch the robbers.
A: Yes, that was a good ² _____ at the end because I thought they would escape.
B: I found it hard to understand the main actor – ³ _____?
A: Kyle Stratham? He's got a funny accent, but I ⁴ _____ of understood him most of the time.
B: I didn't. I needed to read the ⁵ _____ most of the time.

Conversation 2

- A: If you ask me, it's essential to do ⁶ _____ exercises to help make your heart stronger.
B: I ⁷ _____ more. It's especially true when you're older because it reduces your chances of getting ill.
A: That ⁸ _____. Some high-impact activity like running is probably best.
B: But ⁹ _____, it's easy to get injured. ¹⁰ _____, I'd recommend slightly more moderate exercise.

/10

Total: /50

READING

4 Read the text about getting fit and staying healthy. Match the people (1–5) with the statements (A–E).

- 1 Martin: ____
- 2 Elsa: ____
- 3 Dev: ____
- 4 Sofia: ____
- 5 Max: ____

- A I needed to boost my confidence.
- B My illness gave me an incentive.
- C My age made me transform my lifestyle.
- D I've given myself a challenge.
- E I wanted to keep mentally active.

/5

Healthy mind, healthy body

Five readers tell us how they keep physically and mentally fit.

Martin

I work long hours sitting at a desk so, until recently, I wasn't doing anything physically active. However, I turned forty a few months ago, which made me realise I had to change my way of life. I needed to do something to get in shape, both mentally and physically. That's why I got myself a personal trainer who analysed my fitness needs and worked out a programme for me. It involves going to the gym four times a week and eating more healthily. The trainer has shown me how to develop the discipline I need to change things.

Elsa

I'm someone who doesn't need to worry about staying in shape. I've always been able to eat whatever I wanted without putting on weight, so I never did much exercise. However, I got a virus last year and I was exhausted for months afterwards. Then I read that exercise can improve your body's defences and stop you getting ill. That's why I started doing a regular workout. I don't do anything too vigorous, just some moderate exercise. I'm astonished at how easy it was to get into the habit of doing it. I guess I just needed a good reason.

Dev

My main occupation is bringing up my young children and doing the housework. It's definitely not a sedentary job because I'm on my feet all day. I suppose that's why I've managed to stay in shape. However, I had the feeling that I wasn't using my brain enough. That's when I discovered that podcasts are a great way of learning new things and providing exercise for your mind. I mostly listen to podcasts about science and psychology and I've learnt so much. People say that you need to go university or go travelling to expand your horizons, but, personally, I think you can do it just by putting on a pair of headphones.

Sofia

Despite being young and fit, I've always had a lack of belief in my ability to do things well. I felt I didn't come across well at work and I used to get nervous in social situations. I spoke to a psychologist about my concerns and she suggested taking up a team sport. She thought it would provide various benefits, like motivation and encouragement, that would help me. What she said made perfect sense to me so I joined a women's rugby team. Now I'm much more optimistic and I don't get so nervous around other people. I'd recommend it to anyone who wants to develop inner strength.

Max

Being overweight can affect your confidence, but it's never bothered me. It's said that personality is more important than appearance, and I couldn't agree more. However, I had a check-up at the doctor's recently and she said I had to lose weight. I thought she was going to suggest high-impact exercises or something, but she said I just needed to eat better. She recommended cutting down on junk food and eating a wider range of vegetables, cereals and fish. At first, I found it hard to motivate myself so I decided to turn it into a game. If I manage to lose one kilogram in a week, I give myself a reward – and I've already lost five kilograms.

5 Read the article again. Choose the correct answer (a or b).

- 1 Why did Martin find it hard to stay in shape?
 - a He was nearly forty years old.
 - b He had a sedentary job.
- 2 In what way did a professional help Martin?
 - a By helping him find a way to control his behaviour.
 - b By helping him find a gym where he could do a workout.
- 3 What had Elsa never been concerned about?
 - a doing regular exercise
 - b getting a long-term illness
- 4 How does Elsa feel about starting an exercise routine?
 - a She is astonished that she can do vigorous exercise.
 - b She is surprised because it was easier than expected.
- 5 What does Dev say about the work he does?
 - a It doesn't require him to move around.
 - b It has helped him be fit and healthy.
- 6 Why is Dev passionate about podcasts?
 - a They can help you learn more about the world.
 - b They can help you go to university or travel.
- 7 How did a psychologist think team sports could help Sofia?
 - a By improving her communication skills.
 - b By providing support to achieve things.
- 8 How does Sofia think doing a team sport has changed her?
 - a She has become a more positive person.
 - b She has developed more physical strength.
- 9 What does Max think about appearance?
 - a It is less important than how you come across.
 - b It is more important than your personality.
- 10 What advice did the doctor give Max?
 - a He should do more high-impact exercises.
 - b He should eat less of certain types of food.

/10