

PART 1: LISTENING

Listen and fill in the gap with NO MORE THAN TWO WORDS.

If you want to (1) _____, it's important to take exercise every day. Regular exercise helps avoid (2) _____ and keeps your body healthy. If you have an allergy or affect (3) _____, exercise can still be good for you, but you should be careful. Sometimes, exercise can make symptoms like a (4) _____ or a fever worse. If you have a (5) _____, it's better to go to the doctor and rest.

It's also important to avoid substances like (6) _____ and smoking. These can be harmful to your health and can make it harder to (7) _____. If you exercise (8) _____, you can help improve your overall health and feel better.

If you are (9) _____ to certain things, make sure to check if they (10) _____ your exercise routine. For example, some people might have a reaction to pollen while running outside. Remember to listen to your body and take care of yourself!

PART 2: VOCABULARY - GRAMMAR

Task 1. Circle the odd one out.

1. A. acne	B. sunburn	C. chapped skin	D. dim light
2. A. red spots	B. lip balm	C. suncream	D. sunglasses
3. A. exercising	B. exciting	C. interesting	D. good-looking
4. A. protein	B. vitamin	C. activity	D. lipid
5. A. carrots	B. tomatoes	C. soft drinks	D. cabbages
6. A. affect	B. skin	C. avoid	D. get

Task 2. Circle the correct word or phrase to complete the

1. She jogs every day to keep **fit** / **unfit**.
2. Eating much fast food is not good for your **healthy** / **health**.
3. You will get **sunburn** / **suncream** if you spend too much time in the sun.
4. I like **indoor** / **outdoor** activities such as boating and cycling.
5. There is rice, fried fish, and some vegetables in my **lunch box** / **school bag**.
6. We should **affect** / **avoid** sweetened food and soft drinks.
7. Tofu is a product from **soybeans** / **coloured vegetables**.
8. You shouldn't read in **dim** / **bright light**.
9. **Acne** / **Activity** is a skin condition.
10. **Doctors** / **Vegetarians** don't eat meat or fish.

Task 3. Choose the word or phrase (A, B, C or D) that best fits the blank space in each sentence.

1. He usually _____ jogging for half an hour before breakfast.
A. goes B. rides C. takes D. cycles
2. Playing sports is very good for our _____.
A. chapped lips B. suncream C. acne D. health
3. You should wear a hat and put on suncream to avoid _____.
A. skin B. fitness C. activity D. sunburn
4. _____ is good for our eyes.
A. Alcohol B. Vitamin A C. Vitamin D D. Fast food
5. She exercises regularly to keep _____.
A. fit B. clean C. tidy D. unhealthy
6. Tofu is a product from _____.
A. fish B. meat C. soybeans D. lemons
7. He doesn't eat meat or fish. He is a _____.
A. actor B. cooker C. vegetarian D. writer
8. _____ and fruit have many vitamins.
A. Bread B. Soft drinks C. Cakes D. Vegetables
9. The lamp doesn't give much light. It's quite _____.
A. dim B. fresh C. bright D. tasty
10. Her hands are red and _____ because of working outside all winter
A. warm B. chapped C. healthy D. smooth

Task 4. Reorder the words and phrases to make sentences.

1. eating/ My grandmother / tofu/ likes/.

→ _____

2. us / vitamins / Coloured vegetables / a lot of / provide /.

→ _____

3. regularly / John/ does / stay healthy / karate / to/.

→ _____

4. there / Are / protein / much / in / and fish / meat /?

→ _____

5. on / causes / Acne / usually / the face / small, red spots /.

→ _____

6. acne /You / to go to bed /early/ should / avoid /.

→ _____

Task 5. Read and decide if each statement is TRUE or FALSE.

Mark always gets up at twelve in the morning. He does not have breakfast. Mark likes having hamburgers, pizza, crisps and hot dogs for lunch. He always has fizzy drinks like cola. So there are not any vegetables or fruit at home. After lunch, he takes the bus to school - 300 meters far away. At six o'clock, Mark goes to the bus stop and comes back home. He sits on his dad's sofa and watches TV for three hours. When he is hungry, he eats lots of sweets or chocolate biscuits and he always drinks cola. He usually goes to sleep at eleven or twelve because that he likes playing computer games. He usually stays at home all day at weekends.

1. Mark starts his day at about 7 a.m.
2. Marks usually has hamburgers for breakfast.
3. There is a very big refrigerator at Mark's home.
4. Marks lives near his school.
5. Mark goes back home by bus.
6. Mark spends three hours watching TV.
7. Although Mark likes playing games, he never goes to bed after 10:30 p.m.
8. Mark usually spends hours playing games at home.	