

REVIEW FOR FINAL TEST

Exercise 1: Choose the correct words to complete the text.

The brain: our hungriest organ

Our brains account for 2% of our weight, but ¹ **reduce / consume** 20% of the energy that our bodies ² **produce / digest** after eating. When we sleep, our brains continue to ³ **burn / produce** energy because they are still working. They ⁴ **process / burn** all the day's activities and create memories. The brain also repairs itself, but if we don't sleep enough, it ⁵ **reduces / burns** the time that our brains have for this work. Having fewer hours of sleep also affects our diets, as it is more difficult for our brains to ⁶ **control / process** our weight if we don't sleep enough. If we want to ⁷ **consume / boost** our brains' energy levels, we should do exercise. Exercise pumps blood full of oxygen to our brains.

Exercise 2: Listen to a nutritionist giving advice about the best food for people who do sport. Tick the things he mentions.

calcium	calories
carbohydrates	cholesterol
fat	fibre
minerals	nutrients
preservatives	protein
vitamins	additives

Exercise 3: Listen again and complete the advice with the words you ticked in exercise 2.

1. You don't have to eat broccoli, which is full of _____, with oil and salt, but it might help to make it tastier!
2. Sweet potatoes and tomatoes contain a lot of _____.

3. You should try and avoid red meat because although it has _____, it also has a lot of _____.
4. You must eat fruit – bananas are a good option because they have a lot of _____.
5. You mustn't eat too many nuts because although they provide you with _____, they also contain a lot of _____.
6. If you have to exercise in the evening, milk will help you relax and provide your bones with _____.

Exercise 4: Replace the underlined phrases with the words below.

delivery items notification reviews track wish list

I've been waiting for a number of ¹ goods _____ that I ordered online. I had a ² list of things that I wanted _____ and decided to buy everything on it! I've been to the website to ³ follow the progress of _____ my order, but there's no information. Neither have I received a ⁴ message with information _____ about ⁵ when they will bring the goods to my house _____. The ⁶ customer opinions _____ of this site were positive, but my experience of it isn't!

Exercise 5: Label the sports and activities.

chess	camping	horse riding	cards
ice hockey	table tennis	gymnastics	ice skating
ballroom dancing	weightlifting	bowling	ballet



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____



9 _____



10 _____



11 _____



12 _____

Exercise 6: Listen to people talking about their hobbies. Match the speakers (1 and 2) with the sentences (a-d).

This person:

- a. started a new hobby recently.
- b. has bought some new equipment.
- c. didn't use to like team sports.
- d. find it difficult to make time for his / her hobbies.

Exercise 7: Complete the sentences with the correct form of *play, do or go*.

1. If it rains when we're on holiday, we usually stay in and _____ board games.
2. Do you know anyone who _____ martial arts?
3. I _____ horse riding once when I was little and I hated it!
4. My brother is quite fit. He _____ running every morning before school.
5. Becky isn't at home right now because she _____ basketball.
6. If you want to build up your muscles, you have to _____ weights.

Exercise 8: Complete a sample answer of IELTS Speaking part 2 "Describe what you usually do in your leisure time" by using words or phrases in the box.

walk	meet up	nature	recharge	historical novels
quality time	hustle and bustle	reading	refresh	knowledge

In my free time, I like to unwind by doing a few different activities. One of my favorite pastimes is _____. I usually spend a couple of hours each week diving into a good book, mostly fiction or sometimes _____, because I find that they help me escape from the _____ of daily life. Reading allows me to relax while also expanding my vocabulary and _____.

Another thing I enjoy doing is going for a _____ in the nearby park. It's a peaceful area with plenty of trees and a small lake, allowing me to be close to _____. I often listen to some of my favorite podcasts or just enjoy the sounds around me. This is something I try to do almost every evening because it really helps me to _____ my mind and stay active.

When I have a bit more time, like on weekends, I like to _____ with friends. We usually go to a café or watch a movie together. It's always great to catch up and spend _____ with them. I feel that having a balance of solo activities and social time is important for me to feel relaxed and happy.

Overall, I think my leisure activities not only help me relax but also _____ my batteries, which is essential for staying productive throughout the week.