NAVIGATE A2 Test unit 7

1)Complete the sentences with the words in the box.

do do go take walk

1.My office is near my house and I usually _____ to work, but I drive when it's raining.

2.Try to _____ the stairs, not the lift, so you can get some exercise.

3.Phil likes to _____ to the gym three times a week. He even rides his bicycle there and back!

4.I'm quite healthy because I _____ lots of physical jobs around the house.

5.At primary school, children _____ an hour of exercise each day.

2)Choose the correct word in italics.

1. Can I lend / borrow your phone to call my boss?

2. Pippa said / told she was tired.

3. We watched / looked at a great film at the cinema last week.

4. You can come / go to my house for a coffee later.

5. When you go out, bring / take an umbrella with you.

6. They told / said me the way to the bank.

7. Sonje lent / borrowed me her suitcase when I went on holiday.

8. She looked at / watched the map before she left the house.

9. Do you want me to take / bring anything to your birthday party on Friday?

10. Let's go / come for a walk.

3)Choose the correct word in italics.

1.Michael runs / swims / does judo 10 kilometres in the park every day.

2.We like to play tennis / swim / play football in the sea when we go on holiday.

3. In France in the winter, people do athletics / ski / swim in the mountains because there's lots of snow.

4.Jim and Rui play basketball / cycle / go fishing on the river most weekends.

5. I do athletics / go to the gym / jog to use the exercise machines.

6. There is a stadium in our town and a lot of people do athletics/ go fishing / ski there.

LIVEWORKSHEETS

7. Kate's doctor told her to do judo / ski / do yoga because she has back pain.

8.We sometimes play basketball / cycle / go fishing in the local sports centre.

9. I play football / cycle / do athletics to work because the car parks in the city centre are very expensive.

10. Dimitri plays football / goes fishing / jogs for his university team.

4.Complete the conversation with negative past tense verbs.

Rani Hi Pedro, how are you?

Pedro A bit hungry actually. I 1)_____ breakfast this morning.

Rani Why not?

Pedro I got up late so I 2)_____ time.

Rani Oh no! Well, do you want to come to the gym with me later?

Pedro Yes, I do. I 3)_____ to the gym yesterday so today is good for me. Also, we 4)_____ tennis last week. Do you want to play on Saturday?

Rani Yes, I'd like that. I 5)_____ any exercise last week so tennis is a good idea.

5.Complete the conversations with the past form of the verbs in the boxes.

do drive eat make take

Sophia: So how's your new healthy lifestyle?

Ashun: It's good, thanks. I feel a lot better. Yesterday I 1_____ salad for lunch and I 2_____ a healthy dinner for the family. And I 3_____ some exercise in the evening! But I 4_____ to work because I was a bit late. Tomorrow, I want to walk.

Sophia: That's great! I'm trying to be healthy too. Yesterday I 5_____ the stairs up to my office on the 10th floor!

come have sit tell write

Miki: Hi Raj, how was your evening?

Raj: It was good, thanks. I 6_____ some emails to a few friends and also 7_____ time to go for a run in the park. Then my wife 8_____ home and she 9_____ me about her day. Then we 10_____ on the sofa and watched TV.

Miki: It sounds very relaxing. I worked late at the office and then just went home to bed.

LIVEWORKSHEETS

6.Read the sentences and decide if they are right or wrong. Circle Right or Wrong.

1.I woke up and lastly I had a shower. Right / Wrong

2.Firstly, cut the fruit into pieces and then add the cream. Right / Wrong

3.We played tennis at 6.00 p.m. and then we went for dinner. Right / Wrong

4.The journey was long but we first arrived home. Right / Wrong

5.I arrived at work late this morning. After that, I checked my emails. Right / Wrong

7.Choose the correct answer from the words in italics to complete the text.

Recently, scientists studied how older married couples can keep their brains healthy with some mental exercises. An example of an exercise was the 'holiday memory test'. 1) First / Next, the couples wrote a list of all the holidays they had in their lives.

2) Then / Finally, they tried to remember details of each holiday.

3) Lastly / Next, they asked about each other's favourite memories. 4) Finally / After that, the scientists studied the information.

5) Finally / Next, they decided this exercise helped older people's memories. The couples agreed and said the memory test helped them think about the past. Many couples decided to continue the exercise at home, e.g. with memories of their children, pets and houses they lived in before.

8.Complete the conversation with the phrases in the box.

For me *I don't know about that* *Yes, but*

What do you think about *What's your opinion*

Debbie: I watched a TV programme about sports people and money yesterday. It was very interesting. 1_____ sports people that earn lots of money, Paul?

Paul: 2_____, it's OK. They are the best at their sport and they are a good example for young people. I don't mind that they earn a lot of money because they can only work for a short time.

Debbie: 3_____. A lot of them think they're very important, but they just play a silly sport. There are more important things in life.

Paul: 4_____ a lot of them work with children and give their time to help other people too. 5_____ of that?

Debbie: Well, I agree it's a good thing. Maybe teachers should have the same pay!

LIVEWORKSHEETS

9.Read the article. Decide if the sentences are true (T) or false (F). If there is no information about this, choose 'not given' (NG).

Five healthy foods that are bad for you!

1. Dried fruit

This has lots of sugar in it. People usually eat it a lot because they snack on it when they are at work. Eating half a cup of dried banana is like eating nine slices of bread. They have the same energy. Half a cup of raisins has the same sugar content as fifteen slices of bread!

2. Cereal

This is good for you before exercise like jogging or going to the gym because the sugar gives you energy. But it can be full of fat as well. One cup of cereal can have over 20 grams of fat.

3. Fruit yogurt

Yogurt with fruit also has lots of sugar. Often the fruit is in a sauce and that is full of sugar, too. But it's fine to eat it after doing sport for some extra energy.

4. Fruit juice

People think fruit juices are healthy, but this is not always true. Again, lots of them are full of sugar and don't have a lot of real fruit.

5. Nuts

These are good for you but only eat a little. Nuts have a lot of energy but also lots of fat, so it's important not to eat them all the time.

1.You shouldn't eat dried banana with bread. _____

2.Cereal has sugar in it. _____

3.Yogurt without fruit has no sugar. _____

4.Fruit juice is very good for your health. _____

5.Eating lots of nuts is a good idea. _____

10.Read the article again. Complete the sentences with one or two words from the text.

1.People like to eat dried fruit at _____.

2.There is a lot of _____ in cereal.

3.After doing exercise, you can eat _____ to have more energy.

4.Fruit juices have only a little bit of _____.

5.There is _____ and fat in nuts.

LIVEWORKSHEETS