

D Соедините две части предложения.

- | | | | |
|---------------------------------|---|---|---------------------------------|
| 1 She has been coughing | — | a | and would like to be slimmer. |
| 2 My dad says he is planning | — | b | had to go to the hospital. |
| 3 Caroline weighs 75 kilograms | — | c | and sneezing all day long. |
| 4 I wish my favourite drinks | — | d | because I was feeling ill. |
| 5 If you broke your arm, | — | e | didn't contain so much sugar. |
| 6 Phil burned his hand and | — | f | to join a gym this week. |
| 7 A healthy diet should include | — | g | plenty of fruit and vegetables. |
| 8 She insisted I see a doctor | — | h | it would really hurt. |

Phrases**E** Обведите правильный вариант ответа.

- I wish we could **have / make** a rest for a while.
- Mum **took / made** my temperature to see if I was running a fever.
- I go to the dentist twice **in / a** year.
- Chris hasn't **had / made** a shower yet.
- I soon started to **burn / lose** weight after I joined the gym.
- The doctor dealt **in / with** the situation quickly and quietly.
- He broke his leg **as / because** a result of the accident.
- Jason goes swimming **once / one time** a week.

F Заполните пропуски словами. Первые буквы слов даны.

- It isn't easy for Helen to **d**_____ with having three kids who are ill at the same time.
- I'm very hot so I think I'll **t**_____ a cold shower.
- We run for about half an hour and then have a **r**_____ for a few minutes.
- My dad says he's getting fat and needs to lose some **w**_____.
- Put the thermometer in your mouth and we'll take your **t**_____.
- Dave had flu and as a **r**_____ missed a week of school.
- Take one of these pills **t**_____ a day for a week.

Adjectives and adverbs

G Заполните пропуски словами. Первые буквы слов даны.

- 1 I don't **n**_____ worry about my weight but maybe I need to lose a few kilograms.
- 2 Stop turning round and round Tommy! You'll get **d**_____!
- 3 Pam takes good care of her teeth and always buys **s**_____ chewing gum.
- 4 Dad has **r**_____ medical check-ups because he has a problem with his heart.
- 5 I'm **g**_____ a very healthy person although I sometimes get a cold in winter.
- 6 My brother goes jogging every day and is very **f**_____.
- 7 For **h**_____ teeth, visit your dentist regularly.

Word formation

H Заполните пропуски, преобразуя выделенные слова так, чтобы они лексически и грамматически соответствовали смыслу предложений.

- | | |
|--|----------------|
| 1 These exercises will _____ both your arms and your legs. | STRONG |
| 2 He smokes and doesn't do any exercise – he's very _____. | HEALTH |
| 3 You will find the sugar in a blue _____ in the cupboard. | CONTAIN |
| 4 Paula's _____ is normal for her age. | HIGH |
| 5 Test results have shown a slight _____. | IMPROVE |
| 6 To increase your _____ you will need to exercise more. | FIT |
| 7 This is an illness _____ associated with tropical countries. | NORMAL |

I Заполните пропуски, преобразуя слова так, чтобы они лексически и грамматически соответствовали смыслу текста.

Are you worried about what you eat? Many people aren't sure about what to do to have a (1) _____ diet. The first thing you should remember is that it (2) _____ isn't as hard to do as you might think. If you want to eat (3) _____, then I would (4) _____ advise you to eat mainly vegetables and not a lot of meat. If you eat lots of vegetables, you will feel more (5) _____. Another good thing is that it will help you to lose (6) _____. It's also very important to look at the (7) _____ of any tinned foods you eat. You should always check that they are low in sugar and fat. If you follow this simple advice, you will soon see an (8) _____ in the way you look and feel.

BALANCE
GENERAL
HEALTHY
STRONG

ENERGY
WEIGH
CONTAIN

IMPROVE

A Прочитайте приведённый ниже текст. Преобразуйте слова, напечатанные заглавными буквами в конце строк, так, чтобы они грамматически и лексически соответствовали содержанию текста. Заполните пропуски полученными словами.

- 1 Ilya Mechnikov was a Russian biologist who believed that some foods would _____ our immune system. **STRONG**
- 2 The immune system is the system in our body which keeps us _____. **HEALTH**
- 3 He thought that some foods could make an _____ to the quality of life because they stop people from getting old. **IMPROVE**
- 4 His ideas about food and _____ led to the marketing of kefir and other milk-based drinks. **FIT**
- 5 As a child, Mechnikov gave talks to other young children. The _____ of his talks were about biology and natural history. **CONTAIN**
- 6 He went to Kharkiv University to study Natural Sciences. A degree course there _____ lasted four years, but Mechnikov completed it in only two years. **NORMAL**
- 7 Mechnikov is _____ considered to be one of the most important scientists of his generation. He received the Nobel prize for Medicine in 1908. **GENERAL**

(по 1 баллу за каждый правильный ответ)

B Обведите правильный вариант ответа.

- 8 If you **join / exercise** a gym class, you'll feel a lot fitter.
- 9 If I were you, I'd eat a more **double helping / balanced diet**. Eating junk food is unhealthy.
- 10 Mike was **insisting / coughing** a lot, so his mum called the doctor.
- 11 After spending hours in the hot sun, Tamara felt **dizzy / fit** and had to sit down.
- 12 Would your parents **allow / plan** you to go to the concert if you asked them?
- 13 If I still have a **fever / fault** tomorrow, I won't come to the school dance.
- 14 If you touch that plant, you'll get covered in **miracles / spots**. Be careful!
- 15 A good **amount / way** to get fit is to go jogging with a friend.

(по 1 баллу за каждый правильный ответ)

C Впишите по одному слову в каждый пропуск.

- 16 If I had a problem at school, I would deal _____ it immediately!
- 17 If you're feeling dizzy, lie _____ until you feel well again.
- 18 Nick would have _____ rest if he was tired.
- 19 After the training, I always _____ a shower!
- 20 Natasha goes horse-riding twice _____ week.
- 21 The little boy was ill and the doctor _____ his temperature.
- 22 Feodor stayed _____ late last night.
- 23 The little girl ate too much chocolate, and she felt sick _____ a result.

(по 1 баллу за каждый правильный ответ)

D Обведите правильный вариант ответа.

- 24 **If only / Unless** I could help you more!
- 25 You wouldn't have health problems **if / if only** you listened to your doctor.
- 26 Unless you **exercise / exercised** more, you won't win the race.
- 27 Nigel wishes he **would / could** ice-skate faster.
- 28 If you **fall / fell** off the tree, you'll get hurt.
- 29 I wish you **don't / wouldn't** borrow my MP3 player without asking me!
- 30 Your parents **will / would** allow you to join the gym if they had enough money.
- 31 What would you do if you **want / wanted** to lose some weight?

(по 1 баллу за каждый правильный ответ)

E Обведите правильный вариант ответа.

- 32 If Neil **drinks / will drink / drank** too many fizzy drinks, he will put on weight.
- 33 Susan won't be able to get up early tomorrow **if / unless / if only** she goes to bed early.
- 34 If only I **would / can / could** be a better tennis player!
- 35 Sometimes I wish I **would be / were / am** taller and faster!
- 36 Kevin would be much healthier if he **drank / would drink / drinks** sugar-free drinks.
- 37 If I **would be / am / were** you, I would follow the doctor's advice!
- 38 **If only / Unless / If** the baby coughs a lot, give her a bit of the medicine.
- 39 You won't get well unless you **follow / will follow / would follow** your doctor's medical advice.
- 40 Tamara **won't be / wouldn't be / weren't** so fit if she didn't have a balanced diet.
- 41 Nicolai wishes he **can / would / could** improve his fitness.

(по 1 баллу за каждый правильный ответ)

F Заполните пропуски, используя глаголы в соответствующей форме.

Dear Unhappy,

Many young people face the same problems as you do. If you (42) _____ (want) to lose some weight, you should follow a balanced diet and eat lots of fruit and vegetables as snacks. You shouldn't go on a strict diet unless your doctor (43) _____ (tell) you to do it. Also, you (44) _____ (see) great improvement in your fitness level and your skin if you drink enough water. But I (45) _____ (avoid) drinking fizzy drinks if I (46) _____ (be) you because they contain a lot of sugar. If you (47) _____ (enjoy) exercising, you can try joining a sports club and doing aerobics. The best way for you to get fit (48) _____ (be) to do it with friends if they also like sports. But also remember: your friends and family (49) _____ (not/love) you less if you looked different!

So if I were you, I (50) _____ (not/worry) too much about my weight and appearance!

(по 1 баллу за каждый правильный ответ)

Итоговый балл: ____/50