

**Nouns**

**A** Обведите правильный вариант ответа.

- 1 You need a \_\_\_ diet if you want to stay healthy.  
**A** large                      **B** balanced                      **C** fresh
- 2 She's still in hospital but she doesn't have a \_\_\_ now.  
**A** fault                      **B** fitness                      **C** fever
- 3 The improvement in his health is a \_\_\_\_\_.  
**A** miracle                      **B** quality                      **C** fault
- 4 If I were you, I would get medical \_\_\_ about those spots.  
**A** result                      **B** advice                      **C** exercise
- 5 Laura will go to the doctor if her \_\_\_ doesn't come down.  
**A** height                      **B** amount                      **C** temperature
- 6 Do you know a good \_\_\_ to lose weight?  
**A** helping                      **B** quantity                      **C** way
- 7 The \_\_\_ of your blood test will be ready on Friday.  
**A** contents                      **B** results                      **C** improvements
- 8 You would improve your \_\_\_ level if you went jogging every day.  
**A** fitness                      **B** way                      **C** height

**B** Поменяйте местами выделенные слова так, чтобы предложения имели смысл.

- 1 **Skin** fruit has as much vitamin C as fresh fruit. \_\_\_\_\_
- 2 Carl would be healthier if he did more **quantities**. \_\_\_\_\_
- 3 Please check the **frozen** of the fridge before you go shopping. \_\_\_\_\_
- 4 I wish my **helping** wasn't covered in spots! \_\_\_\_\_
- 5 Fizzy drinks contain large **contents** of sugar. \_\_\_\_\_
- 6 Can I have a double **exercise** of vegetables, please? \_\_\_\_\_

**Verbs and phrasal verbs**

**C** Заполните пропуски, используя глаголы, данные в рамке.

allow • check • eat • lie • stay

- 1 Will you \_\_\_\_\_ how many tablets Grandma has to take?
- 2 You'll feel better if you \_\_\_\_\_ down for a few minutes.
- 3 Let's \_\_\_\_\_ out at that new restaurant tonight.
- 4 They won't \_\_\_\_\_ him to leave the hospital yet.
- 5 If you \_\_\_\_\_ up late, you'll be tired tomorrow.

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

**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

## so and such, either and neither

### So

So ... that	Структуры	Примеры
Употребляется для выражения результата действия или сложившейся ситуации	so + прилагательное + that	<i>That MP3 player is <b>so expensive that</b> I can't buy it.</i>
	so much + неисчисляемое существительное + that	<i>He spent <b>so much time</b> on his invention <b>that</b> he didn't have time to do his homework.</i>
	so many + существительное во множественном числе + that	<i>She bought <b>so many DVDs that</b> she couldn't carry them all.</i>

### Such

Such ... that	Структуры	Примеры
Употребляется для выражения результата действия или сложившейся ситуации	such a / an + прилагательное + существительное в единственном числе + that	<i>My laptop has got <b>such a big memory that</b> I can store sixty films on it!</i>
	such + прилагательное + существительное во множественном числе / неисчисляемое существительное + that	<i>She got <b>such good marks</b> in her IT test <b>that</b> she came top of her class!</i> <i>My uncle made <b>such good lemonade that</b> we always loved visiting him.</i>
	such a lot of + существительное во множественном числе / неисчисляемое существительное + that	<i>I got <b>such a lot of emails</b> this morning <b>that</b> I didn't have time to read them all.</i> <i>He's got <b>such a lot of money that</b> he always buys the latest new technology.</i>

### Either

Either ... or	Структуры	Примеры
Употребляется, когда существует возможность выбора между двумя лицами, предметами, свойствами	either + существительное + or + существительное	<i>I'll <b>either buy a tablet or a digital camera.</b></i> <i>I'll buy <b>either a tablet or a digital camera.</b></i>
	either + прилагательное + or + прилагательное	<i>She's <b>either sad or tired</b> – I'm not sure which.</i>
	either + глагол + or + глагол	<i>You should <b>either save your project or print it.</b></i>

### Neither

Neither ... nor	Структуры	Примеры
Употребляется, когда оба отрицательных высказывания верны	neither + существительное + nor + существительное	<i>She has <b>neither a mobile phone nor a laptop.</b></i> <i><b>Neither mobile phones nor calculators</b> are allowed in the exam room.</i>
	neither + прилагательное + nor + прилагательное	<i>Mrs Carter is <b>neither polite nor friendly.</b></i>
	neither + глагол + nor + глагол	<i>You <b>neither fixed nor cleaned</b> the DVD player – it's dirty and broken!</i>

**A** Соедините две части предложения.

- |   |                     |       |   |  |
|---|---------------------|-------|---|--|
| 1 | The books were so   | _____ | a | money that she doesn't know how to spend it! |
| 2 | She's got so much   | _____ | b | a good film that I want to see it again!     |
| 3 | They've got so many | _____ | c | cheap that I bought five of them!            |
| 4 | It's such           | _____ | d | nice sandwiches that I ate four of them!     |
| 5 | They were such      | _____ | e | pets that they need a bigger house!          |

**B** Заполните пропуски, используя *so*, *such* или *such a*.

- My tablet computer is \_\_\_\_\_ useful that I can't live without it.
- Taking 'selfies' has become \_\_\_\_\_ popular that everyone's doing it!
- Ivan posts \_\_\_\_\_ lot of messages on online forums that he doesn't have time for anything else.
- He wasted \_\_\_\_\_ much money on his new smartphone that he really regrets it.
- These headphones are \_\_\_\_\_ good value that I bought two pairs.
- Becky has played \_\_\_\_\_ many online games that she's now an expert.
- Valerie has \_\_\_\_\_ expensive tastes that she's always short of money.
- Callum has \_\_\_\_\_ good job that all his friends envy him.

**C** Обведите правильный вариант ответа.

- I'll **either / neither** use a digital camera or the camera on my mobile phone.
- The shop assistant was neither polite **nor / or** helpful.
- Neither / Either** the laptop nor this tablet computer are expensive.
- They're either playing music **nor / or** computer games at the moment.
- The technician **neither / either** opened the computer nor repaired it.
- Mark should **either / neither** call them or send them an email.

**D** Заполните пропуски, используя слова, данные в рамке.

an • either • neither • nor • or • so • such • that

- He's got \_\_\_\_\_ a laptop nor a tablet computer.
- This camera is \_\_\_\_\_ cheap that I think it must be badly made.
- You could either wait here \_\_\_\_\_ come into the shop with me.
- It's \_\_\_\_\_ a powerful machine that I'm afraid to use it.
- It's time to get \_\_\_\_\_ a flat screen TV or a new computer monitor.
- It's such \_\_\_\_\_ unusual design that I'm sure it will be very popular.
- It uses such a lot of electricity \_\_\_\_\_ I hardly use it.
- They had neither the time \_\_\_\_\_ the patience to wait for the technician.