

Grammar

Relative pronouns and relative clauses

1 a Complete the sentences with the correct relative pronoun from the box.

which who whose where

- 1 There are a lot of after-school sports activities at my school but the people who most need exercise don't go.
- 2 Schools provide relaxation classes for students get better exam results.
- 3 At my school there are lots of children parents belong to the local sports club.
- 4 The diet children had 30 or 40 years ago was much healthier.
- 5 The government job it is to promote healthy eating is not doing enough to encourage parents to change their shopping and cooking habits.
- 6 It's the unhealthy options on our school menu are always the cheapest.
- 7 Childhood obesity is now a huge problem in Europe may have a significant impact on life expectancy.
- 8 There aren't many sports activities available for boys aren't interested in football.
- 9 The biggest problem many schools have is preventing pupils from bringing unhealthy snacks into school.
- 10 Having a place children can do sports outside school is also really important.

b Add commas to the sentences containing non-defining relative clauses.

c Which relative pronouns can be replaced by *that*?

d Which relative pronouns can be omitted?

2 Match the two halves of the sentences.

- 1 The doctor, whose name I can't remember, ...
- 2 The doctor recommends that I eat less meat, ...
- 3 The treatment I've been having ...
- 4 I don't know where ...
- 5 People who are over the age of 50 ...
- 6 Supplements of vitamin C, which may help to fight infection, ...

- A doesn't seem to be working very well.
- B need to have a check-up every year.
- C I caught this cold.
- D gave me some good advice.
- E should be taken during winter.
- F which I will find very difficult.

1 2 3
4 5 6

Vocabulary

Word formation

1 EP What are the noun forms of these adjectives?

possible possibility
satisfied
willing
helpful
aware
patient
able
experienced
convenient
accurate
secure
certain
happy
honest

2 Now write the negative of the adjective forms in the correct column. One word has two negative forms.

dis	im	in	un
	impossible		

Writing | Part 1 Developing your argument

1 Read part of the first draft of a student's answer to this essay and the teacher's comments.

In your English class, you have been talking about people's eating habits now and in the past. Now, your English teacher has asked you to write an essay.

Write an essay using all the notes and give reasons for your point of view.

Essay question

Children's diets are unhealthier today than in the past.

Notes

Write about:

- 1 unhealthy snacks
- 2 cooking habits
- 3 your own idea

Give an example

Explain why this is a problem

There is a lot of evidence to show that children's diets are unhealthier today than in the past. (1) Today children's diets are unhealthier than in the past because they eat too many unhealthy snacks. (2)

In the past children didn't buy so many snacks (3)

Children's diets are also unhealthier because they eat too much fast food (4) Nowadays a lot of mothers don't have time for cooking (5) so they buy supermarket meals to put in the microwave instead. In the past people didn't have microwaves.

On the other hand, children's diets have improved a lot in the last 50 years. (6)

There is a lot of information for parents about the kinds of food they should give their children. (7) Children are also taught about the importance of a good diet in school.

Explain why not

What is wrong with fast food?

Explain why not

Give an example

In what way?

2 Now match the sentences/clauses from the student's second draft (A–H) to the correct part (1–7) of the essay. There is one extra sentence which does not match.

- A** Most tins and packets that we buy today, for example, have labels on them saying exactly what they contain.
- B** which is bad for their health because this type of food isn't fresh and contains too much sugar, fat and salt.
- C** This means children don't eat as much healthy food as they should and so many of them are overweight.
- D** For example, children see these snacks advertised on television.
- E** Although many children in some countries still suffer from malnutrition, in richer countries most parents can afford to buy meat and fresh fruit for their children, which was not possible for a lot of families in the past.
- F** A good example of this is the fact that in many parts of the world childhood obesity has increased dramatically recently.
- G** because they have full-time jobs
- H** because they didn't have as much money as children today.

1 2 3
4 5 6
7

Reading and Use of English | Part 3



For questions 1–8, read the text below. Use the words given in capitals at the end of some of the lines to form a word that fits in the space **in the same line**. There is an example at the beginning (0).

Taking care of nurses

It's a nurse's (0) ...responsibility... to care for her patients and help them recover from their illness. This doesn't just mean giving patients medicine. Part of the (1) may involve giving them advice on improving their diet and exercise routines so they can increase their (2) and avoid becoming ill again. But who looks after the well-being and (3) of nurses?

While trying to satisfy the demands of a busy schedule, some nurses find it difficult to take the time to take care of themselves. This is especially true of young, (4) nurses.

Because nurses have a very (5) lifestyle and are constantly rushed off their feet, they're unlikely to need any (6) exercise. However, many nurses often don't have a (7) diet because they're too busy to eat properly during the working day. This can mean relying on snacks instead of having (8) meals. So some nurses may not be getting the nutrition they need to maintain energy levels or fight off infectious diseases.

RESPONSIBLE

TREAT

STRONG

FIT

EXPERIENCE

ACTION

ADD

BALANCE

HEALTH

Reading and Use of English | Part 4

For questions **1–6**, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. **Do not change the word given.** You must use between **two** and **five** words, including the word given. Here is an example (0).

Example:

0 Children's diets are not as healthy as they used to be.
MORE

Children's diets aremore.....unhealthy.....than.....they used to be.

1 The doctor said I should give up smoking.

ADVISED

The doctorsmoking.

2 You won't lose weight unless you stop eating junk food.

IF

You won't lose weighteating junk food.

3 'Why don't we go for a jog?' Mike said.

SUGGESTED

Mikefor a jog.

4 I expect people ate more vegetables in the past.

MUST

Peoplein the past.

5 'I'll give you a check-up next week,' said Amy's doctor.

EXPLAINED

The doctorgive Amy a check-up the following week.

6 Ella was so tired she couldn't study properly.

TOO

Ellastudy properly.

Listening | Part 4

► 12 You will hear a high-school student interviewing a doctor as part of his research for a project on sleep. For questions **1–7**, choose the best answer (**A**, **B** or **C**).



- 1 Compared to the past, people now sleep at night
A less heavily.
B longer than recommended.
C for a shorter time.
- 2 The doctor says a natural pattern of sleep includes
A one long sleep at night.
B a short sleep in the afternoon.
C frequent short sleeps.
- 3 Research has already shown that a lack of sleep can affect teenagers'
A long-term health.
B performance at school.
C emotional well-being.
- 4 What does the doctor say is to blame for teenagers not getting enough sleep?
A poor diet
B lack of exercise
C lack of discipline at home
- 5 What advice does the doctor give for teenagers who have trouble getting to sleep?
A read a favourite book
B listen to music
C drink hot chocolate
- 6 What does the doctor think schools should do?
A shorten the school day
B offer classes in the evenings
C start lessons later
- 7 The doctor says that you may find when you wake up
A you have forgotten a problem.
B you can see a solution to a problem.
C you think a problem is less important.