

- 1 Complete each sentence with a word or phrase in the box in the correct form. There is one word in the box you do not need to use.

active balanced diet catch check-up get over
ill infection put on treatment **workout**

- 0 The new gym next door means you can go for a **workout** before you go to work.
- 1 It's important to stay fit and as you get older. Sitting in a chair all day is the worst thing to do.
- 2 Please wash your hands to prevent the spread of
- 3 I'm going to be a bit late to school tomorrow as I have to go to the dentist for my annual I don't think I'll need any though as my teeth are in pretty good shape.
- 4 Paul a little weight while on holiday. Chips every day is not really a
- 5 I a terrible cold over the winter and I'm still it. I've still got a bad cough.
- 2 Complete the idiomatic expressions in the sentences.
- 0 During my time at university I probably rubbed **shoulders** with some of our future leaders.
- 1 The restaurant is so busy these days. We're permanently off our feet.
- 2 Saeed was in at the deep end on his first day at school, teaching some very demanding classes.
- 3 I felt a bit off....., so I went home early. I think it was something I had at lunch.
- 4 Somebody ate all the chocolates and we want to know who. We're determined to get to the of it.
- 5 You look like you're feeling under the You've gone very pale. Perhaps you should sit down.
- 6 Alicia wasn't expecting to get the job and was completely taken when they offered it to her.

- 3 For questions 1–6, complete the second sentence in each question so that it has a similar meaning to the first sentence, using the word given in capitals. Do not change the word given. You must use between two and five words, including the word given.

- 1 All visitors get recommended Pani Stasza's restaurant by Maciej.

WHICH

Pani Stasza's is the restaurant
..... all visitors by Maciej.

- 2 The teacher wanted to know who had written on the whiteboard.

WHOSE

The teacher wanted to know
..... on the whiteboard.

- 3 Massimo preferred how his mother cooked pizza.

THAT

Massimo's mother cooked pizza
..... liked best.

- 4 The more reading people do, the wider their vocabulary range.

TEND

People
..... have the widest vocabulary range.

- 5 People know my town because of its chocolate makers.

LIVE

The town
..... famous for its chocolate makers.

- 6 The German company KBK Ltd has decided to open a branch in Milan.

BASED

KBK Ltd,
..... has decided to open a branch in Milan.

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

Heroes of medicine

At its (0) height, the disease of smallpox was one of the great terrors of the human race. Only a lucky few were able to survive an attack, and a cure was completely (1) to the (2) profession of the time. This (3) to deal with lethal diseases such as smallpox looked set to continue, until, that is, the discovery of (4) by a simple country doctor, Edward Jenner. Jenner had noticed that one group of people never caught smallpox: those who had already caught the less serious cowpox. Although (5) of precisely why this was, he deliberately infected a young boy, James Phipps, first with cowpox, and then with smallpox, an action that would probably have been (6) today. However, James survived and modern medicine had arrived. Probably (7) modern scientists, who conduct extensive trials, Jenner never repeated the experiment; once was enough. Smallpox had (8) by 1980 and Dr Jenner has probably saved more lives than anyone else in history.

- 5 You are going to read a magazine article about improving confidence. Six sentences have been removed from the article. Choose from the sentences A–G the one which fits each gap (1–6). There is one extra sentence which you do not need to use.

A change is as good as a rest

In the past, we used to celebrate the arrival of spring with a special clean-up of the house. All the dirt and mess of the dark winter months would be swept up, washed away or thrown out. (1) As the years go by, we tend to fill up with all sorts of nonsense: things we've heard or learnt, lots of useless knowledge. It could be time to downsize to the things that are useful.

This all sounds very attractive, but people are a great deal harder to clean out than the average house. All we need, though, is the right motivation, whether internal

HIGH
KNOW MEDICINE
ABLE
VACCINE
CERTAIN
UNDERSTAND
LIKE
APPEAR

or external. (2) This is backed up by science: research has found that animals can resist poor diets much more successfully when their environment is interesting and, crucially, when it changes frequently. The real enemy is routine.

If we look for change, we usually prefer external change – to meet someone new, to win a large sum of money or to see someone else important to our lives change for the better. (3) After all, how many lottery winners do you know? The good news is that making changes doesn't have to involve a big drama. The tiniest differences to the daily routine will have a surprisingly big effect on our sense of satisfaction with life.

When we plan to make changes to our lives, it's usual to feel undecided at times. We tend to put things off, as if we're afraid of the change. (4) Naturally, the risk is that the old you will win out and nothing will change. The danger then is the feeling of regret. Sometimes the only way forward is to force ourselves against our inner wishes. If it doesn't work, if we feel no better than before, then no damage will have been suffered and life can go on as before.

This is what an article I once read said. On a large, blank piece of paper, draw a circle and, inside this, write down all the things you're happy doing, things like going for a drive (as I wrote). Then, outside that first circle, list things you can do, but which need some effort. I included going for a run or cleaning the house. Put another circle round these and note down ambitions you have, but which cause nervousness. For me, this would include writing a book or making a speech. (5)

As time goes by, you will try things from the next circle and the number of things which hold any fear for you will decrease. You will find confidence levels rising and you will hopefully feel a greater sense of achievement and, most importantly, happiness. (6) It works for me; maybe it will work for you too.

- A Remember that whatever you decide is yours alone.
- B We make little excuses to do it another day.
- C This same idea can also work with our inner selves.
- D Such desires are normal, but they just happen to be unlikely.
- E The key thing is to take it in stages and not to give up, or you will be taking a step backwards.
- F Have you ever noticed how a short holiday gives you more energy, and you feel healthier all round?
- G Repeat the activity as often as you like.