

Self-check

Vocabulary

1 Write the words for the definitions.

- 1 Your food goes here. s _____
- 2 This sometimes goes red in the sun. s _____
- 3 You use this to think. b _____
- 4 Your foot joins your leg here. a _____
- 5 When you exercise a lot these get very strong.
m _____
- 6 These are at the end of your feet. t _____
- 7 This is in the middle of your arm. e _____
- 8 This is in the middle of your leg. k _____

2 Choose the correct answer.

- 1 I try to eat well and ____ fit.
a have b do c keep
- 2 I usually ____ to bed at 10.30 to get eight hours of sleep.
a go b make c sleep
- 3 If I don't sleep well, the next day I ____ sleepy.
a get b feel c go
- 4 I was really nervous and my ____ was beating very fast.
a tongue b brain c heart
- 5 Doctors say it's important to ____ regular exercise.
a make b do c play
- 6 I ____ my hand when I picked up that very hot plate.
a cut b burnt c hit

3 Complete the sentences with the correct words below.

allergy flu hay headache
temperature throat

- 1 He needs to see the doctor because his _____ is very high.
- 2 I can't eat that. I've got an _____ to nuts.
- 3 In the summer I get terrible _____ fever.
- 4 The music at the concert was very loud and I got a _____.
- 5 We shouted a lot at the football match and now I've got a sore _____.
- 6 Ollie has to stay in bed because he's got the _____.

Grammar

4 Complete the sentences with the correct words.

- 1 How _____ water do you drink every day?
- 2 There aren't _____ people here. Only two.
- 3 I didn't do _____ work last night! Nothing!
- 4 A _____ of people don't do any exercise and get ill.
- 5 Did you eat the cake? There _____ any left.
- 6 I answered _____ of the questions but not many.
- 7 How _____ apples have we got left?
- 8 We don't have _____ butter for this recipe, let's buy some more.

5 Choose the correct option.

- 1 Where were you and Sara going when I *saw* / *was seeing* you this morning?
- 2 Tim *read* / *was reading* a book when I called.
- 3 I wasn't working when he *came* / *was coming* to visit.
- 4 *Did you wait* / *Were you waiting* at the bus stop when it started to rain?
- 5 The teacher got angry because we *weren't* / *didn't* concentrating in class today.
- 6 *Were you* / *You were* eating when I called you?
- 7 I was leaving home when I *remembered* / *was remembering* to take my bag.

Speaking

6 Complete the dialogues with one word in each gap.

- 1 A: What's the _____?
B: I _____ terrible.
A: You _____ stay in bed.
- 2 A: How are you _____?
B: My back _____.
A: You should see a doctor.

YOUR SCORE

Vocabulary: ____/20 Speaking: ____/5
Grammar: ____/15 Total: ____/40