Vocabulary

A Choose the correct word.

1 John has got a painful mouth ..... .
A ache B cut C ulcer D rash

2 You can't ..... if you don't get enough sleep.
A swallow B distinguish C neutralise D concentrate

3 Garlic is good for our ..... system.
A immune B stomach C natural D hearing

4 One day doctors may find the ..... for a cold.
A medicine B cure C remedy D anti-venin

5 The platypus has a poisonous ..... on its back legs.
A sting B needle C spike D bite

6 Maggie gets ..... sickness when she is on a boat.
A stomach B travel C dizzy D stress

7 We all have ..... remedies in our kitchen cupboards.
A cure B plaster C rash D home

8 You should put some ..... cream on an insect bite.
A indigestion B antiseptic C infection D medical

9 MP3 players can lead to hearing ..... .
A volume B arthritis C loss D pain

10 The roads get ..... when it rains.
A blurred B constricted C confined D slippery

B Circle the correct item.

1 Pat is taking a self **remedy / defence** class.
2 You should put some cream on that itchy **cough / rash**.
3 Curry gives me an upset **stomach / sickness**.
4 Dan feels nervous in **tense / confined** spaces.
5 Too much time in front of a screen can lead to **constricted / blurred** vision.

Grammar

C Choose the correct item.

1 Lyn ..... go to school today as it's a holiday.
A mustn't B doesn't have to C shouldn't

2 Bob ..... work late today. He isn't sure.
A can B should C might

3 Mia, ... lives next door, practices yoga.
A whose B where C who

4 The reason ..... I exercise is to get fit.
A which B why C when

5 ..... Peter and Paul are afraid of heights.
A Neither B Either C Both

6 You ..... buy an MP3 player. They're great.
A must B should C has to

7 You ..... put some honey in a glass of warm milk for a sore throat.
A might B can C may

8 ..... Tim nor Ryan is afraid of snakes.
A Neither B Either C Both

9 You ..... exercise regularly; it's good for you.
A should B must C might

10 Kate is the girl ..... dad is a surgeon.
A who B which C whose

11 Harry ..... walk when he was 10 months old.
A could B should C had to

12 This is the gym ..... I exercise regularly.
A where B which C when

13 You ..... buy milk. We've got lots.
A mustn't B don't have to C shouldn't

14 Ann didn't come to the party because she ..... work late.
A had to B must C should

15 He ..... to climb up the tall building yesterday.
A was able B should C could

LIVEWORKSHEETS

Listening

E 🎧 **You will hear about a person's health. In each question, choose the correct answer by circling the letter *A*, *B*, *C* or *D*.**

1 Which is true about Michael J Fox?
- A He started out in politics.
- B He started acting as a child.
- C He works only as an actor.
- D He comes from a famous family.

2 When he learnt about his disease, Michael
- A told people about it straight away.
- B displayed a change in behaviour.
- C was very shocked.
- D gave up acting.

3 He set up the Michael J Fox Foundation because
- A there isn't a cure for the disease.
- B he wanted to invest his money.
- C he wanted to find cures for serious diseases.
- D he wanted to raise 250 million dollars.

4 At present, Michael
- A isn't involved in any acting projects.
- B isn't very popular as an actor.
- C works only with the foundation.
- D is a very successful writer.

5 According to Debi Brooks, Michael
- A feels there is no need for concern over his health.
- B doesn't want to hear from well-wishers.
- C rarely makes public appearances.
- D talks about his health only on certain occasions.

F 🎧 **You are going to hear five people talking about their phobias. Match the speakers (1-5) to the statements (A-F). One does not match.**

A The speaker has a fear of insects.
B The speaker is still afraid of dogs.
C The speaker tries to control their phobia.
D The speaker understands that their fear is unreasonable.
E The speaker has completely overcome their fear.
F The speaker is afraid of dark and closed spaces.

1	2	3	4	5

Everyday English

G **Read the dialogue and fill in the missing phrases.**

- I'll write you a prescription.
- What should I do?
- Only if it gets worse.
- What seems to be the problem?
- it's really painful.

A: Hello. Please come in and have a seat.
B: Thank you.
A: Now, then. **1)** .....
B: It's my eye. I got something in it a few days ago and now **2)** .....
A: OK. Let's take a look. Hmm ... yes, it's very red. I'm afraid it's infected.
B: Oh no! **3)** .....
A: You should use some eye drops twice a day for three days. **4)** .....
B: Thank you. Should I come and see you again?
A: **5)** .....
B: OK. Thanks.

Writing

H **Read the rubric, match the suggestions to the results and write an essay (150-200 words) making suggestions. Remember to:**

- state the problem
- present the suggestions & results/ consequences in separate paragraphs
- summarise your opinion

Your English teacher has asked you to write an article suggesting ways for new students to make friends. Write your essay.

1 ☐ Take up a sport/join a club,
2 ☐ Have a party and invite everyone,
3 ☐ Have a friendly/positive attitude.

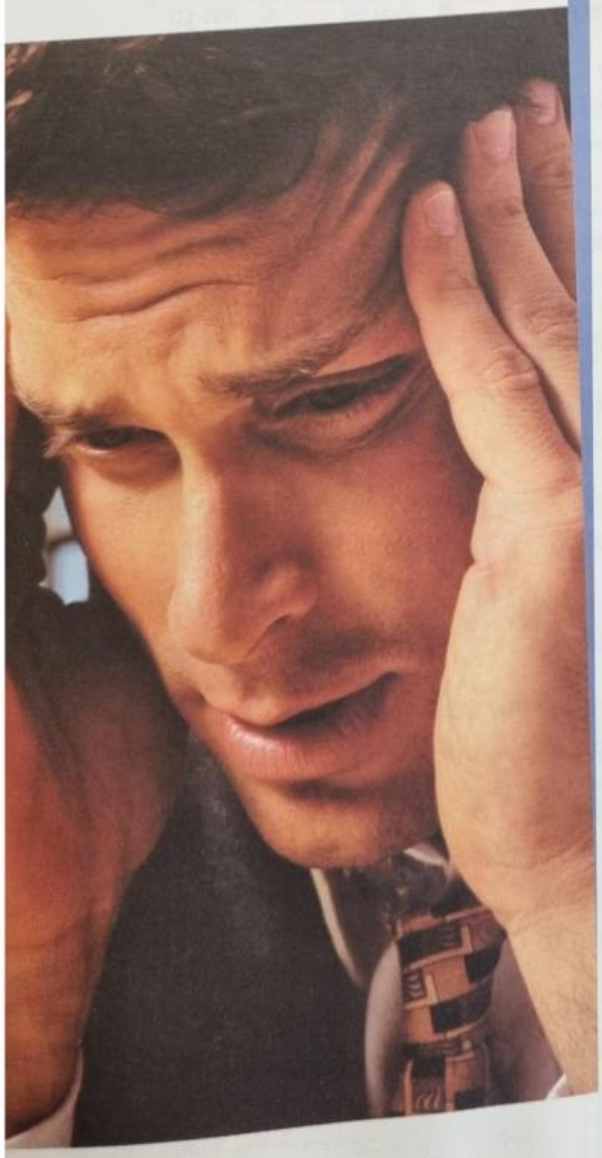
a You can meet people in a relaxed social atmosphere.
b An attractive personality can make people interested in getting to know you.
c You will meet people who share the same interests.

LIVEWORKSHEETS

Reading

D Read the information about stress. Match the sentences A-F to the correct gaps (1-5). One sentence does not match.

A Change your attitude.
B But these activities are harmful.
C Then, when you feel stress handle it properly.
D You can't avoid some sources of stress.
E Call a friend and have a nice chat.
F Finally, have a look at your schedule.



Are you STRESSED OUT?

Stress is part of modern life, but the trick in coping with it is to reduce its negative effects. Stress doesn't become a problem when we manage it well. The first step to doing this is to recognise where the stress is in your life. [1]

So, what does stress feel like? Here's a simple test. Ask yourself these questions: Do you always feel that you have a million things going on? Do you think that you are a person with a lot of nervous energy? Do you blame certain situations or other people when you feel frustrated? Your answers will reveal all.

You don't need to put your hand in the fire to know it's hot, right? So stay away from stressful situations. Here's an example: Let's say traffic and shopping make you stressed. Then all you have to do is change your route or means of transport and do your shopping online. Simple, isn't it? In the same way, if you don't like talking about certain topics because they make you feel stressed, then don't get pulled into these kinds of conversations. [2] Decide on which things you can drop from your 'to do' list so you can avoid feeling like you have too much on your plate.

[3] Being positive can take the stress out of many situations. Next time you're stuck in a traffic jam, don't think of it as your worst nightmare. Instead, think of it as a chance to listen to your favourite radio station or plan your evening's activities. It's a simple fact of life that there are some things you can't change. But don't forget, even though you can't control other people's behaviour, you can control how you react to it.

A word of warning to the wise – don't get into bad habits to cope with stress. It may seem like a good idea to relax by eating lots of your favourite foods, spending a lot of time online, lying in bed, or sitting in front of the TV. [4] Over time you will see how too much of a good thing can be bad for you.

So, next time you feel stressed out try something different. Go for a walk and enjoy nature. [5] Better still, do something physical like gardening or working out at the gym. Playing with a pet is also a great way to relax as is reading a book, listening to relaxing music, or watching a funny film. Just keep this in mind – a healthy lifestyle with a varied diet, regular exercise and enough sleep can help you handle anything.

LIVEWORKSHEETS