

NAME: ..... DATE: .....  
 CLASS: ..... MARK: \_\_\_\_ / 100  
 (Time: 90 minutes)

## Vocabulary

### •Food & Drink

1 Write the food and drinks from the list next to the correct supermarket section.

• flour • bagel • spaghetti • chicken • sweets • prawns • milk • baked beans • crackers • coffee

- 1 Seafood: .....
- 2 Tinned Food: .....
- 3 Pasta & Rice: .....
- 4 Baking: .....
- 5 Confectionery: .....

- 6 Bakery: .....
- 7 Snacks: .....
- 8 Beverages: .....
- 9 Dairy: .....
- 10 Meat & Poultry: .....

(Marks: \_\_\_\_  
10×0.25 2,5)

2 Match the columns to form collocations.

1		smoked
2		chicken
3		tomato
4		baked
5		garlic
6		frozen
7		soft
8		mineral

- A curry
- B water
- C drinks
- D sauce
- E food
- F salmon
- G potato
- H bread

(Marks: \_\_\_\_  
8×0.5 4)

### •Quantities

3 Fill in: pieces, pinch, handful, clove, packet, slices, pot.

## Spaghetti Carbonara

### Ingredients

To begin you will need:

Half a 1) ..... of whole-wheat spaghetti

Half a 2) ..... of yogurt

1 3) ..... of garlic

1 cup of cream

A 4) ..... of salt and pepper

A 5) ..... of grated cheese

1-3 mushrooms cut into thin 6) .....

2 7) ..... of chicken

(Marks: \_\_\_\_  
7×0,5 3,5)

## •Cooking Methods & Tastes

### 4 Choose the correct item.

- 1 The curry you cooked last night had a delicious **strong** / **spicy** flavour!
- 2 For dinner, we're going to have **roast** / **baked** chicken and vegetables.
- 3 We need to buy really **creamy** / **juicy** apples so we can make lots of juice.
- 4 Jacqueline loves to eat **boiled** / **mashed** eggs in the morning.
- 5 Don't put too much lemon in your tea; it will become **salty** / **sour**.
- 6 At the weekends, my mum likes to make **fried** / **scrambled** chicken for us.
- 7 Max always orders cake when we go out as he prefers **sweet** / **bitter** foods.
- 8 My favourite vegetable is **steamed** / **grilled** carrots.

(Marks:  $\frac{8 \times 0.5}{4}$ )

## •Extreme Sports

### 5 Complete the crossword.

Down

1



2



Across

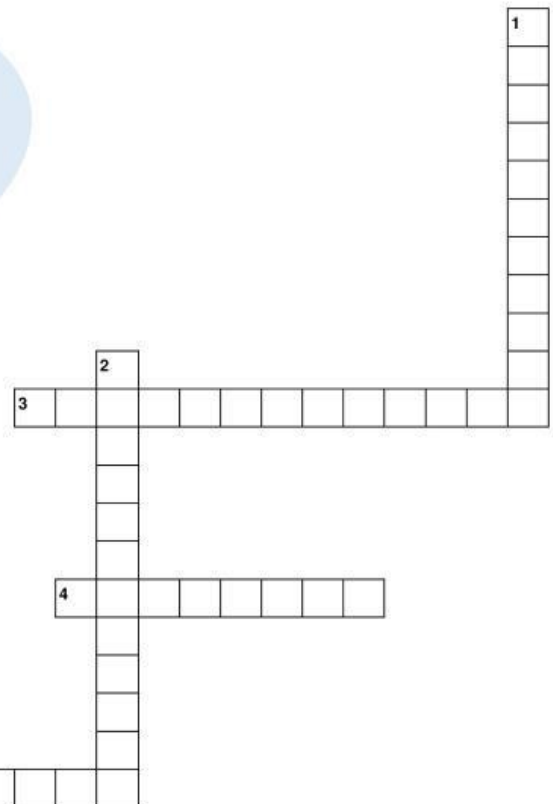
3



4



5



(Marks:  $\frac{5 \times 0.5}{2.5}$ )

## •Injuries

### 6 Complete the dialogues with: *twisted, burn, hit, broke, pull, cut, bruise*.

- 1 A: Why are you wearing a bandage, Craig? Did you ..... your hand on the hot stove?  
B: No, I was chopping onions with a sharp knife and accidentally ..... my finger.
- 2 A: I have a huge ..... on my foot. I dropped a heavy box on it when I was carrying in the shopping last week.  
B: You should be more careful. You could ..... a muscle lifting heavy things.

- 3 A: What happened to your ankle?  
B: I ..... it while playing tennis.
- 4 A: Did you hear about Harvey? He crashed his bicycle and ..... his head.  
B: Yes, it's awful! He ..... his leg as well. He's wearing a cast.

( Marks:       
4×1      4 )

## •General revision

### 7 Complete the text by filling in the gaps with: *remedies, habitats, benefits, vessels, poisoning, reaction, area, problems, ground, vinegar*.

#### The Herbal Way

People have used herbal treatments to improve their health for centuries. From dealing with a common cold to something more serious like liver **1)** ....., more and more people are choosing natural **2)** ..... over other medical options. There are many health **3)** ..... to using natural products. For example, they help clean blood **4)** ..... and improve circulation in the body. Honey and **5)** ..... cinnamon can be used to treat skin **6)** ..... such as rashes by applying a mixture of the two to the affected **7)** ..... while cider **8)** ..... is an excellent remedy for a mild allergic **9)** ..... In the production of natural products, different types of plants are taken from their natural **10)** ..... and made into safe and effective medicines. The herbal way seems to be the right way!

( Marks:       
10×0,5      5 )

### 8 Choose the correct item.

- 1 Eating bananas ..... your hair and nails as they contain vitamin H.  
A keeps      B preserves      C strengthens
- 2 There is no evidence to ..... claims that this diet helps you lose weight.  
A criticise      B support      C assist
- 3 Our skin helps ..... our body temperature.  
A regulate      B manage      C repair
- 4 You should try to ..... touching poisonous plants.  
A avoid      B control      C include
- 5 Please stay calm and try to slowly ..... and exhale.  
A breathe      B survive      C inhale

- 6 Take the cloth and ..... it in this medicine before putting it on the rash.  
A sit      B rinse      C soak
- 7 I hope the doctor has a ..... to my problem.  
A solution      B cure      C treatment
- 8 It's important to ..... your body before exercising.  
A spread      B stretch      C shield
- 9 After touching the hot stove, Shandi got a nasty ..... on her hand.  
A blister      B rash      C cut
- 10 Isaac cut his hand so Miriam had to dress the ..... right away.  
A burn      B bruise      C wound

( Marks:       
10×0,5      5 )

**9 Match the words in bold in the sentences with the correct synonym from the list.**

• inexpensive • interesting • severe • evidence • dangerous

- 1 There are many **harmful** types of mushrooms.
- 2 There is no **proof** that genetically modified foods are unsafe.
- 3 We shop at the market because the vegetables are very **cheap** there.

- 4 I find the study of herbal medicine quite **fascinating**.

- 5 The farmer's crops were destroyed by **extreme** weather.

(Marks: 5×0,5 2,5)

**•Phrasal verbs**

**10 Choose the correct item.**

- 1 Katherine put **down** / **on** weight this past summer.
- 2 It's hot, so make sure you drink a lot of water! You don't want to pass **out** / **down**.

- 3 Mike has a fever; I think he's coming **out** / **down** with something.
- 4 It's important to look **after** / **on** your skin.
- 5 We brought Tina **around** / **down** with some cold water after she fainted.

(Marks: 5×0,5 2,5)

**•Word formation**

**11 Complete the sentences with adjectives derived from the words in bold.**

- 1 Parachuting can be really ..... (**DANGER**) without the right equipment.
- 2 Let's be really ..... (**SUPPORT**) of Myra while she's on her diet.
- 3 If you want to lose weight, it's best to avoid ..... (**FAT**) foods like pizza.

- 4 Kylie does a lot of sports so she is very ..... (**MUSCLE**) and strong.
- 5 Larry wears ..... (**COLOUR**) clothes when he goes ice climbing so he can be spotted easily.

(Marks: 5×1 5)

**Grammar in use**

**•The passive**

**12 Put the verbs in brackets into the correct passive tense.**

In Ancient Egypt, if someone was seriously ill, a spell 1) ..... (**often/say**) because it 2) ..... (**believe**) that people who 3) ..... (**infect**) by evil spirits could 4) ..... (**only/cure**) by the gods themselves. Even though many of these serious illnesses were impossible to treat, some of the ancient remedies for minor injuries 5) ..... (**still/use**) today. Honey 6) ..... (**see**) as an important ingredient in Ancient Egypt. The treatment of wounds with the golden syrup 7) ..... (**describe**) in their ancient writings and its healing properties 8) ..... (**still/recognise**) by today's doctors. Who knows, maybe some illnesses in the future 9) ..... (**treat**) using medicines that 10) ..... (**find**) by looking into the past.

(Marks: 10×0,5 5)

•The causative

13 Rewrite the sentences in the *causative*.

- 1 The doctor is putting a bandage on Jason's wrist.  
.....  
.....  
.....
- 2 The company event was catered for by a local restaurant.  
.....  
.....  
.....
- 3 Someone takes Ian's temperature every day.  
.....  
.....  
.....
- 4 Anne's cast will be removed tomorrow.  
.....  
.....  
.....
- 5 The nurse was checking Billy's blood pressure last night.  
.....  
.....  
.....

- 6 We must get someone to remove the Poison Oak from the garden.  
.....  
.....  
.....
- 7 My mum's recipe book has just been published.  
.....  
.....  
.....
- 8 Ryan has been repairing Sara's kayak for two hours now.  
.....  
.....  
.....

( Marks:       
8×0.5 4 )

•Reflexive/Emphatic pronouns

14 Fill in: *myself, yourself, himself, herself, itself, ourselves, yourselves, themselves*.

- 1 A: That's a nasty cut, Borris. What happened?  
B: I cut ..... while I was cooking dinner yesterday.
- 2 A: Have another slice of pizza, Jack.  
B: OK! It's not going to eat .....!
- 3 A: Will you girls be alright, cooking by .....?  
B: Don't worry! We're following the recipe very carefully.
- 4 A: Who is Josh going kayaking with?  
B: No one. He's going by .....
- 5 A: Come in and make ..... at home, Louise.

- B: Thanks!
- 6 A: Those boys aren't going ice climbing by ....., are they?  
B: No, don't worry; the instructor is going with them.
- 7 A: Looks like we have the house to ....., Lee.  
B: We should order a pizza.
- 8 A: This cake is really delicious.  
B: Carrie made it all by ..... Nobody helped her.

( Marks:       
8×0.5 4 )

### 15 Choose the correct item.

- 1 Help ..... to something to eat if you are hungry.  
A ourselves B themselves C yourselves
- 2 Tom ..... having his backache treated by a doctor for a month.  
A has B had C has been
- 3 This dish ..... using GM foods.  
A is made B made C has made
- 4 The Japanese knotweed ..... introduced to the UK in 1850.  
A has been B was C is
- 5 Rachel fell and hurt ..... while she was snowboarding.  
A itself B himself C herself

- 6 Anne ..... a new kitchen fitted at the moment.  
A is having  
B was having  
C has been having
- 7 A short presentation on safety ..... before you get your equipment.  
A was given  
B will be given  
C has been given
- 8 Vera ..... a new cooker delivered tomorrow.  
A will have B has had C had had

(Marks:  $\frac{8 \times 0.5}{4}$ )

### •Sentence transformations

#### 16 Complete the second sentence using the word in bold so that it means the same as the first. Use two to five words.

- 1 Joseph travelled to India alone last year. (BY)  
Joseph ..... last year.
- 2 Mrs Danvers asked someone to repair her oven last week. (HAD)  
Mrs Danvers ..... last week.
- 3 A professional climber broke the record for ice climbing. (BROKEN)  
The record ..... by a professional climber.

- 4 A local bakery will prepare Wendy's wedding cake. (BE)  
Wendy's wedding cake ..... a local bakery.
- 5 They serve all the main courses with chips or a salad. (SERVED)  
All the main courses ..... chips or a salad.

(Marks:  $\frac{5 \times 1}{5}$ )

### •Prepositions

#### 17 Choose the correct item.

- 1 At / On / In average, most teenagers eat too much junk food.
- 2 We can always depend on / for / with Carol to help us.
- 3 There was a huge variety of / across / about herbal treatments at the pharmacy.
- 4 Don't worry on / for / about trying bungee jumping. It's a lot of fun!

- 5 The camp provides you with / for / to all the equipment to do kayaking.
- 6 Marley likes to compete in / on / at snowboarding races. She's really fast.
- 7 This cream is to / for / at you, it will help with your skin problems.
- 8 I don't think I could ever get bored about / for / of doing sport.

(Marks:  $\frac{8 \times 0.5}{4}$ )

## Reading

**18 Read the texts. For questions 1-4, choose the correct option A, B or C.**

**1 Text A is mainly about**

- A honey in medicines.
- B desserts with honey.
- C different uses of honey.

**2 Which of these is NOT true about Tibetan food?**

- A There are a lot of dairy products in Tibetan food.
- B Momos can be cooked in more than one way.
- C Momos are filled with spicy oil and pepper sauce.

**3 Text C says that oysters**

- A will give you more energy.
- B taste best when cooked in a stew.
- C should be eaten in the summer.

**4 The purpose of the email in text D is to**

- A explain the raw food diet to Julian.
- B ask Julian if he's tried the raw food diet.
- C talk about celebrity diets.

Marks:   
4×2      8

**A**

### Living the Honey Life

Everybody's heard of honey, a delicious sweet food that is made by bees using the nectar of flowers. It is commonly used in cooking, baking and in desserts. It can also be found in drinks such as tea or mixed with mustard to make a delicious salad dressing. However, here are four other ways honey can be used:

- 1 Honey can be made into excellent cough medicine.
- 2 Honey can be used to treat wounds.
- 3 Honey boosts your energy levels.
- 4 Honey reduces symptoms of allergies such as hay fever.

Check our website for more info on Honey!

**B**

### A Healthy Tibetan Snack

Traditional Tibetan food is delicious! Most meals include dairy products such as goat's milk, cheese and butter as well as dumplings, noodles and barley grain. Tibet is a wonderful place to try snacks. A favourite of locals and tourists alike are delicious hot Momos.

Momos are traditional Tibetan dumplings which you can buy everywhere. They can be either fried or boiled and contain either meat or vegetables. They are served with oil and pepper sauce for a delicious spicy flavour and a mug of tasty hot chocolate. It is a must-try dish for anyone visiting Tibet.

**C**

### The Meal that Heals

Are you ready to cook? This week's 'Meal that Heals' is my delicious Oyster Stew (go to page 5 for details). Oysters are the ideal healthy option for lots of reasons.

Oysters:

- are low in calories and are an excellent source of protein
- contain iron which naturally boosts your energy levels
- reduce the risk of heart problems as they are high in omega-3

So what are you waiting for? Start cooking as an oyster expert today!

Hot tip: They taste better in cooler weather.

**D**

From: Luanne  
To: Julian  
Subject: Raw Food

Dear Julian,

Are you still looking for a new diet? I've been doing some research for you. Have you ever heard of the raw food movement? It's a diet where you *only* eat uncooked food. The results are incredible and it's a great way to have a cleaner lifestyle. In fact, a lot of celebrities, such as Madonna and Gwyneth Paltrow are doing it! By eating uncooked food, you can be sure that your food hasn't had artificial flavours and chemicals added to them. Meals are easy to prepare and allow you to be really creative with ingredients such as fruit, vegetables and nuts. Maybe we could try the diet together. What do you think?

Luanne

## Everyday English

### 19 Choose the correct response.

1 A: Are you alright, Oscar?

B: .....

- a I've hurt my ankle.
- b How are you?
- c Is it really painful?

2 A: .....

B: You should put a bandage on it.

- a I have a terrible cold.
- b I cut my hand earlier.
- c My head really hurts.

3 A: Where does it hurt?

B: .....

- a I broke my arm skydiving.
- b I think it's my knee.
- c I'm in a lot of pain.

4 A: .....

B: You're right; I'll get some bed rest.

- a You should give your ankle enough time to heal.
- b I advise you to see a doctor.
- c I think I've broken my ankle..

5 A: .....

B: My leg hurts.

- a What seems to be the problem?
- b You're going to need an x-ray.
- c You should rest for 4 weeks.

(Marks:  $\frac{5 \times 1}{5}$ )

## Listening

### 20 You are going to hear four speakers talking about sports. Match the sentences (A-E) to the speakers (1-4). One sentence does not match any of the speakers.

- A I was badly injured playing my sport.
- B I enjoy doing my sport alone.
- C I prefer playing sports I can do with other people.
- D My sport is usually done alone.
- E I am always looking for a new sport to try.

Speaker 1	
Speaker 2	
Speaker 3	
Speaker 4	

(Marks:  $\frac{4 \times 2}{8}$ )

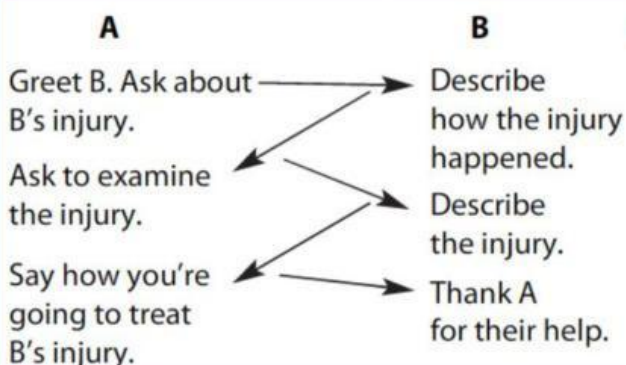
## Speaking

### 21 Read the rubrics, then act your dialogue or monologue.

**1 Rubric:** Pretend you are a doctor in a clinic. Write a dialogue between you (Doctor) and a patient (Patient) who comes to see you with a medical issue. The patient should describe their problem, and you should respond with appropriate medical advice or treatment. Act out a dialogue.

**Time:** 4/5 min

**Dialogue scheme:**



**2 Rubric:** Imagine your class has recently discussed the statement: 'Healthy mind, healthy body.' Now, you're tasked with presenting your opinion on the importance of mental and physical well-being. Consider discussing the correlation between mental health and physical health, the benefits of a balanced lifestyle, and strategies for maintaining both aspects of wellness. Your presentation should last for about 4/5 minutes.

(Marks:  $\frac{13}{13}$ )