**Name:** _____ **Class:** _____ **Date:** _____ **ID: A**

## Perspectives Intermediate Units 3-4

**Choose the correct option.**

____ 1. During the football match, the _____ sent two players off the pitch.
a. referee b. umpire c. footballer

____ 2. When we were children, we used to go to the skating _____ on Saturdays.
a. field b. rink c. pitch

____ 3. As the sprinter ran over the line, the _____ were cheering.
a. spectators b. watchers c. competitors

____ 4. Lionel Messi is a fantastic football player. He once _____ five goals in one match.
a. ran b. kicked c. scored

____ 5. After getting to the top of Mount Everest, she told the journalists how _____ had been her passion since she was very small.
a. walking b. climbing c. sailing

____ 6. The _____ was empty, so we played tennis.
a. pitch b. rink c. court

____ 7. That golf _____ is spectacular! It's on top of a cliff overlooking the sea.
a. course b. field c. green

____ 8. Lucy lost her tennis match. Her _____ was really good.
a. player b. opponent c. competitor

____ 9. I used to study _____. It's a Japanese martial art that involves kicks and punches.
a. karate b. boxing c. wrestling

**Match the definition to the underlined word or phrase. There are two definitions that you do not need.**

a. challenge
b. prepared
c. exercised
d. stopped
e. participated

____ 10. Last year, I <u>worked out</u> three times a week.

____ 11. I <u>gave up</u> playing football because I had a knee injury.

____ 12. She <u>warmed up</u> by running round the field before the match.



LIVEWORKSHEETS

Name: _____ ID: A

**Match the definition to the underlined word or phrase. There are two definitions that you do not need.**

a. fresh
b. injured
c. broken
d. freezing
e. hardly

____ 13. The water was -1.7 degrees. It was very cold.

____ 14. The old man could barely swim, so the teenager rescued him.

____ 15. I had a swollen ankle after the match.

**Complete each sentence with the correct option.**

16. I _____ (have travelled / travelled) to many countries in the past 20 years.

17. Earlier this year, I _____ (have visited / visited) Tunisia.

18. In 2015, John _____ (has left / left) his job at the post office.

19. I _____ (didn't play / haven't played) football since October, when I injured my foot.

20. _____ (Have you ever / Did you ever) climbed a mountain?

**Complete the sentence with the past simple or present perfect form of the verb in brackets.**

21. I had a bad injury in the summer, but I _____ (recover) now.

22. She really _____ (not be) completely fit for most of this year.

23. What sports _____ (do) when you were younger?

24. In the past three months, I _____ (take up) yoga. It's great for fitness!

25. Jack _____ (stop) playing basketball earlier this year.



LIVEWORKSHEETS

**Name:** _____ **ID: A**

**Complete the paragraph with the correct options.**

Mo Farah is the most successful British track athlete in modern Olympic Games history. Mo (a) _____ (has run / has been running) since he was a schoolboy in London. Since then, he (b) _____ (has won / has been winning) a huge number of events. He is the 2012 and 2016 Olympic gold medallist in both the 5,000 m and 10,000 m, and is the second athlete in modern Olympic Games history to win both the 5,000 m and 10,000 m titles at successive Olympic Games, in London and Rio de Janeiro. On the track, he mostly competed in the 5,000 metres and 10,000 metres, but (c) _____ (has run /has been running) competitively from 1,500 metres to the marathon. He (d) _____ (has received / has been receiving) quite a few honours, including those from Queen Elizabeth. In recent years, Mo (e) _____ (has become / has been becoming) one of the most famous sportsmen in the world.

26. (a) _____

27. (b) _____

28. (c) _____

29. (d) _____

30. (e) _____

**Complete each sentence with the correct word from the list.**

already ever just since yet

31. Mo Farah has been a track star _____ he won his first gold medal.

32. Mary has _____ won two trophies, and she's only 14!

33. Have you played hockey _____?

34. The Canadian women's football team have _____ come back from their successful tour of Europe.

35. Has Manchester United _____ won the Champions League? Yes, they won it in 1999.

**Choose the correct option.**

____ 36. Catherine _____ gold, but she won silver last year.
a. hasn't won b. won c. hasn't been winning

____ 37. Since retiring, she _____ children in her country to take up gymnastics.
a. has helped b. has been helping c. helped

____ 38. I _____ swimming.
a. have always been loving b. have always loved c. have loved always



LIVEWORKSHEETS

____ 39. I _____ 10 kilometres so far this week.
a. swim b. have been swimming c. have swum

____ 40. I _____ to Kenya, but I'd love to go.
a. have never been b. never went c. have never been going

**Read. Choose T (True) or F (False).**

**Competitive sport**

Why is sport so important for young people? Well, we know that youngsters are full of energy and that they are eager to jump, run and play. Putting all that energy into competitive sport can help to keep children active and healthy as they grow into teenagers, and can also reduce the chance that they may become involved in negative activities. Competitive sports such as football, athletics, swimming and basketball can also help children learn important life lessons.

One important thing about sport is that it helps prevent children from becoming overweight, or obese. The obesity epidemic in many parts of the world is a real problem, and diseases such as diabetes have become more common, even among young people. Participating in competitive sports helps children to burn calories and helps to prevent obesity. Additionally, many teenagers who are active in sports are motivated to move away from the fries and pizza, and eat healthier foods, such as fruit and vegetables.

There is also evidence that children who take part in sport have improved self-esteem. It's natural that you will feel better about yourself if you are fit and healthy. Being in a team and working with others towards a common goal increases your sense of responsibility, helps you to get on better with others, and creates a feeling of positivity overall. Whether you win or lose, you are a team.

Lastly, there are valuable life lessons to be learned from sport. Sometimes you work hard, and you still lose. Sometimes you win but still didn't play well. In these moments we learn how to bounce back, and we learn determination. These qualities are certainly essential as we become adults and enter the competitive world of work.

____ 41. Basketball is a competitive sport.

____ 42. If you don't do sport, you may become overweight.

____ 43. If you do sport, you will eat more pizza.

____ 44. Being in a team makes you feel good.

____ 45. Participating in competitive sport is only good for a person's physical condition.



LIVEWORKSHEETS

Name: _____ ID: A

**Read the text. Choose the correct answer.**

**Competitive sport**

Why is sport so important for young people? Well, we know that youngsters are full of energy and that they are eager to jump, run and play. Putting all that energy into competitive sport can help to keep children active and healthy as they grow into teenagers, and can also reduce the chance that they may become involved in negative activities. Competitive sports such as football, athletics, swimming and basketball can also help children learn important life lessons.

One important thing about sport is that it helps prevent children from becoming overweight, or obese. The obesity epidemic in many parts of the world is a real problem, and diseases such as diabetes have become more common, even among young people. Participating in competitive sports helps children to burn calories and helps to prevent obesity. Additionally, many teenagers who are active in sports are motivated to move away from the fries and pizza, and eat healthier foods, such as fruit and vegetables.

There is also evidence that children who take part in sport have improved self-esteem. It's natural that you will feel better about yourself if you are fit and healthy. Being in a team and working with others towards a common goal increases your sense of responsibility, helps you to get on better with others, and creates a feeling of positivity overall. Whether you win or lose, you are a team.

Lastly, there are valuable life lessons to be learned from sport. Sometimes you work hard, and you still lose. Sometimes you win but still didn't play well. In these moments we learn how to bounce back, and we learn determination. These qualities are certainly essential as we become adults and enter the competitive world of work.

____ 46. Competitive sport is a good way of using up _____.
a. obesity b. energy c. food

____ 47. If you are obese, you are _____.
a. happy b. slim c. overweight

____ 48. Diabetes is caused by _____.
a. obesity b. fitness c. sport

____ 49. If you're in a team, you are all working towards the same _____.
a. group b. win c. goal

____ 50. Being in a team helps you to feel more _____ for others.
a. responsible b. successful c. bad



LIVEWORKSHEETS

**Choose the sentence (a or b) which presents a balanced view to the main sentence.**

**Competitive sport**

Why is sport so important for young people? Well, we know that youngsters are full of energy and that they are eager to jump, run and play. Putting all that energy into competitive sport can help to keep children active and healthy as they grow into teenagers, and can also reduce the chance that they may become involved in negative activities. Competitive sports such as football, athletics, swimming and basketball can also help children learn important life lessons.

One important thing about sport is that it helps prevent children from becoming overweight, or obese. The obesity epidemic in many parts of the world is a real problem, and diseases such as diabetes have become more common, even among young people. Participating in competitive sports helps children to burn calories and helps to prevent obesity. Additionally, many teenagers who are active in sports are motivated to move away from the fries and pizza, and eat healthier foods, such as fruit and vegetables.

There is also evidence that children who take part in sport have improved self-esteem. It's natural that you will feel better about yourself if you are fit and healthy. Being in a team and working with others towards a common goal increases your sense of responsibility, helps you to get on better with others, and creates a feeling of positivity overall. Whether you win or lose, you are a team.

Lastly, there are valuable life lessons to be learned from sport. Sometimes you work hard, and you still lose. Sometimes you win but still didn't play well. In these moments we learn how to bounce back, and we learn determination. These qualities are certainly essential as we become adults and enter the competitive world of work.

____ 51. Aggressive energy can help people win at sport if they can control themselves.
a. Sport is known to be a good outlet for aggression and negative energy.
b. Without some aggression, many sports would be boring.

____ 52. Young people can get into trouble.
a. Sport can help young people to use up their negative energy.
b. Sport makes you big and strong.

____ 53. Some people become obsessed with losing weight through sport.
a. Overweight people shouldn't eat foods like pizza straight after a game.
b. If people do sport, they are usually motivated to eat healthy foods.

____ 54. Many teenagers hate losing at sport, so it's better if they don't play.
a. People shouldn't care if they win or lose.
b. Taking part in sport can help people to learn a valuable lesson about winning and losing.

____ 55. If you have a negative attitude, make sure you join a winning team so you don't get depressed.
a. Competitive sports can motivate people and help them develop a positive attitude.
b. If you aren't a positive person, it's better to do a non-competitive sport.



LIVEWORKSHEETS

**Listen. Choose T (True) or F (False). Correct the false statements. Audio 2.03**

____ 56. Katy climbed a mountain in Morocco.

_____

____ 57. Katy had never been to the Canary Islands before.

_____

____ 58. Mount Teide is volcanic.

_____

____ 59. Mount Teide is a very difficult climb.

_____

____ 60. Before she climbed, Katy trained outdoors.

_____

**Listen. Match the two parts of the sentence. Audio 2.03**
**Narrend**

a. the evening before.
b. climbed Mount Teide before.
c. alone.
d. very early in the morning.
e. technically difficult.

____ 61. Katy had never

____ 62. Katy thinks the mountain is not

____ 63. Katy packed for the trip

____ 64. Katy started off on her climb

____ 65. Katy climbed the mountain

**Listen. Choose the option that has a similar meaning to the word as used in the text. Audio 2.03**

____ 66. challenge
a. test b. altitude c. difficulty

____ 67. train
a. study b. prepare c. work

____ 68. fit
a. in good condition b. tall c. ready



LIVEWORKSHEETS

____ 69. sunscreen
a. glasses b. a hat c. sun cream

____ 70. summit
a. mountain b. end c. top

**Writing**

71. **In your opinion, which kinds of sport are dangerous? Write at least three sentences.**

_____

_____

_____

_____

_____

_____

**Write one sentence to give your opinion on each topic.**

72. An active lifestyle

_____

_____

73. Competitive sports

_____

_____

74. Money in sport

_____

_____

**Choose the correct word to fill the gap.**

____ 75. I stopped eating meat last year, so now I'm a _____.
a. vegetable b. vegetarian c. meat-eater

____ 76. _____ is food with no nutritional value.
a. Raw food b. Well-balanced food c. Junk food



LIVEWORKSHEETS

____ 77. Sometimes fast food is great. It can be really _____.
a. cooked b. tasty c. tasteful

____ 78. But sometimes fast food is really not good for you. It's _____.
a. unhealthy b. healthy c. steamed

____ 79. Agh! I can't stand raw eggs. I think they're _____!
a. nice b. processed c. disgusting

____ 80. Fruit is really good for you. It's full of _____.
a. vitamins b. taste c. raw ingredients

**Match the definition to the underlined word or phrase.**

a. cooked in water
b. not cooked
c. tasty
d. highly flavoured
e. element, part
f. cooked in oil

____ 81. Flour is an important ingredient in bread.

____ 82. I think Japanese food is really delicious.

____ 83. Sushi includes raw fish.

____ 84. Vegetables are often boiled.

____ 85. Chinese and other Asian food is often fried quickly.

____ 86. Indian food is often very spicy.

**Complete each sentence with the correct word from the list. There are two words you do not need.**

damage deep-fried home-made raise risk undercooked

87. If you eat junk food, there's always a _____ that you will become overweight.

88. _____ food is very unhealthy. The oil that it's cooked in isn't good for you.

89. Meat which is _____ can make you ill.

**Complete each sentence with the correct option.**

90. I've decided that _____ (I'm going to learn / I'm learning) Italian for the next few months.

91. Tomorrow _____ (I'm meeting / I meet) Melanie to go to see a film.

92. I think _____ (I'll leave / I leave) this afternoon. What time does the train go?

93. The train _____ (will leave / leaves) at 3 o'clock this afternoon.



LIVEWORKSHEETS

94. Before they _____ (are leaving / leave) university, young people should know how to live independently.

**Match the two parts of the sentence.**

a. is used for future events on timetables and schedules.
b. is used for arrangements already made with other people.
c. is used for ideas for possible future plans.
d. is used for plans and intentions.
e. is used for decisions made at the moment of speaking.

____ 95. The 'going to' form

____ 96. 'Will'

____ 97. Present continuous

____ 98. Present simple

____ 99. 'May'

**Complete each sentence with the correct verb form.**

____ 100. What time _____ tomorrow evening?
a. are we meeting b. will we meet c. may we meet

____ 101. The flight to London Heathrow _____ at 8.30.
a. will leave b. is leaving c. leaves

____ 102. It's a lovely day. I think _____ for a walk this afternoon.
a. I'm going b. I'll go c. I go

____ 103. I've decided that _____ to the gym three times a week.
a. I'm going to go b. I go c. I may go

____ 104. I'm seeing my friends tonight. We _____ to the cinema, but sometimes some of us don't have enough money.
a. are going b. go c. may go

**Complete the sentence with the future continuous or future perfect form of the verb in brackets.**

105. This time on Sunday, we _____ (travel) to Nepal.

106. We _____ (go) by plane to London, and then on to Kathmandu.

107. By Saturday afternoon, I hope we _____ (pack) our suitcases for the journey.

108. We'll be in Nepal for five weeks, and while we're there, we _____ (try) all the local food.

109. By the time we get back, we _____ (eat) all kinds of exotic food.



LIVEWORKSHEETS

**Write a prediction using the prompt given and an appropriate future form.**

110. (robots) _____

_____

111. (2050) _____

_____

112. (soon) _____

_____

113. (not enough) _____

_____

114. (planets) _____

_____

**Read. Choose T (True) or F (False).**

**Slow Food** is an organisation that promotes local food and traditional cooking. It was founded by Carlo Petrini in Italy in 1986, in response to a fast food restaurant opening in Rome.

Petrini's idea when he started the organisation was to prevent the disappearance of local food cultures and traditions, and to counteract the rise of fast life. He also wanted to encourage people to be interested in the food they eat, where it comes from and how our food choices affect the world around us. When he was interviewed in 2003, Petrini said, 'In my grandfather's day, 60% of his weekly wages went on food for the family. Today, Italians spend 40% of their wages on food, and 10% on their mobile phone bill. My message is talk less and eat better, and that way our lives will be richer.'

Since its beginnings in Italy, Slow Food has grown into a global movement involving millions of people in over 160 countries, working to ensure everyone has access to a well-balanced diet with good, fresh, healthy food.

People in the Slow Food movement believe that food is related to many other aspects of life, including culture, politics, farming and the environment. Through our food choices, it says, we can collectively influence how food is grown, produced and distributed, and change the world as a result.

According to the Slow Food movement's website, its approach is based on a concept of food that is defined by three interconnected principles: good, clean and fair. The Slow Food movement is both strong and widespread, and it is planning to become even stronger over the next ten years.

____ 115. The Slow Food movement started in Italy.

____ 116. It was started because a new restaurant opened in Milan.



LIVEWORKSHEETS

____ 117. These days, the movement exists in many countries.

____ 118. In the present day, Italians spend 40% of the money they earn on their mobile phone.

____ 119. Slow Food promotes food which is grown locally.

**Read the text. Complete each sentence with the correct word from the list.**

answer farming idea salary worldwide

Slow Food is an organisation that promotes local food and traditional cooking. It was founded by Carlo Petrini in Italy in 1986, in response to a fast food restaurant opening in Rome.
Petrini's idea in starting the organisation was to prevent the disappearance of local food cultures and traditions and counteract the rise of fast life. He also wanted to encourage people to be interested in the food they eat, where it comes from and how our food choices affect the world around us. When he was interviewed in 2003, Petrini said, 'In my grandfather's day, 60% of his weekly wage went on food for the family. Today, Italians spend 40% of their wages on food and 10% on their mobile phone bill. My message is talk less, eat better and our lives will be the richer.'
Since its beginnings in Italy, Slow Food has grown into a global movement involving millions of people in over 160 countries, working to ensure everyone has access to a well-balanced diet with good, fresh, healthy food.
People in the Slow Food movement believe that food is tied to many other aspects of life, including culture, politics, farming and the environment. Through our food choices, it says, we can collectively influence how food is grown, produced and distributed, and change the world as a result.
According to the Slow Food movement's website, its approach is based on a concept of food that is defined by three interconnected principles: good, clean and fair. The Slow Food movement is both strong and widespread. It is planning to become even stronger over the next ten years.

120. Petrini's grandfather spent 60% of his _____ on food.

121. Petrini's _____ to the opening of a fast food restaurant was to start Slow Food.

122. Slow Food is now a _____ movement.

123. _____ is linked to the Slow Food movement.

124. The Slow Food approach is based on the _____ of good, clean, fair food.



LIVEWORKSHEETS

Name: _____ ID: A

**Read. Match the sentence to the type of persuasive sentence.**

Slow Food is an organisation that promotes local food and traditional cooking. It was founded by Carlo Petrini in Italy in 1986, in response to a fast food restaurant opening in Rome.
Petrini's idea in starting the organisation was to prevent the disappearance of local food cultures and traditions and counteract the rise of fast life. He also wanted to encourage people to be interested in the food they eat, where it comes from and how our food choices affect the world around us. When he was interviewed in 2003, Petrini said, 'In my grandfather's day 60% of his weekly wage went on food for the family. Today, Italians spend 40% of their wages on food and 10% on their mobile phone bill. My message is talk less, eat better and our lives will be the richer.'
Since its beginnings in Italy, Slow Food has grown into a global movement involving millions of people in over 160 countries, working to ensure everyone has access to a well-balanced diet with good, fresh, healthy food.
People in the Slow Food movement believe that food is tied to many other aspects of life, including culture, politics, farming and the environment. Through our food choices, it says, we can collectively influence how food is grown, produced and distributed, and change the world as a result.
According to the Slow Food movement's website, its approach is based on a concept of food that is defined by three interconnected principles: good, clean and fair. The Slow Food movement is both strong and widespread. It is planning to become even stronger over the next ten years.

a. Describe how popular something is.
b. Show how important something is.
c. Describe personal experiences that others can relate to.
d. Point out the personal benefits of doing something.
e. Ask readers to imagine the future of something.

____ 125. 'In my grandfather's day, 60% of his weekly wages went on food for the family.'

____ 126. 'My message is talk less and eat better, and that way our lives will be richer.

____ 127. Slow Food has grown into a global movement involving millions of people in over 160 countries.

____ 128. We can change the world with Slow Food.

____ 129. It is planning to become even stronger over the next ten years.

**Listen. Choose T (True) or F (False). Audio 2.04**

____ 130. Carmine has a new restaurant in Manchester.

____ 131. His restaurant, called Rialto, opened two weeks ago.

____ 132. Carmine comes from Italy.

____ 133. Carmine learned to cook because his mother was a cookery teacher.

____ 134. Carmine is going to open a restaurant in Birmingham next year.



LIVEWORKSHEETS

Name: _____ ID: A

**Listen. Choose the word with a similar meaning. Audio 2.04**

____ 135. chef
a. cooker b. cook c. man

____ 136. cuisine
a. fast food b. oven c. cooking

____ 137. high-quality
a. good b. expensive c. cheap

____ 138. combine
a. put in b. put away c. put together

____ 139. taste
a. cooking b. flavour c. smell

**Listen. Match the two parts of the sentence. Audio 2.04**

a. that fresh ingredients are important.
b. is interviewing Carmine.
c. when he was a child.
d. planning to open another restaurant.
e. opened his restaurant two months ago.

____ 140. Fiona

____ 141. The chef

____ 142. The chef believes

____ 143. Carmine is

____ 144. Carmine became interested in cooking

**Choose the correct sentence.**

____ 145.
a. We're in Bangkok this week. What temples are amazing!
b. We're in Bangkok this week. What amazing temples!



LIVEWORKSHEETS