

**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 worked out three times a week.
- \_\_\_\_\_ 11. I gave up playing football because I had a knee injury.
- \_\_\_\_\_ 12. She warmed up by running round the field before the match.

**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.

**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

- \_\_\_\_ 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.



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

**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.

**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

Name: \_\_\_\_\_

ID: A

- \_\_\_\_\_ 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



- \_\_\_\_ 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.

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.

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.

- \_\_\_\_ 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.



**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.

**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!