

Unit 6 Test

Name: _____ Date: _____

Vocabulary

Use the following to answer questions 1-5:

Choose the best answer to complete the conversation.

1. **A** I'm bored. I can't watch any more TV.
B Let's take a walk. It will be good for us to _____.
A) eat junk food
B) get fresh air
C) cook healthy food

2. **A** Mary looks great! Does she work out a lot?
B No, she doesn't. She does yoga once a week and _____ every day.
A) cooks healthy food
B) talks on the phone a lot
C) gets stressed

3. **A** How do you stay so fit?
B I _____. I run every morning and go to the gym twice a week.
A) get stressed
B) eat junk food
C) exercise

4. **A** Your eyes are red. You shouldn't _____.
B You're right. I need to give my eyes a break.
A) cook fresh food
B) look at screens too much
C) relax

5. **A** What do you do to _____?
B I read a book and listen to classical music.
A) get fresh air
B) relax
C) talk on the phone a lot

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Use the following to answer questions 6-10:
Complete the conversation. Use a word or phrase from the box.

talk on the phone a lot	relax	bad for you	exercise	cook healthy food
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6. **A** I really want to get healthy.
B You should _____ every day. Go for a walk or join the gym.
7. **A** I feel so stressed.
B You should do yoga to help you _____ in the evening.
8. **A** I really want to lose weight.
B You should _____ and stop buying unhealthy snacks.
9. **A** I'm always so tired.
B You shouldn't drink so much coffee. It's _____.
10. **A** Do you _____?
B Yes, I do. My boss always calls me about work in the evening.

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Vocabulary total		10
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Grammar

Use the following to answer questions 11-15:
Choose the correct word or phrase to complete the sentence.

11. To lose weight, you ____ eat desserts.
A) shouldn't
B) don't have to
12. I ____ walk to work every day because I don't have a car.
A) have to
B) should
13. You ____ eat junk food. It's not good for you.
A) should
B) shouldn't
14. You ____ go to the gym to exercise. There are other things you can do to be more active.
A) shouldn't
B) don't have to
15. I can't go out tonight. I ____ study for my math test.
A) have to
B) should

Use the following to answer questions 16-20:

Complete the sentence. Use *have to*, *should*, *don't have to*, or *shouldn't*.

16. You _____ own a bike to join our group. We can lend you one.
17. I _____ eat this cake, but it looks really good!
18. You _____ try yoga. It's good exercise.
19. To get a good grade, you _____ miss any classes.
20. It's very difficult to join this gym. You _____ be invited by another member.

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Grammar total		10
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Reading

Use the following to answer questions 21-25:

Read the text. Choose the best answer to complete the sentence about the text.

Doug wanted to get in shape. His brother told him that he should try hiking because it would help him lose weight, but Doug doesn't like hiking. His sister told him that he should try biking because it would make his legs stronger, but Doug doesn't like biking. Doug knew he had to do something to be healthier, so he decided to go to a pool and try swimming.

Doug enjoyed swimming and he thought that would be enough, but his doctor told him that he should go on a diet, too. Now, that was a problem. Doug loves junk food, so eating well is difficult for him. However, he tried to eat a few vegetables every day and stopped eating dessert. Then his doctor told him that he also had to drink more water and get plenty of sleep.

One month later, Doug feels healthier and stronger. He has stopped eating junk food, he is drinking more water, and he swims in the pool five days a week. He is also sleeping much better. His doctor is happy that Doug has made these changes, and Doug is even happier.

21. Doug wanted to ____.
- A) be stronger
 - B) go hiking
 - C) be healthier
22. Doug's brother told him that he should ____.
- A) go hiking
 - B) go swimming
 - C) ride a bike
23. Doug's doctor told him he should ____.
- A) go to a pool
 - B) exercise more
 - C) eat better

24. It took ____ for Doug to feel healthier.
A) a week
B) a month
C) five days
25. Doug is happy that he followed ____ advice.
A) his brother's
B) the doctor's
C) his sister's

Reading total		5
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Writing

Use the following to answer questions 26-29:

Choose one of the writing tasks below.

26. Write a paragraph about a relaxing activity you enjoyed when you were younger. Answer the following questions:
What is the activity?
When did you do this activity?
How often did you do it?
Who did you do it with?
What did you like best about this activity?
Do you think other people should do this activity? Why or why not?
27. Write a paragraph describing the best activity for a person to get rid of his / her stress. Answer the following questions:
What activity is best for getting rid of stress? Why?
Have you ever done this activity? Why or why not?
28. Write a paragraph about an unhealthy food. Answer the following questions:
What is the food?
What makes this food healthier than others?
Why do you think people still eat it?
Do you eat this food? Why or why not?
29. Write a letter giving advice to a friend about getting healthy. Include the following information:
what he / she should eat
what he / she should do for exercise
what changes he/she can make in his / her daily routine
Do you do any of the things you mention to your friend? Why or why not?

Writing total	10
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Listening

Use the following to answer questions 30-34:
Listen. Choose the best answer to the question.

30. Jessica exercises _____.
A) every day
B) a few days a week
C) a few times a month
31. Dr. Royce says _____ is more important for health than medicine.
A) water
B) exercise
C) food
32. Jessica says she doesn't have time to _____ every day.
A) do yoga
B) go for a walk
C) meditate
33. Dr. Royce tell Jessica not to eat a lot of _____.
A) unhealthy food
B) fresh food
C) fish
34. Dr. Royce wants Jessica to drink _____.
A) water
B) soda
C) coffee

Listening total		5
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Speaking

Use the following to answer questions 35-38:

Choose one of the speaking tasks below.

35. Talk about an activity you find relaxing. Answer the following questions:
What is the activity?
When do you do it?
What do you like best about this activity?
Who do you do it with?
What are the benefits of this activity?
Do you think other people should do it? Why or why not?
36. Talk about having a healthy lifestyle. Answer the following questions:
Why is it important to have a healthy lifestyle?
What should people eat? What shouldn't people eat?
What should people do for exercise?
What should people try to do every day?
37. Talk about what gets you stressed. Answer the following questions:
What gets you stressed—people, work, school, traffic?
When do you get most stressed?
What happens when you get stressed?
How do you make the stress go away?
Do you think other people get stressed over the same things that you do?
38. Talk about eating junk food or cooking healthy food. Answer the following questions:
Which do you prefer? Why?
What are the benefits of your choice?
What are the disadvantages of your choice?
How does it make you feel?

Speaking total		10
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