

Unit Test 6 **Basic ★**

A Grammar

Choose the correct words.

- 1 Jim **has** / **have** worked as a pilot for ten years.
- 2 Alex **have** / **has** never been to America.
- 3 Sorry, I **haven't** / **hasn't** finished my project.
- 4 She **has** / **have** always loved organizing things.
- 5 They **haven't** / **have** never hired a car before.

/ 5

B Grammar

Match questions 1–5 to answers A–E.

- 1 Have you ever invented anything? ____
- 2 Have there been a lot of road accidents this year? ____
- 3 Has Heidi ever rescued someone in danger? ____
- 4 Have they lived here long? ____
- 5 Has Jim ever flown through a bad storm? ____

- A Yes, they have.
B No, I haven't.
C Yes, he has.
D No, she hasn't.
E Yes, there have.

/ 5

C Vocabulary

Choose the correct words.

I recently started exercising because I wanted to lose ¹ **calories / weight** and ² **get / burn** fit. I started going to the gym and worked with a personal trainer. The trainer taught me some important things about exercise. Firstly, she told me how important it is to ³ **stretch / warm** up before you start. She said this can stop you from getting ⁴ **injuries / muscles**. I also learned that you should ⁵ **stretch / train** before and after you exercise because it is good for your ⁶ **muscles / brain**. It stops them from getting stiff. In the next lesson, she's going to teach me about exercises that are good for burning ⁷ **pain / calories**.

/ 7

D Vocabulary

Choose the correct words to complete the collocations.

- 1 _____ your hair
A ☐ brush B ☐ use C ☐ cut
- 2 _____ soap
A ☐ use B ☐ go C ☐ cut
- 3 _____ your socks
A ☐ brush B ☐ change C ☐ use
- 4 _____ to the dentist
A ☐ change B ☐ brush C ☐ go
- 5 _____ illness
A ☐ cut B ☐ prevent C ☐ go
- 6 _____ your fingernails
A ☐ change B ☐ brush C ☐ cut

/ 6

E Reading

Hi Nina,

How's it going? I wanted to let you know how I'm doing with my fitness plan.

Well, I've been getting up earlier in the morning so that I have time to go running. At the moment, I'm only running for about one kilometre. It's hard work, but I listen to podcasts to make it more interesting. My breakfasts are now much healthier. I have toast with brown bread and some fruit.

For the past week, I've walked to school. It takes half an hour! When I went on the bus, it only took ten minutes. Sally says I should ride my bike, but I think it's too dangerous on the roads at that time in the morning. The school has different sports activities that you can sign up for after classes, so I play football on Mondays and Wednesdays, and basketball on Tuesdays and Thursdays. I take the bus home on those days because I'm so tired!

My biggest news is that I've stopped eating meat! I read about how unhealthy it is. The only problem is that I'm cooking for myself now! Mum says the whole family can't become vegetarian just because I have. That's OK, though. I've watched a lot of videos online about vegetarian cooking and I've cooked some great meals.

Anyway, let me know how your fitness plan is going.

Take care,

Justin

Read the email. What is the purpose of the email?

- A ☐ Justin wants to tell Nina about his diet.
B ☐ Justin wants to tell Nina about his fitness plan.

/ 1

Read the email again. Complete the answers to the questions.

- 1 Give two reasons why Justin is busier in the morning.
He now goes running and _____ to school.
- 2 How does Justin make his morning exercise less boring?
He listens to _____ while he is running.
- 3 How long did it take Justin to get to school by bus?
It took him _____ to get to school.
- 4 On which day does Justin not take the bus home from school?
He doesn't take the bus home on _____.
- 5 Why doesn't Justin's mum want to cook for him?
She doesn't want to cook _____ food for the whole family.

/ 10

F Listening



Listen to a radio show. What is Jane's call about?

- A ☐ She's worried about her brother's health.
B ☐ She wants diet advice for her brother.



Listen again. Choose the correct answers.

- 1 What two things does Jane mention about Harry's unhealthy lifestyle?
A ☐ diet and exercise
B ☐ junk food and vegetables
- 2 What does Harry usually eat?
A ☐ burgers, pasta and pizza
B ☐ chips, burgers and pizza
- 3 What fruit and vegetables does he sometimes eat?
A ☐ carrots, apples and lettuce
B ☐ lettuce, tomato and pineapple
- 4 What does the health specialist recommend?
A ☐ He suggests that he shouldn't eat any more junk food.
B ☐ He suggests that Jane's parents cook recipes from a book called *Delicious Junk*.

/ 10

G Use of English

Choose the correct words to complete the dialogue.

- Piotr Hi, Selma. ¹ **Are / Do** you alright? You don't look good.
Selma No, not really. I ² **get / feel** awful!
Piotr What's the ³ **matter / ill**?
Selma I've ⁴ **feel / got** a cough and a sore throat.
Piotr Oh dear. Have you got a ⁵ **temperature / stomach ache**?
Selma Yes, I do feel quite hot.
Piotr OK. And does your head ⁶ **hurt / sore**?
Selma Yes, a bit.
Piotr Well, I think you had better get into bed and have some rest.

/ 6