

Unit Test 6 **Standard ★★**

A Grammar

Complete the sentences with **ever**, **never**, **been** or **gone**.

- 1 I have _____ been to Portugal.
- 2 Have you _____ tried bungee jumping?
- 3 They aren't here. They've _____ out.
- 4 They have _____ had a pet.
- 5 Enrique has _____ to England three times in the last year.

/ 5

B Grammar

Complete the questions with the present perfect form of the verbs in brackets. Then complete the positive or negative short answers.

- 1 _____ Mum _____ to the supermarket? (go)
No, _____. She's upstairs. Why?
- 2 _____ Ian _____ a novel? (ever, write)
Yes, _____. It was published last week.
- 3 _____ Simon _____ someone in danger? (ever, rescue)
No, _____. He's terrified of everything!
- 4 _____ they _____ in this town long? (live)
Yes, _____. They've been here for about 30 years, I think.
- 5 _____ you _____ to lots of countries? (travel)
Yes, _____. I've been to around 20 countries, I think.

/ 5

C Vocabulary

Complete the text with the words in the box.

calories get injuries muscles stretch warm weight

I recently started exercising because I wanted to lose ¹ _____ and ² _____ 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 _____ up before you start. She said this can stop you from getting ⁴ _____. I also learned that you should ⁵ _____ before and after you exercise because it is good for your ⁶ _____. It stops them from getting stiff. In the next lesson, she's going to teach me about exercises that are good for burning ⁷ _____.

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D Vocabulary

Match 1–5 to A–F to complete the collocations.

- 1 _____ your hair
- 2 _____ soap
- 3 _____ your socks
- 4 _____ to the dentist
- 5 _____ illness
- 6 _____ your fingernails

- A use
- B cut
- C brush
- D prevent
- E change
- F go

/ 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, but I plan to do more each week. 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 – usually a banana.

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. You must come over and try some of my cooking.

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 school routine.
- B Justin wants to tell Nina about his diet.
- C Justin wants to tell Nina about his fitness plan.

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

- 1 Give two reasons why Justin is busier in the morning.
He now goes _____ and _____ to school.
- 2 What does Justin do to make his morning exercise less boring?
He _____ to _____ while he is running.
- 3 How long did it take Justin to get to school before last week?
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 _____.

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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.
C ☐ She's interested in cookbook recommendations.



Listen again. Complete the answers to the questions.

- What two things does Jane mention about Harry's unhealthy lifestyle?
She mentions his _____ and that he doesn't _____.
- What does he usually eat?
He eats _____, _____ and pizza.
- What fruit and vegetables does Jane's brother eat?
He eats _____, _____ and _____.
- What does the health specialist recommend?
He suggests that Jane's parents cook recipes from _____.

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G Use of English

Complete the dialogue with the words in the box.

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

- A matter
B feel
C hurt
D Are
E got
F temperature

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