Test Time!

TASK 1. MATCH THE TWO PARTS OF THE SENTENCES / PHRASES

- When you have hay fever, you often
- If you don't get enough sleep, you
- Be careful with the hot oven or you might
- My brother fell off his bike and
- I have a terrible toothache, so I
- When teenagers look at bright screens late at night, the blue light
- You shouldn't play football if you
- If you feel ill and have a high temperature,
- She was running fast in the park and
- When you lift something very heavy, you can

- A. broke his leg and had to stay in bed.
- B. can keep you awake and stop you falling asleep.
- C. burn your hand on the pan.
- D. should stay at home and take some medicine.
- E. sneeze a lot and feel tired.
- F. hurt your back or pull a muscle
- G. need to see a dentist as soon as possible.
- H. feel sleepy and can't concentrate in class.
- I. cut her finger on a sharp knife.
- J. have a sore ankle or a painful knee

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TASK 2. CHOOSE THE CORRECT OPTION

A: I feel really tired and I have a headache.
B: You didn't get **enough** / **too many** sleep last night. Go to bed earlier today!

A: How **many** / **much** water should I drink when I have a high temperature?
B: Quite a lot — at least two litres a day.

A: Would you like **some** / **any** warm tea with honey for your sore throat?
B: Yes, please, that sounds great.

A: My stomach hurts!
B: You ate **too many** / **too much** sweets and crisps before dinner.

A: Are there **some** / **any** apples left in the fridge?
B: Let me check — yes, there are a few.

A: How **many** / **much** hours of sleep do teenagers need?
B: Usually eight to ten hours a night.

A: I don't want **some** / **any** more salty snacks.
B: Good idea — too many / too much salt isn't good for you.

A: We have **a lot of** / **much** fruit in the kitchen, so make a healthy snack.
B: Great, I'll take a banana.

A: Is there **many** / **much** sugar in this dessert?
B: Not **many** / **much**, don't worry.

A: Can we have **some** / **any** bread with our soup?
B: Sure, I'll get it from the table.



TASK 3. COMPLETE THE GAPS:

ankle · stomachache · fall asleep · throat · brain · sneeze · cut her finger · burn your hand · wake up early · hurt my back

1. When you are at school on weekdays, you have to _____, even if you feel sleepy.
2. Leo twisted his _____ while he was running for the bus, so it's swollen now.
3. If you don't turn off your phone at night, it can take you a long time to _____.

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4. Emma has a terrible _____ and a cough, so she can't speak loudly today.

5. Be careful when you take the hot dish out of the oven so you don't _____.

6. I have a strange _____ after eating too many unripe plums.

7. Your _____ controls your thoughts and memory, while your heart pumps blood around your body.

8. Yesterday I lifted a heavy box the wrong way and _____.

9. Mia was slicing bread when she accidentally _____ and needed a plaster.

10. People with hay fever often _____ when there is lots of pollen in the air.

TASK 4. COMPLETE THE SENTENCES WITH THE PAST SIMPLE OR PAST CONTINUOUS FORM OF THE VERBS IN BRACKETS

1. While we _____ (**walk**) home from school, it suddenly started to rain.
2. Mark fell off his skateboard and _____ (**break**) his arm yesterday afternoon.
3. What _____ you _____ (**do**) at 9 p.m. last night when I called you?
4. Sarah _____ (**not / feel**) well this morning, so she stayed in bed.
5. We _____ (**play**) basketball in the gym when Tom hurt his ankle.
6. I opened the window because I _____ (**feel**) hot and sleepy in the room.
7. While the teacher _____ (**explain**) the rule, two students were talking quietly at the back.
8. He _____ (**burn**) his hand while he was taking a hot dish out of the oven.
9. Why _____ she _____ (**cry**) when you saw her outside the classroom?
10. A dog ran across the path while I _____ (**ride**) my bike in the park.



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TASK 5. LISTEN TO THE RECORDING AND CHOOSE TRUE OR FALSE



- Daniel had trouble falling asleep on Monday night because he stayed up on his phone and played video games. — **True** / **False**
- On Tuesday morning, Daniel felt full of energy and had no problem concentrating at school. — **True** / **False**
- When Daniel started sneezing on Wednesday afternoon, he also had a high temperature. — **True** / **False**
- He went running in the park on Wednesday evening despite not feeling completely well. — **True** / **False**
- Daniel injured his ankle while running on a wet path near the river. — **True** / **False**
- He broke a bone in his leg and couldn't walk home at all. — **True** / **False**
- His mum advised him to rest, drink water, and avoid sport for a few days. — **True** / **False**
- By Sunday evening, Daniel was still feeling ill and couldn't walk on his ankle. — **True** / **False**

TASK 6. READ THE TEXT AND CHOOSE THE CORRECT ANSWER



"AN UNEXPECTED TURN AT THE SCHOOL MARATHON"



Last Saturday, Maya took part in a ten-kilometre charity run in her hometown. The weather was cool and bright when the race started, so she felt confident and full of energy. Maya usually does yoga and goes swimming twice a week to keep fit, so she wasn't worried about finishing the distance. During the first six kilometres, everything went smoothly. While she was running past the central park, her classmates were cheering loudly from the side of the road. However, near the seven-kilometre sign, the sky suddenly turned grey and it started raining heavily. The path became wet and slippery, and Maya didn't notice a loose stone in front of her. Suddenly, she slipped and fell hard onto her left side. She hurt her knee and cut the palm of her hand on the rough ground.

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A few minutes later, another runner, a boy from a neighbouring school, noticed that Maya was sitting on the grass and holding her knee. He stopped immediately, asked what was wrong, and offered her some water from his bottle. Even though Maya's knee was painful and bleeding a little, she didn't want to give up. After that, they walked and jogged slowly together for the last three kilometres until they crossed the finishing line. At the medical tent, a nurse cleaned her cut and told her to rest her leg for a few days. Maya didn't win a medal, but she felt proud that she had finished the race and made a new friend.

1. **How does Maya usually keep fit?**

a) She plays football and does weight-training.
b) She does yoga and goes swimming.
c) She goes cycling every morning.

2. **What were Maya's classmates doing while she was running past the central park?**

a) They were running next to her.
b) They were taking photos of the race.
c) They were cheering for her from the side of the road.

3. **Why did Maya fall near the seven-kilometre sign?**

a) She felt dizzy because she hadn't eaten breakfast.
b) She slipped on a wet path and didn't see a loose stone.
c) Another runner accidentally pushed her.

4. **What injuries did Maya get when she fell?**

a) She hurt her knee and cut her hand.
b) She broke her ankle and hit her head.
c) She burned her hand and hurt her back.

5. **What did the boy from the neighbouring school do when he saw Maya?**

a) He called an ambulance and stayed at the grass with her.
b) He gave her some water and helped her finish the race.
c) He ran ahead to find her teacher.

6. **What advice did the nurse give Maya at the medical tent?**

a) To take some medicine for a sore throat.
b) To go to hospital immediately for an X-ray.
c) To rest her leg for a few days.



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