

I. Circle the correct answers.

1. My shirt is dry now, but I need *a/ an/ any/ some* iron to press it with.
2. Would you like *a/ an/ any/ some* chicken? And how about *a/ an/ any/ some* potatoes?
3. I can't make pizza because I haven't got *a/ an/ any/ some* cheese.
4. Have you got *a/ an/ any/ some* money for the machine? I didn't bring *a/ an/ any/ some*.
5. Is there *a/ an/ any/ some* soup left? - Yes. There is *a/ an/ any/ some* soup left for you in the microwave oven.
6. I'd like to drink some water, but I can't find *a/ an/ any/ some* glass.
7. Could you buy me *a/ an/ any/ some* bread? I want to make French toast.
8. This mixture of spices is *a/ an/ any/ some* important ingredient of the curry sauce.
9. I'm really hungry. Can you make me *a/ an/ any/ some* meat sandwich?
10. To prepare the salad I need *a/ an/ any/ some* red pepper, *a/ an/ any/ some* cucumbers, *a/ an/ any/ some* onion and *a/ an/ any/ some* ketchup.

II. Fill in the blank with *a, an, some, or any*.

Jack: What do we have for dinner, Mom?

Mom: Well, sweet and sour pork ribs and vegetable soup.

Jack: Could we have (1) _____ salad, Mom?

Mom: Ok. If you want, I will make (2) _____ egg salad.

Jack: Thank you, Mom.

Mom: But there aren't (3) _____ eggs left. Could you get me (4) _____?

Jack: Sure, Mom. How many eggs do you need?

Mom: Half (5) _____ dozen.

Jack: Do you need anything else?

Mom: Hmm... I also need (6) _____ stick of celery, (7) _____ mayonnaise, and (8) _____ green onions.

Jack: Do you need (9) _____ lettuce, Mom?

Mom: No, there is still (10) _____ head of lettuce in the fridge.

Jack: Okay, Mom.

III. Underline the correct answer.

1. He was eating a large *slice / clove* of chocolate cake.
2. Could you go to the groceries and buy me a *bag / head* of cabbage?
3. I need 3 *cups / kilos* of milk to make this mousse cake.
4. There is a *bunch / stick* of bananas and two *slices / bottles* of orange juice in the fridge.
5. The child grabbed a *pinch / handful* of candy and went back outside to play.
6. A *clove / stick* of celery contains about six calories.
7. You don't need to use the whole *tin / gram* of beans for this dish. Half is enough.
8. When I try to open a *can / carton* of milk, I wish it still came in bottles!
9. Add a *pinch / piece* of salt to your egg wash before brushing it over pastry.

- Place 6 *cloves / sticks* of garlic in a small saucepan, cover with water and bring to the boil.

IV. Complete each sentence with a word from the box.

- Please go to the baker's and buy a _____ of fresh bread.
- Add two _____ of lemon juice and beat the egg whites until frothy.
- How much is a _____ of onions?
- When I opened the _____ of cola, it sprayed out onto my shirt.
- The recipe says you should add one or two _____ of celery to the soup.
- Shall I cut another _____ of bread for you?
- Would you like a _____ of chocolate?
- We both felt hungry, and luckily I had a _____ of biscuits in my bag.
- She fed her baby a very small _____ of cheese.
- If you go to the supermarket, could you buy me a _____ of toothpaste?

V. Match the first half of the sentence in A with the second half in B.

A	B
1. If he doesn't come soon,	a. we are going to stay in and watch TV.
2. You may leave the room	b. if you want to have a good-looking body shape.
3. If you don't want to be overweight,	c. you will get a discount of 15%.
4. If you learn texting shortcuts,	d. we will have to leave without him.
5. You must exercise regularly	e. if you run a bit faster.
6. If you register for the course soon,	f. you shouldn't eat too much sugar.
7. You might win the race	g. if you've finished the test.
8. If it rains this afternoon,	h. if he revises every day.
9. Juan could pass his exams	i. can you put the chicken in the oven?
10. If you get home before me,	j. you can save a lot of time.

D. READING

I. Complete the passage with the words from the box.

Healthy	protein	unhealthy	nutrients
habits	strengthen	grains	increase

A good diet and regular exercise should keep you healthy. Your body needs the vitamins and (1) _____ found in vegetables and fruit. It also needs enough exercise to (2) _____ muscles and bones and reduce your chances of getting sick.

What kind of a diet is best? At the top of anyone's list should be fresh fruit and vegetables. You also need to eat (3) _____ such as rice, wheat, oats, or corn. Dairy products in the form of milk and cheese provide your body with necessary calcium. (4) _____ comes from meat and nuts. Don't eat too much meat, however. Eating too much red meat, in particular, is not good for your heart, and it might (5) _____ your

chances of getting cancer. Try not to eat junk food. What's junk food? Potato chips, donuts, candy, and cookies are junk food. Many people who eat junk food fail to eat (6) _____ food because they like the taste of junk food better. If kids eat a lot of junk food, they will develop bad eating (7) _____.

Being healthy is not that hard. If you eat right, get regular exercise, and avoid (8) _____ habits, you will thank yourself in the future.

II. Read the article and do the tasks.

HOW TO STAY HEALTHY

1. _____

People who eat a lot of fruit and vegetables are less likely to have heart problems. A variety of fruit and vegetables should make up about a third of the food you eat each day. You should eat at least five portions of fruit and vegetables a day. A portion is e.g. a banana, an apple, a pear, one slice of melon or pineapple or two plums. Remember that potatoes don't count because they're a starchy food.

2. _____

Eating too much salt can raise your blood pressure. And people with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure. Lots of people think they don't eat much salt, especially if they don't add it to their food. But don't be so sure! Three-quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals. So you could easily be eating too much salt without realizing it.

3. _____

Having too much saturated fat can cause heart disease. Try to cut down on food that is high in saturated fat, such as meat, pies, cheese, butter, lard, cream and cakes, and have foods that are rich in unsaturated fat instead, such as vegetable oils (including sunflower, rapeseed and olive oil), oily fish, avocados, nuts and seeds.

4. _____

Having sugary foods and drinks too often can cause tooth decay, especially if you have them between meals. Many foods that contain added sugar can also be high in calories, so cutting down could help you control your weight. Try to eat fewer foods with added sugar, such as sweets, cakes and biscuits, and drink fewer sugary soft and fizzy drinks.

5. _____

About 60% of your body weight is made of water. If you don't get enough water, you can become dehydrated. Severe cases of dehydration can cause dizziness, confusion, and even seizures. Drink about 6 to 8 glasses of water every day and even more when the weather is warm. Don't drink too much coffee or tea as they can dehydrate you.

A. Match the titles of the paragraphs.

- A. Cut down on salt
- B. Avoid saturated fat
- C. Implement Five-a-day
- D. Drink a lot of water

E. Reduce daily sugar intake

B. Decide whether the statements are true (T) or false (F).

1. Eating lots of fruit and vegetables can reduce your risk for heart disease.
2. One melon would count as one of your daily portions.
3. A potato is classed as one portion of your five a day.
4. High salt intake increases blood pressure, which can lead to heart disease.
5. The foods we buy can contain more salt than we realise.
6. Eating too many foods high in saturated fats can be bad for your health.
7. Vegetable oils like olive, sunflower or canola are rich in saturated fat.
8. Fizzy drinks can increase the risk of dental problems.

C Complete using the correct form of the verbs in the box.

admit • arrest • commit • protest • rob • steal • vote

- 1 You've never a crime, have you?
- 2 Most people who banks get caught eventually.
- 3 I think we should about the council's plans to close the playground.
- 4 John finally that he had broken the window after all.
- 5 If you didn't have enough money for food, would you from a supermarket?
- 6 A man has been in connection with the bank robbery last Tuesday.
- 7 Are you going to in the local elections next week?

Phrasal verbs

D Match to make sentences.

- | | | |
|---|-------|--|
| 1 Someone has broken | | A up with the rest of the class quite quickly. |
| 2 I missed a few lessons but I'm catching | | B those plates up, aren't you? |
| 3 You'll never get | | C up when the alarm clock rang this morning. |
| 4 I didn't want to get | | D up, I realised I was late for school. |
| 5 Our new neighbours moved | | E into my car and stolen the CD player. |
| 6 Do you want me to help you put | | F all these clothes away? |
| 7 When I woke | | G away with this! |
| 8 You're going to wash | | H in next door today. |

Prepositional phrases

E Write one word in each gap.

Dear Sir,
 I am writing (1) response (2) the letter from Mrs A Taylor, which was published in the last issue of *The Village Times*.
 Mrs Taylor spoke quite rudely about the young people who hang around in the park after school and at weekends. She seems to suggest that a group of teenagers meeting and having fun (3) public is (4) the law. Well, it isn't! She should try to remember what she was like (5) the age (6) fifteen. I know several people (7) their teens who like to spend time in the park. They are polite, honest and helpful, and I am proud to have them in the village. Perhaps I could put Mrs Taylor (8) touch (9) them. They might teach her not to be so rude and unpleasant in future.
 Yours,
 Wendy Partridge

Word formation

F Complete by changing the form of the word in capitals.

- 1 Running after that thief was very of you! **COURAGE**
- 2 You looked so when you fell asleep on the sofa. **PEACE**
- 3 All four of my grandparents are still **LIVE**
- 4 Did you vote in the last ? **ELECT**
- 5 It can be very difficult for when they leave prison and go back into the community. **PRISON**
- 6 At the end of the film, you hear a single and then Al Pacino falls to the ground. **SHOOT**
- 7 It's ! I've lost my glasses again! **BELIEVE**
- 8 I think we're all in that something must be done about the problem. **AGREE**
- 9 Should I write 'British' or 'English' as my ? **NATION**
- 10 We'll only have real when women earn as much money as men. **EQUAL**

Word patterns

G Circle the correct word.

- 1 Don't blame the theft **on** / **for** Tim. He didn't steal anything!
- 2 I'll share these sandwiches **to** / **with** you, if you like.
- 3 They accused Tonya **of** / **for** telling lies, but she was telling the truth.
- 4 Are you still angry **with** / **about** me?
- 5 I'd completely forgotten **for** / **about** the party. I'm not ready!
- 6 Trudy is such a lovely baby. She always smiles **at** / **to** you when you sing to her.

H Write one word in each gap.

- 1 You can't blame me the bad weather!
- 2 You shouldn't criticise people the way that they look.
- 3 I'm thinking of inviting Eliot the barbecue.
- 4 You're not angry what I said, are you?
- 5 The head teacher is going to punish us being late for class.
- 6 Ronald Jennings, you have been found guilty murder.
- 7 I'll never forgive you what you've done!