Health, medicine and exercise

1 **Complete the statements with the words in the box.**

ambulance	beats	break	dangerous	doctors	fit
heart	injury	medicine	rest	rugby	sick

1. If your ..... is healthy, it usually ..... around 70 times per minute.
2. According to ..... , you should exercise for an hour a day to keep ..... .
3. Horse-riding is a more ..... sport than ..... or football.
4. If you ..... your arm, you should call an ..... to take you to hospital immediately.
5. If you feel ..... after eating something, you should go to a pharmacy to get some ..... .
6. If an ..... is painful, you should always ..... the part of your body that's hurt.

2 **Choose the correct modal verbs to complete the health advice.**

1. I'm sorry, you can't see the doctor today. You *have to* / *mustn't* make an appointment.
2. You *don't have to* / *shouldn't* eat if you have stomach ache, but it's important to drink.
3. You *needn't* / *should* worry – it isn't a very serious operation.
4. It's important to rest. You *don't have to* / *mustn't* do anything for a few days.
5. I think you've got a fever. You *ought to* / *shouldn't* see a doctor.
6. You *don't have to* / *should* drink lots if you have a cold or a sore throat.

Exam task

3 **The people below all want to join a sports class. On the next page there are descriptions of eight classes. Decide which class would be the most suitable for the following people. For 1–5 write the correct letter A–H.**

1.  Chloe enjoys team sports but doesn't want to play in competitions. She needs a morning class. She doesn't have much money and can't afford to buy expensive equipment. ☐
2.  Mike isn't very fit. He would like to get fitter, but he finds exercise boring. He's looking for an evening class that is different every week. He'd also like to see how he is improving over time. ☐
3.  Sofia loves sport but is recovering from a serious injury. She wants to train in the afternoon with someone who understands her injury and can give her advice on exercises she can do at home. ☐
4.  Jack is very fit and is planning a challenging 200 km run. He wants to train at least twice a week and would like some personal training too. He wants to train indoors and outdoors. ☐
5.  Tara takes sport seriously. She plays hockey and tennis and wants to improve her skills and take part in competitions. She isn't free from Monday to Friday. ☐

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Sports classes

A Sport for life
Weekly sessions in seven different sports, including squash, tennis and basketball. Do your favourite sport or try new ones each week. Classes take place on Thursdays 3–4 pm and Sundays 2–3.30 pm in Green Park and in the Park Gym. We don't believe in winners and losers, just having fun!

B Top training
Our club offers individual training sessions in the gym, with a personal trainer. The class is ideal for people who enjoy training alone and are keen to improve their fitness, or people who have particular difficulties with their fitness. Classes: every morning 9–11 am.

C Active plus!
This is a great class for people who enjoy playing sport with others in an informal way. Choose from a range of sports, including 5-a-side football and hockey. Classes are on Saturdays from 9–11 am. We provide balls, hockey sticks, etc. and a monthly report on how your fitness is improving.

D Water-cise!
Have fun and get fit at your local sports centre! Classes every Tuesday and Thursday from 6–8 pm. No two classes are the same! We organise regular competitions and also offer individual fitness checks every month, plus the chance to gain progress certificates.

E Fitness for All
If you're looking for a gentle, low-cost exercise class, Fitness for All offers exercises to improve your strength and confidence slowly. Our trainers are qualified to help with individual problems and can give you extra ideas to try outside the class. No equipment necessary. Classes: every Tuesday from 2–4 pm.

F Sport for all
This class is for people who want to take up a sport such as football or tennis for the first time. It's a great way to get fit in the fresh air. Classes start with training exercises, followed by a game or small tournament. Classes: every Tuesday and Thursday, 6–8 pm. All equipment provided.

G Rising stars
We believe sports are for winners! We offer training from professional sports coaches to help you become a more successful player. Choose from a range of team and racket sports. Players are encouraged to join local and national leagues. Classes: every Saturday and Sunday, or book an individual lesson with one of our trainers.

H Go for it!
This is a class for people who want to push themselves so they can compete against other people or themselves! Training takes place every Tuesday, Thursday and Saturday. Classes involve a one-hour run in the park, followed by weight training in the gym. Individual coaching and advice on improving fitness at home are also available.

Exam facts

- In this part, you read descriptions of five people.
- You also read eight texts on the same topic.
- You have to match what each person requires to one of the eight texts.

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Free time

1 **Complete what the people say with the words in the box.**

drama	horror	order	sculptures	stage	videos

Lily "I'm really into **(1)** ..... , so I love being in plays. It feels great being up on the **(2)** ..... in front of lots of people. I don't want to do it as a job, but it's fun to do in your free time!"

Jamie "I often organise a movie night at the weekend. I invite a few friends, and we **(3)** ..... a takeaway. My favourite films are **(4)** ..... movies, especially really scary ones!"

Rosie "I'm quite creative, so I do a lot of art classes in my free time. I don't like painting, but I love making **(5)** ..... out of wood. I also make my own five-minute **(6)** ..... , which I put online for friends to watch."

2 **Write the questions and answers. Use the present perfect or past simple.**

1. **A:** where / you go / on holiday / last year? .....
   B: I went to Spain.
2. **A:** Is Martha still here?
   B: No, she / just / leave .....
3. **A:** Don't forget to order the tickets online.
   B: It's OK. I / already / do / it .....
4. **A:** when / you / move / to this town? .....
   B: It was about two years ago.

Exam task

3 **The people below all want to find a new free-time activity. On the next page there are descriptions of eight clubs. Decide which club would be the most suitable for the following people. For 1–5 write the correct letter A–H.**

1.  Emma loves using her imagination in a creative way. She loves working on projects with other people, and she would like to visit places and see creative people at work. ☐
2.  Marco loves making things, and he enjoys meeting people from other cultures. He would like to learn a skill that he can use outside the class. ☐
3.  Amina is interested in serious issues. She enjoys listening to talks and learning about life in other countries. She would also like to discuss her ideas and opinions with other people. ☐
4.  Niko enjoys going to different places and meeting people from different backgrounds. He's also keen to find out about the place where he lives. He's especially interested in history. ☐
5.  Erica is keen to help other people. She enjoys events where there are crowds of people. She wants to learn skills she can use in a job when she finishes her studies. ☐

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Activity clubs

A Think!
Do you want to know more about international events? We meet once a week for an informal discussion. Each week we watch a film from around the world and/or invite speakers to help us understand recent events. At our next meeting we are showing a film about earthquake rescue teams.

B Games and chat
We meet once a week to play computer games. We give our views on new games and talk about games past and present. We also organise trips to game shows to see how designers come up with new ideas and create new games. You'll discover a whole new world!

C Party Plus
At Party Plus, we are looking for new people to help. We organise street parties and concerts to raise money for local charities. It's challenging work, and you have to work with a wide range of people, but you'll have a lot to offer future employers, and you'll make a difference!

D Come dine with me
We meet regularly to visit restaurants and enjoy eating delicious food from all over the world. We also invite chefs from other countries to tell us about how food is grown and prepared where they come from. There's usually quite a large group of us, so it's a wonderful way to meet people.

E Nature lovers
Are you interested in nature? Our group has been exploring the wildlife of the city for over 100 years! We organise talks from experts on the animals and plants around us. We also work in small groups to think of ways to improve life for the animals and people in our city!

F Action!
We are a film club, but we don't watch films – we make them! We're always looking for new people with interesting ideas. You will do activities in small groups, so it's a great way to learn new skills and make friends. We also organise regular trips to film studios to see how the professionals do things.

G A world of food
We can teach you to prepare delicious dishes! Our trainers come from five countries, and they love to share their recipes and the history of their cultures. This class will teach you how to create wonderful food in your own kitchen. You never know, you might decide to become a professional chef one day!

H City explorers
Get out and about with City explorers! We explore our own city and produce information guides so that visitors can enjoy it, too. We also produce maps of the city, past and present, showing how it's changed. We often get together with groups from other towns and cities to compare information and experiences.

Exam tips

- Read the descriptions of the five people quickly and underline the most important information.
- The same information is often written using different words or phrases in the descriptions and the texts.
- Make sure the text you choose matches all the requirements in the person's description.

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Travel and holidays

1 **Complete the holiday advice with the words in the box.**

accommodation	facilities	reservation	resort

I'm going on holiday to Turkey in two weeks and staying at the Bright Sands holiday **(1)** ..... . I haven't been before. Any advice?

- I went last year and loved it. It's got great **(2)** ..... , especially the swimming pools!
- If you're expecting luxury **(3)** ..... , you may be disappointed. But the rooms are all clean.
- If you booked online, check your **(4)** ..... before you go. There was a problem with mine.

2 **Complete the email with the correct form of the verbs in brackets. Use the present continuous, past simple or present perfect.**

●●● Reply Forward

Hi Beth,
Joe and I **(1)** ..... (arrive) in New York three days ago, and we **(2)** ..... (have) a great time here. We **(3)** ..... (already / do) quite a lot. Yesterday we **(4)** ..... (go) up the Empire State Building – amazing. We **(5)** ..... (not see) a show on Broadway yet, but we've got tickets for tomorrow!
Abbie

Exam task

3 **The people below all want to go on holiday. On the next page there are descriptions of eight holidays. Decide which holiday would be the most suitable for the following people. For 1–5 write the correct letter A–H.**

1.  George wants a holiday with a big group of friends. They are into sports and want to do different things every day. He doesn't like boats, and some in the group have young children. ☐
2.  Ana loves to be near the sea. She wants to visit different places, but she also wants to keep away from holiday resorts. She enjoys being active and learning new skills. ☐
3.  Harry just wants to relax and have fun by the sea. He loves going out and wants to meet other people. He wants a cheap hotel and would prefer to pay for everything together. ☐
4.  Jess wants to travel abroad and learn about a different way of life. She wants to stay with local people, not in hotels. She would also like to see some performances. ☐
5.  Greg doesn't like crowded beaches and wants a peaceful holiday where there aren't many people. He enjoys walking in the countryside and is happy to spend some time alone with a good book. ☐

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The best holidays

A Golden Sands Beach Club
There's lots to do at the Golden Sands Beach Club in Mallorca. It's a holiday you can afford. Enjoy wonderful beaches and swimming in the Mediterranean or take trips to nearby villages! Then enjoy shows and make friends at the social activities in the evening. All meals and drinks are included in the price!

B Making waves
Our learn-to-sail holiday in Greece will teach you all the basics of sailing. You'll be busy but will still have time to enjoy the silence of the open sea. We stop at a small harbour every night where you can enjoy local food in small restaurants, before sleeping on your boat. Price includes accommodation but not food.

C Forest Camp
Get away from it all at Welldale Forest. Stay on a local working farm or in cabins in the forest. Join in farm life or explore the many paths through the forest with our friendly guides. For those who prefer to relax, you can just enjoy time on your own listening to the sounds of the forest.

D Culture shock
Get away from the usual tourist destinations and visit India. On this tour, you'll visit seven cities, see the famous Taj Mahal and enjoy time at a beach resort. You'll stay with families and experience daily life with them. A full programme of cultural events includes some amazing dance shows!

E Seaview Hotel
Enjoy a week at this wonderful, small, luxury hotel in Spain. The price includes all food and drinks, and the facilities include a swimming pool, tennis courts and a restaurant. We organise trips to plays and concerts in the evenings. There's also a beach where you can sit quietly and relax or read!

F Hotel on the sea
Enjoy two weeks of luxury on this cruise around the Mediterranean visiting seven popular destinations. Relax in the sunshine by the ship's swimming pool. You won't get bored as there are cinemas, tennis courts and a theatre on board, plus plenty of social activities in the evening.

G Active fun
Looking for an active holiday? This wonderful busy holiday resort offers tennis, swimming, golf and lots more. There's something for everyone. Lessons are available so you can learn something new, whether you're 5 years old or 55! Fun for all the family! Price includes accommodation and breakfast.

H On foot
Do you love walking? Try this walking tour in the mountains of Italy. Each day, you will walk with an experienced guide as part of a group of walkers, then spend the night as guests of local people. It's a great way to see some beautiful countryside and make new friends.

Get it right!

Look at the sentences below and choose the correct one.

Yesterday I've bought some clothes.
Yesterday I bought some clothes.

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