MID TERM EXAM – BASIC 8 – TOUCHSTONE 2 – UNIT 3

Name: _____

Date: _____ Score: _____

PART I. LISTENING

A. Instructions: Listen to Kim and Alex talk about their health habits. Circle the correct answers. (4 marks)

1. Alex goes to the gym _____ .
   a. every day
   b. on weekdays
   c. only on weekends
2. Alex eats a lot of _____ .
   a. snacks
   b. salads
   c. junk food
3. Kim likes to eat _____ .
   a. vegetables
   b. meat
   c. dessert
4. Kim doesn't have time _____ .
   a. to cook
   b. to exercise
   c. to see her family

PART II. GRAMMAR

B. Instructions: Complete the conversations with the simple present or the present continuous. Use contractions where possible. (2 marks)

1. ***A*** _____ (1) you ever _____ (get) colds?
   B Yeah, I do. Actually, I think I _____ (2) (get) a cold right now.
   A _____ (3) you usually _____ (take) something when you _____ (4) (have) a cold?
   B No, not usually.
2. ***A*** What _____ (5) you generally _____ (do) to stay in shape?
   B Well, for one thing, I _____ (6) (walk) to work every day.
   A Uh-huh. _____ (7) you ever _____ (go) to the gym?
   B Not these days. I _____ (8) (not work out) at all. I'm too busy.
3. ***A*** _____ (9) you _____ (do) anything to stay healthy these days?
   B Actually, I _____ (10) (get) a lot of exercise these days.
   A That's great. _____ (11) you usually _____ (eat) healthy food, too?
   B Oh, yeah. My diet's great because my husband _____ (12) (cook) wonderful meals.

LIVEWORKSHEETS

C. Instructions: Complete the sentences with the problems in the box. There is one extra problem. (2 marks)

allergies	a fever	a sore throat	a toothache
a cough	a headache	a stomachache	

1. She has _____ .
2. He has _____ .
3. He has _____ .
4. She has _____ .
5. She has _____ .
6. She has _____ .

1. 
2. 
3. 
4. 
5. 
6. 

PART III. VOCABULARY

D. Instructions: Write answers to the questions. Use the words in parentheses. (2 marks)

Example: ***A*** What do you do if you're very tired?

B *If / When I'm very tired, I take a hot bath* . (take a hot bath)

OR *I take a hot bath if / when I'm very tired* .

1. ***A*** What do you do when you get a sore throat?

   B _____ . (drink tea with honey)

2. ***A*** What do you do if you have a high fever?

   B _____ . (take some medicine)

3. ***A*** What do you do when you get a headache?

   B _____ . (not do anything)

4. ***A*** What do you do if you get an upset stomach?

   B _____ . (lie down for a while)

LIVEWORKSHEETS

E. Instructions: Read each statement. Circle the best response to encourage the people to continue talking about the subject. (2 marks)

1. ***A*** I don't like to exercise.

   B _____

   a. Oh, really? How come?
   b. Do you exercise every day?
   c. I don't either.

2. ***A*** I have a terrible toothache.

   B _____

   a. I'm sorry. What did you eat?
   b. Yeah. I had a toothache last month.
   c. That's too bad. Do you have a dentist's appointment?

3. ***A*** Sometimes I have interesting dreams.

   B _____

   a. Did you sleep well last night?
   b. Really? Like what?
   c. I like my dreams.

4. ***A*** I work out about twelve hours a week.

   B _____

   a. Oh. That's a lot.
   b. I never work out.
   c. You're kidding! What do you do?

PART IV. SPEAKING

F. Ask about: (3 marks)

Student A Ask these questions. Answer your partner's questions. Use the conversation strategy to discuss the topics.

Conversation strategy
Encourage your partner to talk. After your partner answers, make a comment and ask a follow-up question.

1. Do you exercise a lot?
2. Do you ever get headaches?
3. How do you cope with stress?
4. What do you do when you're tired?
5. Are you eating a lot of junk food these days?

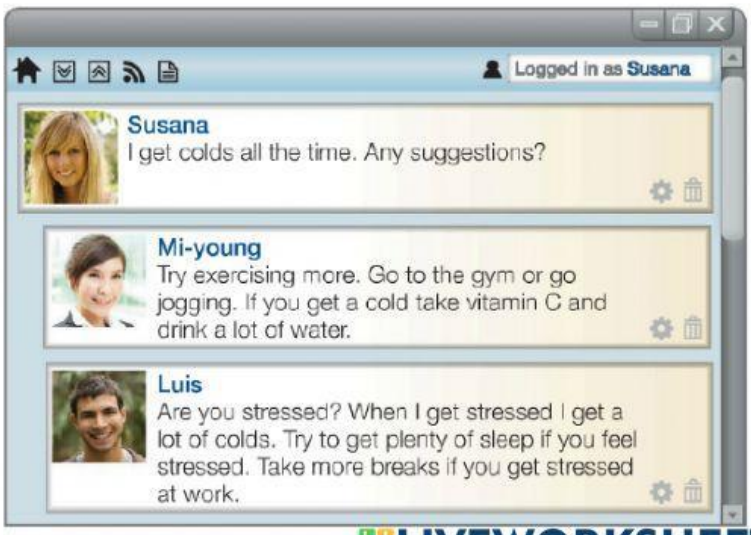
Student B Ask these questions. Answer your partner's questions. Use the conversation strategy to discuss the topics.

Conversation strategy
Encourage your partner to talk. After your partner answers, make a comment and ask a follow-up question.

1. How are you feeling today?
2. How do you stay in shape?
3. If you have a fever, do you go to bed?
4. Do you get a lot of colds?
5. How much water do you drink every day?

PART VI. WRITING

G. Instructions: Write your own suggestion to Susana. (3 points)



LIVEWORKSHEETS

PART V. READING

H. Instruction: Read the leaflet about a new class. What can you learn in this class? Circle the four things.. (2 marks)

Do you feel tired? Do you avoid exercise? Do you need to improve your diet?

Then join our class on healthy lifestyles!

Why "lifestyles" and not "lifestyle"? Because there are many different ways to have a healthy lifestyle. However, ***diet, exercise,*** and ***stress control*** are the three keys to a healthy life for everyone. In this class, learn answers to these questions:

Diet

- Am I eating the right foods?
- When I go to the supermarket, what foods do I choose?
- What meals can I order when I eat out in a restaurant?
- How can I make quick, healthy meals at home?

Exercise

- Am I getting enough exercise?
- What kind of exercise is best?
- How can I find time to exercise?

Stress Control

- Is stress always bad?
- Am I too stressed?
- What can I do about stress in my life?

In this class, you can learn how to . . .

a. become a vegetarian.
b. shop for healthy food.
c. exercise more often.
d. improve your sleep habits.
e. cope with stress.
f. make new friends.
g. choose a good restaurant.
h. cook healthy meals.

LIVEWORKSHEETS