



## 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 _____ .<br>a. every day<br>b. on weekdays<br>c. only on weekends | 3. Kim likes to eat _____ .<br>a. vegetables<br>b. meat<br>c. dessert                    |
| 2. Alex eats a lot of _____ .<br>a. snacks<br>b. salads<br>c. junk food                  | 4. Kim doesn't have time _____ .<br>a. to cook<br>b. to exercise<br>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** \_\_\_\_\_ you ever \_\_\_\_\_ (get) colds?  
(1)  
**B** Yeah, I do. Actually, I think I \_\_\_\_\_ (get) a cold right now.  
(2)  
**A** \_\_\_\_\_ you usually \_\_\_\_\_ (take) something when  
(3)  
you \_\_\_\_\_ (have) a cold?  
(4)  
**B** No, not usually.
2. **A** What \_\_\_\_\_ you generally \_\_\_\_\_ (do) to stay in shape?  
(5)  
**B** Well, for one thing, I \_\_\_\_\_ (walk) to work every day.  
(6)  
**A** Uh-huh. \_\_\_\_\_ you ever \_\_\_\_\_ (go) to the gym?  
(7)  
**B** Not these days. I \_\_\_\_\_ (not work out) at all. I'm too busy.  
(8)
3. **A** \_\_\_\_\_ you \_\_\_\_\_ (do) anything to stay healthy these days?  
(9)  
**B** Actually, I \_\_\_\_\_ (get) a lot of exercise these days.  
(10)  
**A** That's great. \_\_\_\_\_ you usually \_\_\_\_\_ (eat) healthy food, too?  
(11)  
**B** Oh, yeah. My diet's great because my husband \_\_\_\_\_ (cook) wonderful meals.  
(12)

**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. 

4. 

2. 

5. 

3. 

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)

**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.

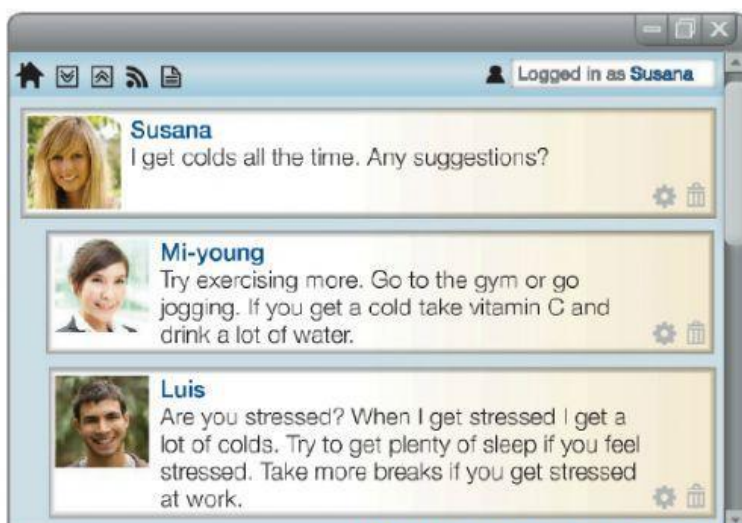
##### Conversation strategy

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)



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