

OPTIMISE B1+ - REVISION - UNIT 6

1) CHOOSE THE CORRECT WORDS TO COMPLETE THE SENTENCES.

- 1 If you want to learn more English, try / you try watching some TV series.
- 2 I'll tell Matt about the meeting if I see / will see him.
- 3 If you don't / didn't go out so much, you'd have more time for studying.
- 4 If I were you, I won't / wouldn't open that box.
- 5 They let him watch TV as long as there is / will be something educational on.

2) COMPLETE THE SECOND SENTENCE WITH ONE WORD SO THAT IT MEANS THE SAME AS THE FIRST SENTENCE.

- 1 If you don't hand in the form by tomorrow, you can't go on the school trip.
You can't go on the school trip _____ you hand in the form tomorrow.
- 2 We'll go to the beach if it isn't raining.
As long _____ it isn't raining, we'll go to the beach.
- 3 You could learn to play the guitar quickly by practising for half an hour a day
If you _____ for half an hour a day, you could learn to play the guitar quickly.
- 4 Take some fruit because you might get hungry.
Take some fruit in _____ you get hungry.
- 5 Don't get rid of those old books unless you're sure you don't need them.
Only get rid of those old books _____ you're sure you don't need them.

3) CHOOSE THE CORRECT WORDS TO COMPLETE THE SENTENCES.

- 1 That's Mr Brown, which / who was our maths teacher last year.
- 2 There's a boy over there that / whose has the same trainers as you.
- 3 My dad's car, that / which is 15 years old, is in perfect condition.
- 4 The girl whose / who phone was stolen was very upset.
- 5 The hotel where / which we stayed had wonderful views.

4) COMPLETE THE TEXT WITH THE WORDS IN THE BOX:

that | where | which | who | whose

My mum says breakfast is the most important meal of the day. She says it gives you energy, (1) _____ you need to keep going until lunchtime. I believe that up to a point but I've got some friends (2) _____ don't have

breakfast and they seem to be doing OK. I also read an article

(3) _____ the writer said that it's just an old wives' tale. According to this writer, there is little scientific evidence (4) _____ proves that breakfast is necessary. Now I don't know which arguments to believe, but I think I should trust the person (5) _____ opinion matters to me – my mum!

5) COMPLETE THE TEXT WITH THE WORDS IN THE BOX:

against | of | of | to | to

- 1 He doesn't approve _____ students using mobile phones in class.
- 2 My parent's house dates back _____ the 17th century.
- 3 The doctor advised _____ doing any sports for a month.
- 4 My brother is allergic _____ some medicines. If he takes them, he can get very ill.
- 5 I'm going to get rid _____ my video games because I never really use them.

6) COMPLETE THE SENTENCES WITH THE CORRECT FORM OF THE WORDS IN BRACKETS.

- 1 Martina will _____ (hopeful) win a prize in the writing competition.
- 2 This new game on my phone is _____ (extraordinary) difficult.
- 3 Fresh fruit and vegetables are delivered to your house _____ (day).
- 4 She _____ (accidental) knocked your cup off the table.
- 5 It's _____ (relative) easy to make your own yoghurt with a yoghurt maker.

7) CHOOSE THE CORRECT WORDS TO COMPLETE THE SENTENCES:

- 1 I **sprained** / **bruised** my head when I walked into a cupboard door.
- 2 I'm quite worried about her. She's had a **temperature** / **allergy** of 39° C since yesterday.
- 3 He stayed out in the sun too long and got **sprained** / **burnt**.
- 4 You can sometimes get **cramp** / **cut** if you do too much exercise.
- 5 A lot of people at school have had a stomach **allergy** / **virus**. They think it's from the water.

8) CHOOSE THE CORRECT WORDS TO COMPLETE THE TEXT.

It's very easy to (1) **sprain** / **burn** your ankle, especially if you do sports like running or football. The good news is that although it can be painful, it's (2) **relatively** / **relative** easy to treat. The first thing is to stop what you're doing and rest the ankle. Although some people may suggest using heat, most doctors advise (3) **for** / **against** doing that. You should put an ice pack on the ankle (4) **regular** / **regularly** in the day and keep the ankle in a raised position. After about three days, you should start moving the ankle again. Your doctor can show you some (5) **basic** / **basically** exercises that should help you get better within six to eight weeks.

9) WORD FORMATION

SUPERFOODS

In recent years, there have been many articles in magazines and newspapers about 'superfoods.' Depending on the article you read, everything from eggs to spinach are superfoods and, (1) _____, supermarkets and food companies have been using this label to sell their products. The problem is that there is often a lack of (2) _____ evidence to support these claims. For example, one article says that garlic is a superfood because it can protect your heart and prevent damage to cells. However, what it doesn't explain is that you would have to eat about two heads of garlic a day for it to (3) _____ make a difference. The fact is that if we want to live long and (4) _____ lives, we need to eat a balanced diet. That means eating fish, fruit and vegetables on a (5) _____ basis. And we need to stop looking for superfoods!

SURPRISE

SCIENCE

TRUE
HEALTH
DAY