

NAME: _____

LISTENING

Listen to the audio. Choose the correct answer.

1. Eat lots of ____
a) Vegetables
b) Vitamins
2. Drink lots of ____
a) water
b) coffee
3. Sleep at least ____
a) Six
b) Seven
4. Do not stress ____
a) too much
b) at all
5. Do not ____
a) wake up at the same time every day
b) check your phone form bed
6. Talk to ____
a) Friends and family
b) People on social media
7. Exercise ____ times a week
a) Three
b) Five
8. Go for a walk or ____
a) Sit on the couch and watch TV
b) Ride a bicycle
9. See a doctor ____
a) Once a year
b) When you feel sick
10. Do these think to feel ____
a) happy and sick
b) happy and healthy

VOCABULARY:

1. Match each worker with a place. Write the letter on the line.

- | | |
|-------------------------|-----------------|
| ___ 1. a sales clerk | a. a factory |
| ___ 2. a teacher | b. a store |
| ___ 3. a factory worker | c. a school |
| ___ 4. a nurse | d. a restaurant |
| ___ 5. a waiter | e. a hospital |

2. Complete the work phrases with the words from the box.

customers	work	answer	attend	reports
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- a. _____ meetings
- b. write _____
- c. _____ the phone
- d. travel for _____
- e. call _____

GRAMMAR:

3. Complete the sentences with the words from the box.

get up	eat	turn off	look at	watch
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- a. Don't _____ TV all day!
- b. Please _____ at 6:00 A.M. Our train is at 7:30 A.M.
- c. Don't _____ your emails now, please. It's time to go.
- d. Please _____ your cell phone in the movie theater.
- e. Please don't _____ chocolate for lunch. Eat a sandwich.

READING:

Read the paragraph. Put the events in the correct order from 1 to 5.

I get up at 9:00 in the morning. I watch TV from 9:00 to 9:30. Then I take a shower. I start work at 10:30. I'm an office worker. In the morning, I answer the phone. I eat lunch from 12:30 to 1:30. In the afternoon, I write reports. I finish work at 5:30. In the evenings, I go to bed around 11:30.

- ___ a. take a shower
- ___ b. write reports
- ___ c. answer the phone
- ___ d. watch TV
- ___ e. eat lunch