

Instructions: Read the following mini-conversations. Choose the best option to complete each conversation correctly.

<b>Question 1</b> Greg: What meats do you like to eat regularly? Mitch: I love ____. a) chicken and butter b) chicken and steak c) fish and cheese d) orange and steak	<b>Question 2</b> Donald: Would you like some ____? Lucas: Yes, please. A portion of that chocolate mousse. a) bakery b) dessert c) meal d) mushroom
<b>Question 3</b> Paula: I have a terrible backache. Nancy: Do you have any ____? Paula: Yes, I am going to take this aspirin. a) blisters b) coughs c) pain relievers d) symptoms	<b>Question 4</b> Teacher: How do you ask about a person's health? Student: The question is "____." a) How are you? b) How can I help you? c) What should I do? d) What's the matter?
<b>Question 5</b> Husband: Are you going to help me do the shopping? Wife: Yes, I have a list here. Let me check it. We need a loaf of __ and a carton of __. a) bread / milk b) cake / rice c) cookies / eggs d) juice / bread	<b>Question 6</b> Ruth: Did you __ a warm __? It is going to be very cold when we get there. Maya: Yes, I did. I am going to wear the new black one you gave me. a) pack / sweater b) return / top c) sell / shirt d) travel / jacket
<b>Question 7</b> Kenny: Hi David. Do you have any plans for this weekend? David: It is my grandma's birthday, so we are having a big family __ with __ food on Sunday to celebrate. I'm so excited! Kenny: How nice. I am not sure if I am going to do anything special this weekend. a) Acting / festival b) goal / tradition c) meal / traditional d) wish / festival	<b>Question 8</b> Ben: I want to go home and ____. Carol: Woe, you don't look very well. Are you feeling OK? a) buy some cough medicine b) lie down c) make a dentist appointment d) see a doctor
<b>Question 9</b> Johanna: Look! It's a ____! Megan: I see it! It's drinking nectar from a ____. a) hummingbird / flower b) leopard / field c) reindeer / century d) skyscraper / ship	<b>Question 10</b> Ramon: Is this your first day here? Jose: Yes, it is. My family and I __ Guanacaste to San Jose for my new job. a) arrived in b) moved from c) return to d) were born in

<p><b>Question 11</b>  Jeff: Why are you taking that strong medicine?  Peter: I walked a lot in the morning and my feet _____.  a) hurt  b) hurting  c) hurts  d) is hurting</p>	<p><b>Question 12</b>  Frank: I'm going to the supermarket. What do you need?  Wanda: We don't have _____ coffee. Please get 2 packages.  a) a  b) any  c) many  d) some</p>
<p><b>Question 13</b>  Alan: The receptionist said that wild animals come to drink water out of the swimming pool. Look...out the window! _____ the kangaroo?  Robert: Yes! Wow! It is very big. It is definitely not a good time to go swimming. I _____ him to go away.  Alan: Me neither. Let him drink all the water he wants and leave him alone!  a) Are you going to see / don't ask  b) Are you seeing / didn't ask  c) Did you see / is not going to ask  d) Do you see / wouldn't ask</p>	<p><b>Question 14</b>  Sally: My sister is a primary school teacher, so she is around sick children all the time. She always catches a _____.  Karen: _____ your sister _____ sick every year?  Sally: Yes, she never misses them.  a) ache / Is / looking  b) ball / Are / getting  c) cold / Does / get  d) sore throat / Does / looks</p>
<p><b>Question 15</b>  Freddy: Are you going to prepare dinner for today?  Jennifer: No, I am not. I _____ to my favorite Chinese restaurant.  a) am going to go out  b) be going out  c) going out  d) going to go out</p>	<p><b>Question 16</b>  Husband: _____ you _____ the bank account?  Wife: No, didn't. I need to go to the bank tomorrow.  a) Did / open  b) Did / opened  c) Were / open  d) Would / opened</p>
<p><b>Question 17</b>  Client: How _____ potatoes are there in that big box?  Farmer: There are approximately 50 kilos of potatoes.  a) any  b) many  c) much  d) some</p>	<p><b>Question 18</b>  Peter: Can I have _____ tea, please?  Waiter: Sure! Do you want black or green tea?  Peter: I want _____ green tea.  a) an / a  b) many / a  c) much / some  d) some / some</p>
<p><b>Question 19</b>  Nelson: What _____ your parents _____ for Valentine's Day?  Cam: They always go out for dinner.  a) are / going  b) are / going to do  c) is / going to do  d) plan / do</p>	<p><b>Question 20</b>  Janeth: How _____ popcorn do you eat at the movies, Steve?  Monica: I always buy the extra big box.  a) any  b) many  c) much  d) some</p>

## Reading 1

Instructions: Read the following text about health news. Select the correct option for each question.

Read the advice column carefully.

### **I don't like the way I look. I'm a chubby girl.**

#### **Kelly:**

I have put on a lot of weight lately and now I don't feel comfortable with my body; I'm just too fat. I was on a diet, but that didn't work out for me because after a while I regained all those lost kilos. Can anyone give me some advice on what I should do to get slim again?

#### **Susan:**

Hi Kelly!

I advise you to move whenever you have the chance. Physical exercise is extremely important when you want to lose weight. You don't have to be an athlete or anything like that. You can start by doing small exercises every day. You can also go for a walk and invite a friend to go along because when we do things in a group it is more encouraging and fun.

Another important thing if you want to lose weight is your diet. You should have a diet rich on vegetables and fruit and you should avoid fast food or sweets because they have many calories. Try to vary the food you eat; you have tons of different fruits, vegetables, and other healthy choices at your disposal. Having a healthy diet doesn't mean you have to be hungry all the time and that food can't be tasty as well.

I hope this can help you! It worked just fine for me because I also used to be fat.

#### **Paula:**

Hi there, Kelly!

I totally agree with Susan when she says you have to work out and have a healthy diet. Besides that, I believe it is essential to drink lots of water. A great part of our body is made of water, so we should drink it in order to keep our body hydrated. It does wonders to our skin because it prevents ageing, and increases energy levels.

Another tip to avoid eating unhealthy food is to prepare your own lunch at home. By doing so you know that you have all the nutrients you need, and you don't have to look for a place that serves healthy food (this task can become a very difficult one).

Hope this helped you!

#### **Question 31**

##### **To keep healthy you should...**

- a) choose between a healthy diet or a workout plan.
- b) do a lot of exercise and eat very small quantities of food.
- c) have a balanced diet and engage in physical activities.
- d) never eat the things you like and drink lots of water.

#### **Question 32**

##### **2 to help you avoid unhealthy food, you should...**

- a) become vegetarian
- b) eat at the school canteen.
- c) eat in a restaurant.
- d) prepare your own meal at home.

#### **Question 33**

##### **What foods are vegetables?**

- a) bread, rice, or pasta
- b) broccoli, lettuce, or carrots
- c) meat, fish, or soy
- d) tomatoes, grapes, or bananas

#### **Question 34**

##### **What are the benefits of water?**

- a) Good skin, fruits, and proteins
- b) Good skin, hydration, and avoid junk food.
- c) Hydration, looking young, and feeling active.
- d) Hydration, nutrients, and good skin.

**Decide if the following sentences are true [T] or false [F].****Question 35**

Kelly has a problem because she tried to lose weight but it came back.

**Question 36**

Susan thinks extreme physical activities help you lose weight.

**Question 37**

Try to vary the food you eat but it should be healthy

**Question 38**

Healthy food isn't delicious.

**Question 39**

Both Susan and Paula understand Kelly's problem because they used to be chubby.

**Reading 2**

Instructions: Read the following text about goals and plans. Select the correct option for each question.

I read an article recently that explained why it's better to keep your goals to yourself. According to the author's research, sharing ones goals can give them the same feeling of satisfaction as accomplishing, which makes you not do it. In my own personal experience, I noticed that since I stopped getting too excited and sharing, I am actually doing more. For example, my blog. I simply did it. It was influenced by a friend's challenge to me, and it has been wonderful.

I also started writing down my goals, and when I do, I create a clear plan, with sub-topics such as the route to the goal, how to possibly overcome the challenges, risk-assessment and finally, what if this route doesn't work out? When chasing dreams, you have to be mentally prepared to accept failure, and understand it's a part of the process. There are actions which could lead us nowhere, but you can always pull out your plan, and with your skills, you will find another way. The worst is to not try at all!

Dreams and goals may seem impossible, unachievable, well what if Zuckerberg thought he wasn't good enough? What if Bill Gates didn't drop out and take a different route? Sometimes the obstacles we see, are exactly the things we need to push us to our destination.

So, let's think about it again, dreaming big and setting big goals is great, but going on to share it everywhere can stop you from doing it. What you need is competition, so put yourself in an environment that pushes you to do more, work smarter, share less and do more.

**Question 40**

**People who tell others about their plans usually don't \_\_\_\_ them.**

- a) complete
- b) forget
- c) joke about
- d) share

**Question 41**

**The writer suggests that we shouldn't tell others about our \_\_\_\_.**

- a) fireworks
- b) goals
- c) opinions
- d) thoughts

**Question 42**

**The word seem in paragraph 3 is similar in meaning to \_\_\_\_.**

- a) grow
- b) look
- c) move away
- d) sell

**Question 43**

**According to the text, how do people feel when they share their life plans?**

- a) happy
- b) motivated
- c) sad
- d) well

Situation: Listen to the conversations talking about future plans.

<b>44) What is the woman going to do?</b> a) Stay home b) See a movie c) Visit Karen	<b>45) Who is going to help their family?</b> a) The man b) The woman c) Her father
<b>46) What are they going to eat?</b> a) Steak b) Chicken c) Barbecue wings	<b>47) What is the man going to regret?</b> a) Coming home early b) Taking time off work c) Taking a trip

Doctor's appointment

<b>48. What's the patient's problem?</b> a) a headache b) a soar throat c) a stomachache d) an earache	<b>49. What does Mr. Lewis do in the morning?</b> a) He eats healthy b) He exercises c) He has too much stress d) He takes cough syrup
<b>50. What will the doctor give him?</b> a) Ear drops b) Ear drops and pills c) Nothing d) Pills	<b>51. When is he going to feel better?</b> a) After a week b) Everyday c) Never d) Next day
<b>52. What's the matter with the doctor?</b> a) He has a backache b) He has a headache c) He has a stomachache d) He has an earache	<b>53. How does the doctor get better?</b> a) He does physical therapy b) He gets an X ray c) He goes to bed d) He takes a pill

<https://youtu.be/YKvAaiGnldY>