Name: _____ **Class:** _____ **Date:** _____

StartUp5 Unit 5 Test

LISTENING

Listen to the talk and answer the questions.

(**Audio Track:** StartUp5_Unit05_Test_01)

____ 1. What is the speaker's main idea?
   a. why people don't drink enough water
   b. how you can drink more water
   c. what are benefits of drinking enough water
   d. why our body needs water

____ 2. Why does the speaker mention fruits and vegetables?
   a. Because they contain vitamins and minerals.
   b. Because they help you go to the bathroom.
   c. Because they are a good source of water.
   d. Because they are a delicious snack.

____ 3. According to the speaker, what can help you drink enough water?
   a. Carry a bottle wherever you go.
   b. Ask a friend to remind you.
   c. Set an alarm on your phone.
   d. Leave notes around your home.

____ 4. According to doctors, why do many people not drink enough water?
   a. They forget to drink.
   b. They think it's too much water.
   c. They dislike the taste of pure water.
   d. They dislike drinking large amounts.

PRONUNCIATION

Listen to each conversation. Write the response that you hear.

5. (**Audio Track:** StartUp5_Unit05_Test_02)

   _____!

6. (**Audio Track:** StartUp5_Unit05_Test_03)

   _____.

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LIVEWORKSHEETS

GRAMMAR

A. Complete each sentence by using the past continuous + the gerund or infinitive form of the verb in parentheses.

7. We _____ (think about, grow) more vegetables, but our garden didn't have enough space.

8. Priyanka _____ (plan, sleep) early tonight, but she had to finish a project.

9. I was _____ (go, give up) smoking, but it was too difficult.

B. Read each conversation. Write a response using the word in parentheses and *so*, *too*, *neither*, or *either*.

10. A: I can get medicine for Hannah.

    B: _____ (I). I'm going to the store later.

11. A: I'm tired from all that running.

    B: _____ (I). I need to rest.

12. A: I've never had an operation.

    B: _____ (I). I'm pretty healthy.

C. Complete each sentence using the words in parentheses.

13. Ellen _____ (intend, make) a reservation at a hotel.

14. We _____ (not plan, drink) a lot during dinner tonight.

15. Oscar _____ (mean, wake up) at 5:00 am tomorrow.

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LIVEWORKSHEETS

VOCABULARY

A. Complete each sentence with the correct phrase.

a. spend time in nature
b. stop drinking soda
c. eat healthier food
d. get regular checkups
e. get more sleep
f. practice meditation

____ 16. Mike's doctor advised him to _____ because his blood sugar is already too high.

____ 17. People over 45 should _____ so doctors can give them medical advice to maintain their health.

____ 18. A: Would you like to order some dessert?
B: Not this time. I promised myself to _____ so I can go back to my normal weight.

B. Complete each sentence with the correct phrase.

a. I feel exhausted
b. my knee hurts
c. my ankles are swollen
d. I sprained my wrist
e. I have a stiff neck

____ 19. I almost can't turn my head when somebody calls me because _____.

____ 20. I have difficulty wearing shoes because _____ from my fall yesterday.

____ 21. I cannot hold my racket because _____. It will be weeks before I can play tennis again.

C. Complete each sentence with the correct word or phrase.

a. take a risk
b. are depressed
c. get some rest
d. get an illness
e. have a heart disease
f. concentrate

____ 22. A lot of people like Trina _____ after a serious accident like hers.

____ 23. Lack of sleep means people _____ if they choose to drive.

____ 24. You really need to _____ tonight because you have a difficult day tomorrow.

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LIVEWORKSHEETS

CONVERSATION

A. Choose the best phrase to complete each part of the conversation.

a. It's kind of expensive.
b. I was going to start my diet today
c. I never pay full price for anything.
d. I have the same problem

25. A: Cookies! Who brought those?

B: The manager did. _____, but then I saw these.

A: Why are you starting a diet?

B: Mostly for health reasons. I eat too much sugar and need to exercise more.

A: _____. I need to eat healthier and exercise more, too.

B. Choose the best phrase to complete each part of the conversation.

a. That's the store policy.
b. I'm going to use it right now
c. Well, I can't run in the Fun Run either
d. Now my back really hurts

26. A: I don't think I can do the Fun Run.

B: What happened?

A: I hurt myself picking up a really heavy box last week. _____.

B: That's too bad. _____. But we can still go to support the others!

A: Great idea!

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LIVEWORKSHEETS

READING

Read the article. Answer the questions.

QUICK RECOVERY

Even if you aren't an elite athlete, a sports injury can really affect your daily life. If exercise is one of your daily habits, it can be hard to change that, even if it's only for a short time. However, there are many things athletes of all levels can do to make it easier to heal from an injury.

One of the most important things athletes can do to help their bodies heal is to pay careful attention to their diets. Of course, most serious athletes should already be doing this, but they need to be especially careful about what they eat when they're recovering from an injury. Proteins, such as chicken or fish are important for repairing sprains and pulled muscles. Fruits, vegetables, and healthy fats like avocados and nuts are also important for muscle repair. While many athletes may feel like they should reduce calories when an injury stops them from exercising, they shouldn't. According to some studies, the body burns 15-30% more calories when it's repairing an injury, so injured athletes need plenty of healthy calories. For athletes, diet is an important part of training, but it's also key to recovering from injury.

Depending on the type of injury, many athletes may be able to continue exercising while they recover. However, they often have to vary the types of exercise they do. Cycling, swimming, or yoga can be great recovery activities for athletes whose sports usually involve running. While an injury isn't something most people want to experience, it can give athletes an opportunity to try new activities, activities that may actually make them stronger and lead to better performance in their main sport. If it's impossible to continue exercising, the recovery time can be used to focus on improving in different ways. Some athletes try meditation, while others use the time to support their team members by volunteering at or cheering others on during competitions. Trying different types of exercise or activities can help injured athletes get something positive from their recovery.

Sometimes the most difficult part of recovering from an injury is keeping a positive attitude. Some injured athletes experience depression when they are suddenly unable to exercise. If it's a daily habit, the sudden change in routine can be difficult to accept. But, having a positive attitude can help. Many athletes stay positive by staying connected to their sport. They watch their sport on TV, attend competitions, and make plans for their own future in the sport. They also use the time to think carefully about how they got injured and to work on getting stronger in order to prevent future injuries. Staying positive helps athletes not just recover from an injury but also to improve after.

No one ever wishes for an injury. But the right attitude toward recovery, both physical and mental, can help athletes heal quickly and completely. And for some, what they learn from their recovery can actually help them perform better when they return to their sport.

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LIVEWORKSHEETS

____ 27. What is the article mainly about?
a. how injuries can affect an athlete's career
b. which injuries are the most difficult to recover from
c. what athletes should do if they get injured
d. why some athletes recover more quickly from injuries than others

____ 28. According to the article, trying new activities can help athletes _____.
a. get stronger
b. enjoy their own sport more
c. meet other athletes
d. spend less time exercising

____ 29. What is the main idea of paragraph four?
a. how a positive attitude can prevent injuries
b. why athletes need to be around positive people to recover
c. why it's difficult to stay positive after an injury
d. how an athlete's attitude affects their recovery

WRITING

Choose the most appropriate hook for each passage.

____ 30. _____! There's music, food, drinks, and people. The fun never ends. Except when it's over and you feel like you wasted a lot of energy. And you realize there were more important things to do. Nowadays, I'm just not as social as I used to be.

a. It's story time
b. It's movie time
c. It's party time
d. It's study time

____ 31. _____. Broken bones and a week in the hospital—I don't want to experience those again. Now I always wear a seat belt.

a. Prevent something before it happens
b. Look younger than you are
c. Forget about the bad times
d. Wait in line for your turn

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