

Name: _____
Class: _____

VOCABULARY

1 Complete the words in the sentences.

- 0 Your **e / b o w** is in the middle of your arm.
- 1 Your **k _ _ _** is in the middle of your leg.
- 2 Don't surf the internet just before bedtime because you won't feel **s _ _ _ _**.
- 3 Last night I had a really bad stomach **_ _ _ _**.
- 4 Your **b _ _ _ _** is mainly made of water, so drinking plenty of water helps you to think.
- 5 I usually sleep **b _ _ _ _** the night before an exam because I'm so nervous!
- 6 Most people's **h _ _ _ _** beat about 72 times each minute.
- 7 I usually get **r _ _ _ _** for bed at about 9.30, but read in bed for half an hour after that.
- 8 In spring and summer, a lot of people suffer from **h _ _ _ _**.

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2 Complete the sentences with the words in the box. There are four extra words that you do not need to use.

rugby	running	late	the gym	fit	a dream
all night	her leg	sick	asleep	yoga	the flu

- 0 I play rugby every week for my school.
- 1 My sister broke _____ playing football.
- 2 What do you do to keep _____ ?
- 3 My parents often fall _____ in front of the TV.
- 4 I often wake up _____ at the weekend.
- 5 I can't go to school this week – I've got _____.
- 6 Sarah had a cold and coughed _____.
- 7 I did some _____ before I went to school today.

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GRAMMAR

3 Add the correct quantifier to make full sentences. Use *some, any, a lot of, much, many, too much* or *too many*. You need to add two quantifiers in questions 5–7.

- 0 Would you like cake?
Would you like **some** cake?
- 1 I ate chips – now I feel ill!

- 2 I eat vegetables – they're very healthy.

- 3 How cups of coffee do you drink each day?

- 4 I didn't buy bananas because I don't really like them.

- 5 Alan doesn't eat salad, just a little, but he eats fruit – he loves it.

- 6 Barry is vegetarian so he never eats meat but he buys cheese and eggs.

- 7 David always has cola with his lunch, but he doesn't drink tea or coffee.

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4 Complete the blog entry using the Past Simple or Past Continuous of the verbs in brackets.

A Terrible Accident!

My little brother is usually really funny, but we
⁰ weren't laughing (laugh) today when he
¹ _____ (have) the accident!
 He ² _____ (carry) some water from the kitchen into the garden to put in his little swimming pool when he ³ _____ (fall) down the step.
 He ⁴ _____ (use) glass bottles to carry the water in – idiot!
 Anyway, he ⁵ _____ (cut) his hand really badly. He ⁶ _____ (cry) really loudly when Dad ⁷ _____ (find) him and he
⁸ _____ (take) him to the hospital straight away. He's OK now but he's got a big bandage on his hand – poor little thing!

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ENGLISH FOR SPEAKING

- 5 Complete the dialogue using the expressions in the box. There are two extra expressions that you do not need to use.

What's the matter	stay in bed
go to the hospital	a bad cold
a sore throat	have some water
sneezing	check your temperature
sit down	take an aspirin
I feel terrible	go home
Have you got	

- Doctor: Hello, how can I help you today? ⁰ What's the matter?
- Simon: Well, Doctor, ¹ _____! Since this morning.
- Doctor: Oh dear. Let me ² _____. Yes, it's very high, and you feel very hot.
- Simon: And I've got ³ _____ too. It really hurts when I talk or eat anything. Do you think it's ⁴ _____ or something worse?
- Doctor: I'm not sure yet. ⁵ _____ a headache?
- Simon: Yes, a really bad one, and I keep ⁶ _____ - Atchoooo!
- Doctor: Bless you! Yes, you do, don't you! OK, I think it's flu, so you need to ⁷ _____ and lie down straight away – don't go back to school today. You should ⁸ _____ for two or three days and ⁹ _____ every four hours for your headache.
- Simon: Thanks, Doctor.
- Doctor: And if it gets much worse, come back and see me or ¹⁰ _____ if it gets really bad.
- Simon: OK, Doctor. Thanks for your help.

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ENGLISH IN USE

- 6 Use the verbs and prepositions from the boxes below to make phrasal verbs then complete the sentences using the correct form. There is one extra that you do not need to use.

verbs		prepositions	
pick	take	up	off
top	look	on	out
get	hang	out	out
go	give	up	up
fall	find	up	after
go	check	on	out

- 0 Enrique picked up a cold when he was on holiday.
- 1 _____ this new game I bought this weekend!
- 2 How often do you _____ your mobile phone credit?
- 3 I _____ my little sister last night – it was fun playing together.
- 4 Milk _____ really quickly if you leave it out of the fridge.
- 5 Lisa and Celine were best friends, but they _____ last week because of a boy!
- 6 The café at the cinema is a really good place to _____ with your friends.
- 7 The doctor said I wasn't fit and needed to do more exercise so I _____ cycling.
- 8 I _____ really well with Ellie from the first time I met her and now she's my best friend.
- 9 What's _____ in the park today? I can hear loud music and there are lots of people there.
- 10 Donnie didn't talk to Ursula for three months after he _____ that she stole his phone.

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