Test 10 (7th form) SPOTLIGHT

Task 1. Fill in the gaps with *apart, behind* or *out*.

1. Julie fell ..... with her brother because he wasn't nice to her.
2. This book is falling ..... . I have to buy a new one.
3. He fell ..... in his work because he was on holiday.

Task 2. Fill in the correct word.

sore sprain ache miserable flu appointment hurt chip

1 Jane didn't go to work today as she had a stomach ..... .
2 Tom has ..... his back and has to rest.
3 He has a high t temperature. I think he's coming down with the ..... .
4 Can I have some tea with honey, please? My throat is ..... .
5 What's wrong with your wrist? Did you ..... it?
6 You have to go to a dentist when you ..... a tooth.

Task 3. Chose the correct respondse

1. I don't have time to finish this by myself!
2. I'm worried about the exams. .....
3. Are you all right? .....
4. Doctor, how bad is it? .....
5. Is something wrong?

A. It's nothing serious.
B. Yes, I'm fine thank you.
C. Let me help you.
D. Everything will be all right. You revised well.
E. No. Why? Do I look stressed?

Task 4. Read the text and match the headings with the paragraphs.

A. The vitamins make your bones hard.
B. Tastes differ.
C. You can't live without food.
D. Vitamins and the ABC.

Healthy food.

1.Eating is fun, especially when you are hungry. Most people have a favourite food. Some people enjoy eating sweet things like cakes, chocolates and ice cream. Other people enjoy savoury foods like cheese and meet.

2.Enjoying eating is our body's way of making sure that it gets the things it needs to work properly.Food helps us to keep warm, gives us the energy to walk, talk, run and do all the other things we do. It helps us to grow and stay healthy.

3.Vitamins also help us to be healthy. Scientists name vitamins after the letters of the alphabet. All of them are very important, for example: vitamin C keeps our skin and gums healthy. It is found in fresh fruit and green vegetables, such as oranges, blackcurrants, lettuce. Brussels sprouts and spinach also contain a lot of vitamin C.

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4.Vitamin D helps our bones to grow strong and hard, and we are able to make it for ourselves if our skin gets enough sunlight. But we can also get vitamin D if we eat fish, milk, butter, cheese and margarine. Some people buy pills or tablets vitamins. But most of us get more than enough of them from our food.

1 2 3 4

Are the sentences true (T) or false (F)?

1. When we enjoy eating our body gets everything to work well. _____
2. To get vitamins you need to buy pills. _____
3. Vitamin C is important for our skin. _____
4. You can get vitamin D only when eating special food. _____

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