

WIDER WORLD

Unit 6. Take care

Test A

VOCABULARY

1 Complete the words in the sentences.

- 0 Your e l 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 _ _ _ _ _.

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 her leg playing football.
- 2 What do you do to keep fit ?
- 3 My parents often fall asleep in front of the TV.
- 4 I often wake up late at the weekend.
- 5 I can't go to school this week – I've got a dream.
- 6 Sarah had a cold and coughed sick.
- 7 I did some yoga before I went to school today.