

## TEST UNIT 1

1- Complete the sentences with the affirmative or negative form of the verbs in brackets. Use the present simple. Use contractions.

a The plane (leave) leaves in half an hour but Nick (not / be) at the airport yet.

b My best friend (love) science fiction films but they (not / interest) me.

c I (not / study) chemistry because it (be) difficult.

d I (not / dance) because I (look) stupid.

e The Sun (not / go) round the Earth, the Earth (go) round the Sun!

f My new computer (do) lots more things than my old one, and it (not / crash)

g My dad (not / have) any qualifications but he (have) a really good job.

h Fire (need) oxygen to burn. It (not / burn) without oxygen.

i My teacher (not / own) a mobile phone because some people think they (be) bad for your health.

j According to scientists, animals (live) longer if they (not / eat) too much.

2- Complete the conversation with questions. Use the words given in brackets. Use the tenses you need.

A: Hi there. Nice to meet you. I'm Devon.

B: Hi Devon. I'm Natasha. Devon's an unusual name. <sup>0</sup>(How / you / spell) How do you spell it?

A: D-E-V-O-N.

B: <sup>1</sup>(Who / give / you) that name?

A: My father.

B: <sup>2</sup>(Why / he / call) you Devon?

A: Because it's an old family name.

B: <sup>3</sup>(What / you / do) ?

A: I'm a student at university. I'm studying sports science.

B: <sup>4</sup>(What / sports / you / do) ?

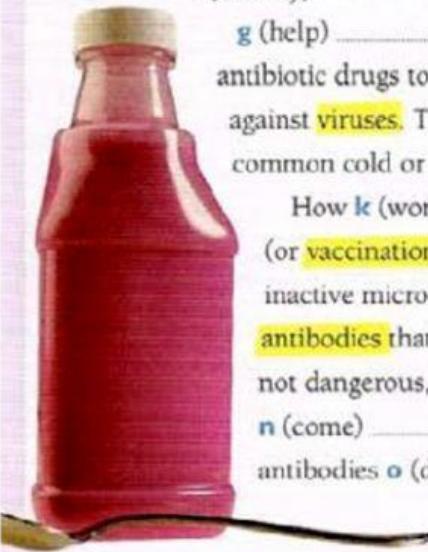
A: Basketball and karate. I play a lot of sport.

B: <sup>5</sup>(What / job / you / like) to do in the future?

A: I'd like to be a sports teacher.

3- Complete the text with the affirmative, negative or question form of the verbs in brackets.

What **a** (do) does the body **do** to protect itself? Your body **b** (prevent) harmful microorganisms entering and causing harm. The skin, for example, **c** (allow) microorganisms to enter. Hairs and **mucus** in your nose **d** (catch) invaders, and then you **e** (push) the mucus out when you cough, sneeze or blow your nose. Enzymes and acids in the body, and white blood cells also **f** (destroy) bacteria.

 **g** (help) antibiotics ? Doctors **h** (use) antibiotic drugs to fight bacterial infections, but antibiotics **i** (work) against **viruses**. This is why doctors **j** (give) antibiotics to patients with a common cold or flu.

How **k** (work) immunization ? Immunization (or **vaccination**) is another way of protecting the body, by **injecting** the body with dead or inactive microorganisms. After vaccination, the body **l** (start) to make antibodies that destroy the microorganism. Because the microorganisms in the vaccination are not dangerous, the person **m** (get) ill. When they **n** (come) into contact with a live (dangerous) micro organism, then the antibodies **o** (destroy) the infection before it makes them ill.

4- Drag and drop the words in the correct order.

Example:

*My friends and I (once a month / to the cinema / go) go to the cinema once a month.*

- 1 Lina (**organised / always / is**) is and punctual.
- 2 I like to (**several times a week / share my photos online**) several times a week.
- 3 Peter (**rarely / nervous / gets**) rarely before exams.
- 4 The running club (**every / meets / Friday**) every Friday at 6pm.
- 5 We (**my grandparents / visit / regularly**) regularly.

5- Read the text and put the sentences in the correct place. There are three extra sentences that you do not need to use.

# How I dealt with stress

1

For months I'd been unable to relax and I felt awful. I worried about things, I wasn't sleeping well and I couldn't concentrate on my school exams revision. Then my best friend told me that everyone thought I was always in a bad mood. (1) 

2

I began by making some simple changes to my routine. Each morning when I woke up, I thought about things I was looking forward to, so that I started the day in a more positive mood. I kept doing that until it became a habit. I also knew I should do more exercise, but to tell the truth I don't enjoy doing sports.

(2)  That really helped me to relax, particularly when I learnt to concentrate on enjoying the experience rather than let negative thoughts go through my mind.

3

I changed the way I study, too. I used to put off working as long as I could until finally I had to study for hours non-stop, often until late in the evening when I was getting really tired. Nowadays I try to do my homework straight after school and every 40 minutes or so, I take a break, usually for no more than ten minutes.

(3) 

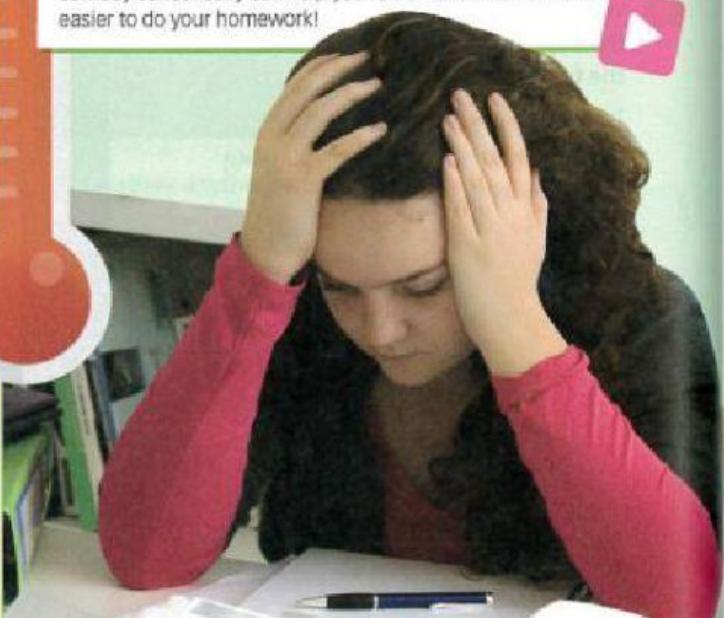
4

I've also discovered some great anti-stress apps for my phone, such as Mindshift, Live Happy and Smiling Mind. Some of these are designed for teenagers, with yoga and breathing exercises to help you relax, a 'book of happy memories' that you create for yourself to look at when you're feeling down, and relaxing sounds such as the ocean. (4)  Some of these apps are free.

5

Last month I read an article which said people with a good sense of humour are usually happier and more relaxed.

(5)  So watching cartoons or your favourite comedy series really can help you relax – and even make it easier to do your homework!



- A One I particularly like has a 'quick tips' section you can use in stressful situations.
- B It was so funny that I felt more cheerful straight away.
- C That made me realise I couldn't go on feeling so stressed.
- D I knew I had to finish that first.
- E It recommended that everyone should laugh more often every day.
- F So I took up dancing instead.
- G People who do this often seem to be more miserable than everyone else.
- H If it's longer, I find it hard to get back into what I was concentrating on.