PILGRIMS ENGLISH INSTITUTE 4TH YEAR/ NEW GOLD B1

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. [0] **(How / you / spell)** **How do you spell** it?

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

B: [1] **(Who / give / you)** _____ that name?

A: My father.

B: [2] **(Why / he / call)** _____ you Devon?

A: Because it's an old family name.

B: [3] **(What / you / do)** _____?

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

B: [4] **(What / sports / you / do)** _____?

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

B: [5] **(What / job / you / like)** _____ to do in the future?

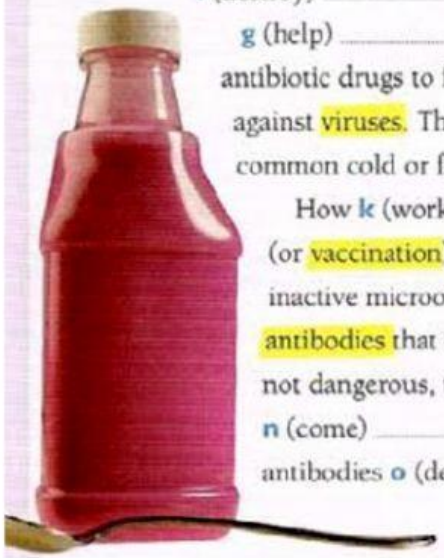
A: I'd like to be a sports teacher.

___ / 5

LIVEWORKSHEETS

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)** _____ and punctual.

2 I like to **(several times a week / share my photos online)** _____.

3 Peter **(rarely / nervous / gets)** _____ before exams.

4 The running club **(every / meets / Friday)** _____ at 6pm.

5 We **(my grandparents / visit / regularly)** _____.

5- Read the text and put the sentences in the correct place. There three extra sentences that you do no need to use.

LIVEWORKSHEETS

How I dealt with stress

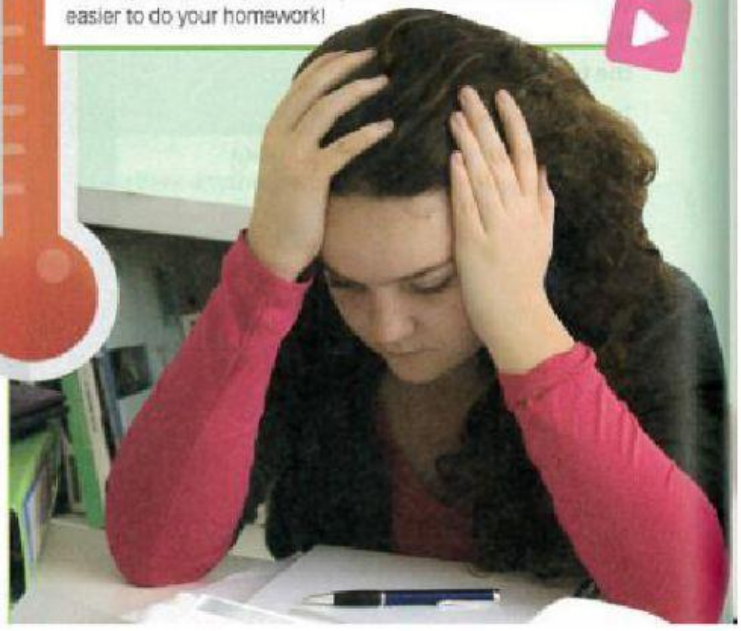
1 For months I'd been unable to relax and I felt awful. I worried about things, I wasn't sleeping well and I couldn't concentrate on my school exams revision. Then my best friend told me that everyone thought I was always in a bad mood. **(1)** ..C..

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.

LIVEWORKSHEETS