

Grammar

1 Match problems 1–6 with advice a)–f).

Complete a)–f) with *should* or *shouldn't*.

- 1 He smokes thirty cigarettes a day. b
- 2 I'm tired. _____
- 3 Alice is overweight. _____
- 4 I can't sleep at night. _____
- 5 My son's really stressed at work. _____
- 6 I'd like to get fit. What should I do? _____

- a) You _____ join a gym.
- b) He should try to stop.
- c) He _____ look for another job.
- d) You _____ drive her everywhere.
- e) You _____ go to bed.
- f) You _____ watch TV in bed. You should read.

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2 Complete the sentences with the correct form of the words in brackets.

- 1 He's only six so he can't read fast. (fast)
- 2 He got home _____ and opened the door very _____. (late / carefully)
- 3 When she speaks _____, she is _____ to understand. (slow / easy)
- 4 I hurt my leg _____ so I can't walk very _____. (bad / good)
- 5 He eats his breakfast very _____. (quick)
- 6 They eat very _____. They only eat junk food. (healthy)
- 7 He studied very _____ and passed the exams _____. (hard / easy)

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Vocabulary

3 Cross out the wrong word in each group.

- 1 arm: ~~back~~ hand finger
- 2 hand: finger thumb arm stomach
- 3 head: hair ear leg eyes
- 4 body: neck cough back throat
- 5 face: nose arm eyes teeth

4

4 Complete the words.

- 1 I feel terrible. I think I've got flu.
- 2 My back h _____ and I've got s _____.
- 3 My l _____ hurt and I f _____ tired.
- 4 My daughter came home early with s _____ eyes and a high t _____.
- 5 He has a h _____ and a r _____ nose.
- 6 I'm in bed with a c _____ and a sore t _____.

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5 Complete the sentences with the correct form of the verbs in the box.

answer exchange forget remember
~~send~~ start turn off

- 1 How many text messages do you send a day?
- 2 The pilot told us to _____ our phones during take off.
- 3 Sometimes it's hard to _____ a conversation with people you don't know.
- 4 I usually _____ phone numbers with people I'd like to see again.
- 5 He often _____ my name but I don't mind. He is always very friendly.
- 6 I don't know why my mum has a mobile. She never _____ it when I call her.
- 7 What's your phone number? Sorry, but I don't _____ it.

6

Function

6 Complete the conversations with phrases a)–k).

- 1 A: That bag's ¹ heavy. ² _____ it for you?
B: That's very ³ _____ you.
A: ⁴ _____.
- 2 A: I can't reach ⁵ _____. It's too high.
B: ⁶ _____ it for you.
A: Thanks ⁷ _____.
B: You're ⁸ _____.
A: Would you like a ⁹ _____ and a coffee?
B: OK. ¹⁰ _____ the sandwiches. You make the coffee.
A: Thanks ¹¹ _____.
B: That's OK.

- a) so much
- b) Let me open
- c) Shall I carry
- d) I'll make
- e) the window
- f) kind of
- g) ~~heavy~~
- h) No problem.
- i) welcome
- j) a lot
- k) sandwich

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Reading

7.1 Read the article about some homemade treatments for a cold. Complete the gaps in the article 1–4 with the sentences and questions a)–d).

Eat yourself better!

View comments

Have you got a cough and a runny nose? Do you think you're getting a cold? Well, the good news is, you can eat yourself better! Here are some delicious food cures for you to try.

Let's start with my favourite: chocolate. Yes, believe it or not, chocolate can help cure your cold!

Well, dark chocolate, it seems, helps stop a cough. So, if you're coughing a lot, help yourself to a nice bar of chocolate.

A lot of different cultures believe that chicken soup can help you when you have a cold.

So if your nose is running and you have a sore throat, have a bowl of lovely, homemade chicken soup!

Milk, honey, lemon and ginger are also useful in fighting a cold. You can drink hot milk with honey, or a delicious cup of lemon and ginger tea.

If you like spicy food, then this next one is for you. It seems that eating hot, spicy food, for example an Indian curry, can help your body fight a cold.



- And a lot of doctors agree.
- Both things will help you feel much better.
- How does it work?
- So get in the kitchen and remember to add that spice!

7.2 Read again and answer True (T), Don't Know (DK), or False (F)

- The text is informative.
- It mentions four different kinds of medically proven cures for a cough, runny nose and a cold.
- Chicken soup can cure up to four different symptoms.
- Indian curry can stop a runny nose.
- Ginger can fight a cold.
- Indians know a lot about illnesses.

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Listening

8.1 Listen to a doctor talking on a radio show. What problem is she talking about? How many solutions does she suggest?

8.2 Listen again. Tick the solutions she mentions in the list below.

- Count sheep.
- Count your breaths.
- Count from one to twenty.
- Look at your phone.
- Switch your phone off.
- Don't look at your phone.

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Writing

9 Read the problem below and write a reply.

Hi, I've got a huge problem and need some help! Last year my best friend and I decided to go to New York together this autumn. Now I've got a new boyfriend and he's just bought us tickets to go to Paris the same weekend. I don't know what to do. I want to go to Paris with my boyfriend but my friend is really excited and I don't want to make her angry! What should I do?

Jemima

Remember:

Plan your writing

- Think about what advice you're going to give Jemima. Give her at least two pieces of advice and tell her not to worry.

Check your writing

- Did you use adverbs of manner to describe how Jemima should follow your advice?
- Did you check your grammar and spelling?
- Did you find any mistakes?

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Total Mark:	50
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Final Mark:	
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