

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 .
 3 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!



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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!

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

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

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

4 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.

5 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.



- a) And a lot of doctors agree.
- b) Both things will help you feel much better.
- c) How does it work?
- d) 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)

- 1 The text is informative.
- 2 It mentions four different kinds of medically proven cures for a cough, runny nose and a cold.
- 3 Chicken soup can cure up to four different symptoms.
- 4 Indian curry can stop a runny nose.
- 5 Ginger can fight a cold.
- 6 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

Final Mark: