Life Vision Pre-intermediate Unit Test 3

A Grammar: Quantifiers

Complete the sentences with one word.

1 I'd like a _____ sugar in my coffee please.

2 I ate too _____ chocolates this morning and now I feel sick.

3 How _____ milk do you want in your tea, Dad?

4 Can I have a _____ tomatoes and some bananas, please?

5 There's too _____ salt in this pasta. I can't eat it.

6 How _____ eggs do we need for the cake?

7 How _____ bread do we need to buy?

8 How _____ cakes did you make for this party? We only need one!

9 I'm not hungry. I ate too _____ eggs for breakfast.

10 I'll put a _____ tomatoes in the salad. They're delicious.

11 I still don't feel very well, but I'd like a _____ rice for dinner, please.

12 There's too _____ sugar in my coffee. I can't drink it.

B Grammar: Quantifiers

Choose the correct words from the box to complete the sentences.

a few a little a lot lot of how many how much many too many too much

1 _____ coffee do we need this morning?

2 There were _____ of people in the cafe. It was very busy.

3 They go to a restaurant _____ times a week – maybe two or three.

4 No thanks – I'm trying not to eat _____ meat.

5 Would you like _____ water with your meal?

6 Are _____ people coming to the party?

7 _____ bread do we need for lunch?

8 Would you like _____ milk in your coffee?

9 There's _____ of pizza here. Would you like some?

10 There were _____ people in the crowd. I didn't like it.

11 _____ plates have we got?

12 Would you like _____ crisps with your sandwich?

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C Grammar: Modal verbs for obligation

Complete the second sentence so that it means the same as the first sentence using the words given. Use between two and five words.

1 In our school, we aren't allowed to wear sports clothes in classrooms.
(must)
In our school, we _____ sports clothes in classrooms.

2 It's necessary to leave at 7.30 to catch the train.
(to)
They _____ at 7.30 to catch the train.

3 It's important to read the rules before you use the gym.
(must)
You _____ the rules before you use the gym.

4 Are you feeling tired? Don't worry, playing tennis today isn't important.
(have)
Are you feeling tired? Don't worry, we _____ tennis today.

5 Should we bring a basketball, or can we use yours?
(bring)
Do we _____ a basketball, or can we use yours?

6 It isn't necessary for Emma to take her racket today because she doesn't have Tennis Club.
(needn't)
Emma _____ her racket today because she doesn't have Tennis Club.

7 They should get up early for the trip.
(to)
They _____ early for the trip.

8 It's important to be quiet while you're watching the game.
(be)
You _____ quiet while you're watching the game.

9 There isn't a tennis match today, so it's not necessary to bring your racket.
(have)
There isn't a tennis match today, so you _____ your racket.

10 We aren't allowed to wear shoes in the gym. We must wear trainers.
(mustn't)
We _____ shoes in the gym. We must wear trainers.

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11 Dan doesn't have to stay late today because there isn't a hockey match.

(needn't)

Dan _____ today because there isn't a hockey match.

12 Is it necessary to be a fast runner to join Running Club?

(to)

Do you _____ a fast runner to join Running Club?

D Vocabulary: Understanding topic vocabulary

Choose the correct words from the box to complete the text.

delicious	healthy lifestyle	on a diet	recipe	variety	smoothie	unhealthy	portion	have a lot of energy

I usually eat [1] _____ food like pizzas and ice cream, but now I'm [2] _____, so I'm eating more fruit and vegetables.

After just two weeks, I [3] _____ and I'm able to study more. I thought I didn't like healthy food, but it's [4] _____! My favourite meal is breakfast. I make a [5] _____ with a [6] _____ of fruit and vegetables. It's the perfect way to start the day!

E Vocabulary: Understanding topic vocabulary

Choose the correct words from the box to complete the sentences. There are three words you do not need.

portion	broccoli	spinach	veggie burger	heavy meal	recipe	pineapple	medium-sized	healthy lifestyle

1 I found the _____ for this dish on the internet.

2 Can I have a small _____ of pasta, please?

3 I think _____ is my favourite fruit.

4 We ate a _____ at breakfast time and weren't hungry until dinner.

5 I know it's a _____, but it looks like real meat.

6 Linda has a _____ and she exercises every day.

F Vocabulary: Understanding topic vocabulary

Write the correct words to complete the sentences.

1 You should wear a _____ on your head for cycling.

2 I bought a new tennis _____. My old one broke.

3 When it's cold outside, I run on the _____ in the gym.

4 I go _____ every day. I'm doing a 10 km race next year.

LIVEWORKSHEETS

5 You can't go walking in snow in _____. You need boots!

6 The sports club has a basketball _____.

7 I usually run on the _____ in the gym.

8 Come and play badminton! All you need is your own _____.

9 It's better to run in a _____ than in jeans.

10 Shall I book a _____ for us to play tennis on?

11 You need strong shoes to go _____ in the mountains.

12 In the gym, you must wear _____. Boots aren't allowed.

Read the sentences and complete the words.

1 Going j[ ]g is harder work and more tiring than walking.
2 You don't s[ ]e p[ ]ts when you hit the ball out of the court.
3 People do p[ ]h-u[ ] to make their upper body and arms stronger.
4 Many people wear t[ ]s[ ]s and t[ ]s to the gym.
5 Many people who don't live in Manchester s[ ]t Manchester United football team.
6 You don't need a racket to play vo[ ]all.
7 It's a good idea to do a w[ ]m-[ ]p before you go for a run.
8 You can go running on a t[ ]ll in the gym.
9 You need a r[ ]t for games like, tennis, badminton and squash.

G Listening: Identifying fact from opinion

Listen to two friends talking about health and fitness. Choose the correct answer for each question.

1 Which does Tom believe is the healthiest activity?

A ☐ Walking is healthier than running.

B ☐ Running is healthier than walking.

C ☐ Running and walking are both the same.

2 Which fact does Jenny give about running and the heart?

A ☐ Running can help people improve the condition of their heart.

B ☐ Running can make hearts become weaker.

C ☐ Running can cause people to live 15 years longer.

3 What's Tom's opinion of how he walks?

A ☐ He walks further than other people.

B ☐ He walks more often than other people.

C ☐ He walks more quickly than other people.

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4 According to Jenny, how often should you walk each day to improve health?

A ☐ 10 minutes

B ☐ 30 minutes

C ☐ 100 minutes

5 Why does Jenny mention that running can be dangerous?

A ☐ It's a fact another student told her.

B ☐ It's an opinion of her own.

C ☐ It's a fact she has read about.

6 What is Tom's opinion of the best way to get to school?

A ☐ Cycling

B ☐ Walking

C ☐ Running

H Speaking: Using collocations

Read the sentence and choose the correct answer.

1 I usually ___ the housework on Saturday mornings.

A ☐ make B ☐ take C ☐ do

2 We were nearly late for the movie – it ___ ages to find a parking space.

A ☐ did B ☐ took C ☐ made

3 You should ___ a warm-up before the start of the race.

A ☐ do B ☐ make C ☐ take

4 Let's ___ a list before we go shopping.

A ☐ do B ☐ take C ☐ make

5 We're going to the mountains to ___ some photos.

A ☐ do B ☐ take C ☐ make

6 Dana left the room because she had to ___ a phone call to her son's school.

A ☐ do B ☐ take C ☐ make

7 If you ___ a mistake with the spelling, you won't get the mark.

A ☐ do B ☐ make C ☐ take

8 I can't go out tonight because I have to ___ my homework.

A ☐ do B ☐ make C ☐ take

9 Can we meet up this weekend, or have you already ___ plans?

A ☐ made B ☐ done C ☐ taken

10 Please come in and ___ a seat.

A ☐ do B ☐ make C ☐ take

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11 I'll cook the dinner if you ___ the shopping.

A ☐ make B ☐ take C ☐ do

12 It was too far to walk to the hospital, so we ___ the bus.

A ☐ did B ☐ took C ☐ made

I Reading: Reading comprehension

Read the article about nature and mental health and choose the correct answer for each question.

Nature and Stress

Modern lives have become busier. Even when there is no one with us, we feel the stress of social media. For a lot of us, this increased stress is having a bad effect on our mental health. It makes us feel unhappy and worried. Luckily, exercise, sleep and improved diet help us relax, and so does the power of nature.

Have you ever stood at the top of a mountain and felt your worries disappear? Whether we are alone, or with other people, being close to nature makes us feel happier and more relaxed about our lives. It becomes easier to forget our worries and to pay attention to the world. This helps to improve our focus.

The benefits of nature have been known for a long time. However, in recent years, scientists have discovered even more advantages. They believe that nature can help people with less serious mental health conditions. They think that in some cases, it can even be as effective as traditional medicine. The idea has become popular and some mental health charities have even begun to recommend nature to their patients.

When we are stressed, our bodies produce certain chemicals. Many scientists believe that sitting outside and looking at the view reduces these chemicals. They suggest that a ten-minute walk, three or four times a week, can really make a difference. The experience is not about exercise, but the way your mind changes when you are in a natural environment.

In one study, researchers asked people to spend time in a natural environment. They tested their levels of stress chemicals before the experiment. They then tested them again two weeks later at the end of the process. The results showed nature reduced the stress of each of the volunteers. It also showed that the people who had spent the most time in nature had the most benefit.

1 The writer says that mental health may be ___.

A ☐ worse for many people today

B ☐ affected by spending too much time alone

C ☐ impossible to improve without medical help

2 The writer believes that nature ___.

A ☐ makes us more social

B ☐ helps us to think

C ☐ solves our problems

LIVEWORKSHEETS

3 Some scientists ___.

A ☐ use nature to look after patients with serious illness

B ☐ tell health charities not to recommend nature

C ☐ believe nature is more helpful than they thought

4 To begin the process of reducing stress, go outside and ___.

A ☐ do some serious exercise

B ☐ study nature for a moment

C ☐ take a walk every day

5 When researchers did a study with a group of people, they discovered ___.

A ☐ no change in stress levels at the end of two weeks

B ☐ lower stress levels after the experiment had finished

C ☐ similar stress levels amongst all the people

6 The writer's main purpose in writing the text is to ___.

A ☐ discuss scientists' ideas about nature and stress

B ☐ change people's ideas about the benefits of nature

C ☐ give advice on different ways to reduce stress

J Writing: Developing main points

Six sentences are missing from this blog post. Choose the correct sentence for each gap. There are three sentences which you do not need.

My favourite healthy food

I always think that you should try to eat the healthiest food that you can. That often means you have to make it yourself. But you don't have to be a great cook to do it. In my opinion, healthy eating doesn't have to be difficult. [1] ___ That's my favourite easy meal!

Before I begin, I make sure I have everything ready. I use a lot of lovely fresh vegetables, and perhaps some meat. [2] ___ I always use a good knife and make sure the slices are thin. They cook quicker that way.

Before I cook the meat, I always boil the rice. [3] ___ Some people prefer noodles, but remember that they are quicker to cook. They take about the same time as the meat and vegetables.

To do the stir-fry, add some oil to a pan and get it nice and hot. [4] ___ Be careful that you don't get any oil on you – it can really burn.

At this point I usually add a lot of pepper to make it taste really great. Some people like their food to taste a little bit sweet. [5] ___ I prefer mine without it.

Cook everything quickly for five minutes. Then, just serve it in a bowl. It's the perfect fast food, but it isn't junk food. [6] ___

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A When you can see it smoke, add your vegetables and meat.

B One simple way is to learn how to make a quick vegetable and rice dish.

C After cooking the chicken, the dish is ready to share.

D You can add a spoon of honey.

E It's the most expensive type of food.

F It takes a lot longer to cook than the vegetables and meat.

G Chicken is a cheap but delicious type for this dish.

H It's much better than food from a restaurant.

I It's much too healthy for that!

LIVEWORKSHEETS