



GRADED ASSIGNMENT – UNIT 3

Student: _____

Date: _____

1 Read the text and decide which answer (A, B, C or D) best fits each gap.

Jake Rutter has become famous for helping people get fit and turn their lives around, but he remains as (1) _____ as ever and still lives in the small cottage he used to live in when he was just a factory worker. Until two years ago he had been in a dead-end job in a factory, which he hated. His boss was a real slave (2) _____ and, although Jake didn't have a high position, his workload kept increasing. Consequently, he became very (3) _____ and stressed and was advised to do more physical exercise to let off steam and relax. A friend told him to (4) _____ up a challenge so Jake decided to get fit. He enjoyed it so much that he decided to quit his factory job and become a personal trainer and a nutritionist. His main criticism of healthy foods was that they were rather (5) _____ and unexciting, so he worked to create special recipes which were tastier, and now has a range of these healthy foods in the main supermarkets. His online videos have made him famous all over the world and, from a position where he hated his job and could hardly make (6) _____ meet, he is now wealthy and extremely happy.

- | | | | |
|----------------|---------------|---------------|---------------|
| 1 A nonchalant | B nondescript | C unassuming | D inadvertent |
| 2 A driver | B maker | C owner | D worker |
| 3 A misguided | B disgruntled | C nondescript | D intrigued |
| 4 A set | B build | C take | D make |
| 5 A nonchalant | B unassuming | C inopportune | D insipid |
| 6 A lines | B ends | C limits | D edges |

2. Complete the text with ONE suitable word.

Jo was anxious about her choice of university course. (1) _____ was beginning to think that maybe (2) _____ had been a mistake to do medicine. In order to secure a place, she had to excel in the exams and now she was not convinced of her ability to achieve top marks. She felt miserable and (3) _____ life seemed to have ground to a halt as she sank into depression. She no longer felt good about (4) _____ and wanted to recapture the positive feelings she had had only a few months ago. Her friends tried to encourage her to do something about (5) _____ and suggested various solutions but (6) _____ of them interested her. Then one day she came across an article online which described people who had changed (7) _____ lives for the better. She was attracted by Jake Rutter's story and his feel-good lifestyle and approach, so she enrolled in (8) _____ of his workshops and gradually regained her confidence. She is now determined to embark on a medicine degree at university.

3. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between three and six words, including the word given.

- 1 We have not had a party for ages.

HIGH

It's _____ party.

- 2 They regret not saying anything at the time.

WISH

They _____ at the time.

- 3 I never get a chance to speak at the team meetings.

ONLY

If _____ to speak at the team meetings.

- 4 Some TV programmes are such rubbish.

MAKE

I wish they _____ TV programmes.

- 5 I don't really like it when you shout at me.

RATHER

I _____ at me.

6. It's impossible that Carl had stolen the money. He's an honest person!

CAN'T

_____. He's an honest person!

4. Write a short account of a wish or regret you have or had, whether it came true or not.

- Write 100-150 words.
- Use advanced expressions learnt in this unit.
- Check spelling, grammar and punctuation mistakes.