# INSTITUTO CAMBRIDGE – MODELO 2026

| NAME: | TEENS 4 | |
|---|---|---|

| A | B | FINAL MARK | SET | TIME:2 hours |
|---|---|---|---|---|
| | | | 2 | |

## PART A

**MATCH THE FOLLOWING DEFINITIONS WITH THE CORRESPONDING WORD.** There are three words you do not need to use. **4x 0.25 = 1 mark**

1) To begin a plan or introduce something new such as a product.
2) A person whose job is to describe news events on television.
3) A large piece of heavy waterproof cloth.
4) A sudden violent shaking of the ground.

a) PLANET
b) CYBERATTACK
c) EARTHQUAKE
d) REPORTER
e) LAUNCH
f) WHISTLE
g) TARPAULIN

**CIRCLE THE CORRECT OPTION a, b or c TO COMPLETE THE BLANKS.** **4 x 0.25 = 1 mark**

| | | | |
|---|---|---|---|
| 1- I'm meeting _____ with some friends after work. | a) in | b) up | c) on |
| 2- This book _____ by a well-known French philosopher. | a) was written | b) wrote | c) writes |
| 3- The teacher went on _____for 50 minutes! | a) talk | b) to talk | c) talking |
| 4- Susan has lived in London _____ 5 years. | a) since | b) during | c) for |

**EXCHANGES.** *Match a line from **'A'** with a line from **'B'** to make short exchanges. Write the corresponding letter from B in the box. There are two extra phrases in B.* **4 x 0.2 = 0.8 mark**

| A | | B |
|---|---|---|
| 1. | I think this book is boring. | |
| 2. | Have you heard about Mary's brother? | |
| 3. | I passed all my exams! | |
| 4. | Do you like any TV series? | |

| B | |
|---|---|
| a. | That's fantastic! |
| b. | I don't agree with you. I really like it. |
| c. | Guess what! |
| d. | I agree with you. I love it! |
| e. | No, I don't. I prefer watching films. |
| f. | Yes, I have. He got a good job! |



LIVEWORKSHEETS

| **REWRITE THESE SENTENCES.** *Use the words in brackets without changing them.* | **8 x 0.4 = 3.2 marks** |
|---|---|

1- Susan is going to make some apple cakes. (MADE)

_____

2- I advise you to study French. (SHOULD)

_____

3- John would like to play tennis but he doesn't have any free time. (IF)

_____

4- Linda didn´t like strawberries as a child. Now she loves them. (USE)

_____

5- 'Where do you live?', my classmate wanted to know. (ASKED)

_____

6- If you don't sleep more hours, you will feel tired. (UNLESS)

_____

7- Don't run in the classroom. (MUSTN'T)

_____

8- 'I'm going to a birthday party, Mum,' Susan said. (TOLD)

_____

| **COMPLETE THE TEXT BELOW WITH THE CORRECT TENSE OR VOICE OF THE VERBS IN BRACKETS.** *Use the Present Simple or Continuous, the Past Simple or Continuous, the Present Perfect Simple or Continuous, the Past Perfect, the 'Going to' or the Simple Future.* | **10 x 0.30 = 3 marks** |
|---|---|

John is a chef. He 1) (work) _____ in a popular Italian restaurant since 2015. Last winter, he 2) (decide) _____ to go on holiday. John was very excited because he could finally relax. So, this chef 3) (go) _____ to a small village situated in the north of England. He wanted to enjoy nature. John 4) (feel) _____ calm when he arrived. He 5) (hear) _____ the birds singing and the wind in the trees. During his stay, he 6) (spend) _____ his days walking in the hills, reading books, and eating local food. He was impressed because of the beautiful views. In fact, hundreds of photos 7) (take) _____ by John during his trip. In the evenings, he 8) (watch) _____ the stars in the clear night sky. One morning, John tried horse riding for the first time. Since then, he 9) (take) _____ riding lessons near his home. At the moment, this adventurous chef 10) (plan) _____ a new trip.



LIVEWORKSHEETS

| **READING.** *Read this text and do* ***Tasks A*** *and* ***B.*** | **5 x 0.2= 1 mark** |
|---|---|

**HEALTHY EATING HABITS**

**A**

Many teens eat too much fast food, which is often high in sugar, salt, and unhealthy fats. While it's okay to enjoy a burger or pizza once in a while, eating junk food every day can lead to health problems like obesity or diabetes. Drinking sugary drinks like soda instead of water is another habit that can be harmful over time. It's important to make smart food choices most of the time.

**B**

Good eating habits also include how and when you eat. Eating at regular times, avoiding skipping meals, and not eating too late at night are all part of a healthy routine. Breakfast is especially important because it gives you energy to start your day. People who eat breakfast often do better at school and feel more focused in the morning.

**C**

Eating habits are the way people choose, prepare, and eat their food. Developing good eating habits is important, especially for teenagers, because it helps their body grow and stay strong. A balanced diet includes fruits, vegetables, proteins, whole grains, and healthy fats. Eating a variety of foods gives your body the nutrients it needs to stay healthy and full of energy.

**D**

To conclude, changing eating habits isn't always easy, but small steps can make a big difference. For example, you can start by adding more vegetables to your meals or choosing fruit instead of chips for a snack. Drinking more water and less soda is another easy change. Healthy eating helps not only your body but also your mind. When you eat well, you feel better, think more clearly, and have more energy to do the things you love.

**Task A:** *Number the paragraphs in the correct order. One has already been done.*

| | |
|---|---|
| 1 | **C** |
| 2 | |
| 3 | |
| 4 | |

**Task B:** *Circle* ***T*** *for true and* ***F*** *for false.*

4) Eating a healthy breakfast can help you improve your performance at school.

5) Eating habits can always be modified in a very easy way.

| | |
|---|---|
| **T** | **F** |
| **T** | **F** |



LIVEWORKSHEETS

## PART B

| WRITING | 10 marks |
|---|---|

*Write one composition using 120 to 160 words.*
*Choose either option A or option B and circle the letter corresponding to your choice.*

**A)** Write a ***BLOG POST*** to describe your last summer holidays. Include information about the place, the weather, the people you met and the activities you enjoyed doing.

**B)** Write a ***PROPOSAL*** for improvements in your club such as new tennis and basketball courts, more indoor swimming pools, a modern gym, a bigger cafeteria, etc.



LIVEWORKSHEETS