

Unit 5 Standard test A ★★

Listening

1 [1.06] Listen to Ann and David's conversation.

Write **true** or **false**. (5 marks)

- 1 David loves cycling. _____
- 2 David eats a lot of sweets. _____
- 3 David has a healthy lifestyle. _____
- 4 Ann is very lazy. _____
- 5 There are some swimming pools in Ann's city.

2 [1.06] Listen again. Choose the correct answers.

(5 marks)

- 1 David ____ playing tennis.
a doesn't like **b** loves **c** doesn't mind
- 2 David usually eats ____ when he wants a snack.
a crisps **b** vegetables **c** nuts
- 3 David ____ fruit.
a eats a lot of **b** doesn't eat much **c** never eats
- 4 Ann likes ____.
a playing volleyball **b** all sports **c** swimming
- 5 Ann's favourite place for swimming is ____.
a the swimming pool **b** the sea **c** the river

Vocabulary

3 Complete the sentences with the words in the box. (5 marks)

bread sweets meal water chicken

- 1 _____ aren't good for you. There's a lot of sugar in them, and they're bad for your teeth.
- 2 _____ is my favourite meat.
- 3 We can't make a sandwich. We haven't got any _____.
- 4 Don't drink fizzy drinks! If you're thirsty, it's better to drink _____.
- 5 A burger with salad is my favourite _____.

4 Complete the sentences. (10 marks)

- 1 Are you t_____? Would you like a drink?
- 2 Alan can't come to school today. He's i_____.

- 3 Sara exercises every day. She's very a_____.
- 4 You go to bed late. You're always t_____!
- 5 Fruit and nuts are h_____ snacks.
- 6 I want to eat now. I'm h_____!
- 7 Anna runs and swims a lot. She's f_____.
- 8 Sweets and fizzy drinks are u_____ foods.
- 9 How are you today? Are you w_____?
- 10 Tom sits on the sofa all evening. He's l_____!

Language focus

5 Choose the correct words. (5 marks)

- 1 There isn't **some** / **a** / **any** juice in the fridge.
- 2 Is there **many** / **much** / **a** cheese on that pizza?
- 3 I eat **any** / **a lot of** / **much** pasta when I'm hungry.
- 4 Would you like **an** / **any** / **a** apple?
- 5 How **much** / **any** / **many** sweets do you want?

6 Complete the sentences using the -ing form of the verbs in the box. (10 marks)

go swim help chat eat ~~run~~
play get up do wait sit

I love running. It's my favourite sport.

- 1 Mary hates _____ early in the morning.
- 2 Do you prefer _____ video games or watching TV?
- 3 We don't mind _____ for the bus.
- 4 My brother likes _____ pizza.
- 5 Do you like _____ in the sea?
- 6 Tina doesn't like _____ her maths homework.
- 7 I like _____ next to my friend Max in class.
- 8 I hate _____ to the shopping centre.
- 9 I don't mind _____ my mum in the kitchen.
- 10 Watching TV is OK, but I prefer _____ to friends.

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7 Order the words to make imperative sentences. (10 marks)

- 1 to / late / don't / bed / go
_____!
- 2 lot / water / a / of / drink
_____!
- 3 eat / food / unhealthy / don't
_____!
- 4 party / to / my / come
_____!
- 5 a / TV / of / don't / lot / watch
_____!

Reading

8 Read the interview. Then complete the sentences. You can use one, two, three or four words. (10 marks)

Hi, Rita. What's your favourite sport?

I love running marathons! I run in the London Marathon every year, and sometimes I run in the New York Marathon.

Really? A marathon is more than forty kilometres, right?

Yes. It's a very long race. I can run a marathon in about three hours.

That's fast! Are you really fit?

Yes, I am. I train a lot. I run in the park every day. I don't mind running in the cold or the rain.

How do you prepare for a marathon?

It's important to sleep well the night before the marathon. I always have a good meal, too. I eat a lot of pasta. I don't drink any fizzy drinks, but I drink a lot of water.

I want to run a marathon. What advice can you give me?

Don't run a marathon without training! It can be dangerous. Start with shorter races, maybe five or ten kilometres. Eat healthy food. Walk or run a few kilometres every day. Don't be lazy!

Rita loves running marathons.

Rita runs in the London Marathon every year.

- 1 Rita _____ in about three hours.
- 2 Rita is fit because _____ a lot.
- 3 Rita eats a lot of pasta _____ a marathon.
- 4 Rita never drinks _____.
- 5 It _____ to run a marathon without training.

Speaking

9 Complete the dialogue with the words in the box. (5 marks)

else would I'll ~~can~~ please have

- Waiter** Hi. Can I help you?
- Jane** Yes, can I ¹ _____ a burger, please?
- Waiter** Sure. ² _____ you like salad or chips with that?
- Jane** Salad, ³ _____.
- Waiter** Anything ⁴ _____?
- Jane** ⁵ _____ have some juice, please.
- Waiter** OK. That's £4.50, please.

Writing

10 Write a blog about your health. Use the questions to help you. Write 60–80 words. (10 marks)

Paragraph 1: Are you lazy or active? What kind of exercise do you do? Do you play any sports?

Paragraph 2: What are your favourite foods and drinks? Are they healthy or unhealthy?

Paragraph 3: Do you sleep a lot? Are you often tired?

Total marks: Listening _____ / 10

Vocabulary _____ / 15

Language focus _____ / 25

Reading _____ / 10 Speaking _____ / 5

Writing _____ / 10 TOTAL _____ / 75