

Unit 5 Basic test ★

Listening

- 1 [1.06] Listen to Ann and David's conversation.
Choose the correct words. (10 marks)

David does / doesn't do a lot of exercise.

- David is **ill** / **fit**.
- David loves **cycling** / **playing tennis**.
- David doesn't like **cycling** / **running**.
- David eats a lot of **sweets** / **fruit**.
- David doesn't eat many **vegetables** / **sweets**.
- For a snack, David eats **sweets** / **nuts**.
- David's lifestyle is **healthy** / **unhealthy**.
- Ann **plays** / **doesn't play** football.
- Ann is very **active** / **lazy**.
- Ann prefers to swim **in the pool** / **in the sea**.

Vocabulary

- 2 Complete the words in the sentences. (5 marks)

I usually drink w a t e r when I'm thirsty.

- Chicken is my favourite m _ _ t.
- You need b _ _ d to make a sandwich.
- My favourite drink is orange j _ _ e.
- An a _ _ e is a type of fruit.
- We get f _ _ h from the sea.

- 3 Circle the word that is different. (5 marks)

cheese chicken water fish

- rice lunch pasta chips
- cheese fizzy drink juice water
- eggs rice chicken snack
- vegetables breakfast soup salad
- burger chicken sweets fish

- 4 Choose the correct words. (5 marks)

She exercises a lot. She's **unhealthy** / fit.

- He plays football every day. He's **well** / **active**.
- Can I have some water? I'm **thirsty** / **hungry**.
- Sweets are an **unfit** / **unhealthy** snack.
- Sara is in hospital. She's **active** / **ill**.
- He watches TV all day. He's **lazy** / **healthy**.

Language focus

- 5 Choose the correct words. (10 marks)

There isn't any some water in this bottle.

- I always have **a** / **an** egg for breakfast.
- How **much** / **many** cheese do we need?
- There aren't **some** / **any** beans in this meal.
- There is **a** / **some** rice on the table.
- We don't eat **many** / **much** sweets.
- I drink **much** / **a lot of** water.
- Do you want **a** / **many** sandwich?
- There are **any** / **some** sweets in that box.
- How **much** / **many** eggs do you want?
- He doesn't want **much** / **many** soup.

- 6 Complete the sentences. Use the -ing form of the verbs. (5 marks)

Do you like swimming? (swim)

- I don't mind _____ with the housework. (help)
- Tina doesn't like _____ up early. (get)
- I like TV, but I prefer _____ with friends. (chat)
- I hate _____ for the bus! (wait)
- They like _____ to the park. (go)

- 7 Order the words to make affirmative and negative imperative sentences. (10 marks)

your / homework / finish

Finish your homework!

watch / TV / don't

Don't watch TV!

- food / eat / healthy

_____!

- be / late / don't

_____!

- the / to / teacher / listen

_____!

- in / eat / class / don't

_____!

- doctor / a / go / to

_____!

Unit 5 Basic test

Reading

8 Read the interview. Choose the correct words.
(10 marks)

Hi, Rita. What's your favourite sport?

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

That's fast! Are you really fit?

Yes, I am. I run in the park every day.

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 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! Start with shorter races – maybe five or ten kilometres. Eat healthy food. Don't be lazy!

Rita runs in the **New York** / **London** Marathon every year.

- 1 Rita **likes** / **hates** running marathons.
- 2 Rita **never** / **sometimes** runs in the New York Marathon.
- 3 A marathon is a very **long** / **short** race.
- 4 Rita **can** / **can't** run a marathon in three hours.
- 5 Rita is very **unfit** / **fit**.
- 6 Rita runs **at the sports centre** / **in the park** every day.
- 7 It's important to **sleep** / **read** well before a marathon.
- 8 Rita always has a good meal **after** / **before** a marathon.
- 9 Rita drinks a lot of **water** / **fizzy drinks**.
- 10 It's **important** / **not important** to train before you do a marathon.

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 Complete the text with the words in the box.
(5 marks)

after finally that ~~making~~ first next

I love making pizza! ¹ _____, I put cheese on the pizza. After ² _____, I add some tuna. ³ _____, I add some olives. ⁴ _____ that, I cook the pizza for ten minutes. ⁵ _____, I make a salad. It's time to eat!

11 Write a blog about your health. Use the questions to help you. (5 marks)

- 1 Are you active or lazy?
- 2 What activities or sport do you do?
- 3 Are you often ill?
- 4 What are your favourite foods and drinks?
Are they healthy?
- 5 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