

# Unit 5 Higher test

## Listening

### 1 [1.06] Listen to Ann and David's conversation. Correct the mistakes. (10 marks)

- 1 David is very unfit.
- 2 David plays tennis every day.
- 3 David likes cycling.
- 4 David eats a lot of sweets.
- 5 When David wants a snack, he eats fruit.
- 6 David sleeps for six hours a night.
- 7 David's lifestyle is unhealthy.
- 8 Running is Ann's favourite activity.
- 9 Ann is very lazy.
- 10 There aren't any swimming pools in Ann's city.

## Vocabulary

### 2 Read the definitions. Write the words. (5 marks)

- 1 This fruit can be red, green or yellow. \_\_\_\_\_
- 2 You can make this snack with two pieces of bread and some cheese or meat. \_\_\_\_\_
- 3 This is the most common drink in the world. It's usually free! \_\_\_\_\_
- 4 We get this food from the sea. \_\_\_\_\_
- 5 There's a lot of sugar in these. They're an unhealthy snack. \_\_\_\_\_

### 3 Write sentences with the adjectives. Use your own ideas. (10 marks)

*Ivan is unfit. He can't run very far.* (unfit)

- 1 \_\_\_\_\_ (active)
- 2 \_\_\_\_\_ (ill)
- 3 \_\_\_\_\_ (hungry)
- 4 \_\_\_\_\_ (healthy)
- 5 \_\_\_\_\_ (lazy)

## Language focus

### 4 Correct the mistakes. (5 marks)

- 1 There isn't some cheese on this pizza!
- 2 How many pasta do you usually eat?
- 3 We eat much rice in this country.
- 4 I usually drink a water after exercise.
- 5 A lot children like crisps and sweets.

### 5 Write sentences about yourself. Use *I like, I don't like, I don't mind, I love or I hate* and some of the words in the box. (10 marks)

housework	sports centre	cinema	homework
dinner	friends	doctor	computer games

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

### 6 Your friend has a very unhealthy lifestyle. Write some advice for him or her. Use affirmative and negative imperatives. (10 marks)

*Do some exercise every day!*

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

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## Reading

### 7 Complete the interview with phrases a–k. Write the correct letters in the gaps. (10 marks)

Hi, Rita. What's your a?

I love <sup>1</sup> \_\_\_\_! I run in the London Marathon every year, and I sometimes run in the New York Marathon.

Really? A marathon is <sup>2</sup> \_\_\_\_ forty kilometres, right?

Yes. It's a very long race. I can run a marathon in about three hours. My <sup>3</sup> \_\_\_\_ is two hours and fifty minutes.

That's fast! Are you <sup>4</sup> \_\_\_\_?

Yes, I am. I train a lot. I run in the park every day, even in winter. I <sup>5</sup> \_\_\_\_ running in the cold or the rain.

How do you prepare for a marathon?

It's important to get a <sup>6</sup> \_\_\_\_ the night before the marathon. I always have a good meal, too – I usually have a <sup>7</sup> \_\_\_\_\_. I don't drink any fizzy drinks, but I drink a lot of water.

I want to run a marathon. What advice <sup>8</sup> \_\_\_\_ me?

Don't run a marathon <sup>9</sup> \_\_\_\_! It can be dangerous. Start with shorter races – maybe five or ten kilometres. Eat <sup>10</sup> \_\_\_\_\_. Walk or run a few kilometres every day. Don't be lazy!

a ~~favourite sport~~

b really fit

c bowl of pasta

d more than

e without training

f lot of sleep

g running marathons

h can you give

i don't mind

j healthy food

k best time

## Speaking

### 8 Complete the dialogue. (10 marks)

Waiter Hi. <sup>1</sup> \_\_\_\_\_?

Jane Yes. <sup>2</sup> \_\_\_\_\_ a burger, please?

Waiter Sure. <sup>3</sup> \_\_\_\_\_ salad or chips with that?

Jane Salad, please.

Waiter Anything else?

Jane Oh yes, <sup>4</sup> \_\_\_\_\_ some juice, please.

Waiter OK. That's £4.50, please.

Jane <sup>5</sup> \_\_\_\_\_.

Waiter Thank you.

## Writing

### 9 Write a blog about your health. For example, are you active? Do you play any sports? Do you have a good diet? Do you sleep a lot? Write 80–100 words. (10 marks)

Total marks: Listening _____ / 10	
Vocabulary _____ / 15	
Language focus _____ / 25	
Reading _____ / 10	Speaking _____ / 10
Writing _____ / 10	TOTAL _____ / 80