Vocabulary

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

sweets chicken meal bread water

1 A burger with salad is my favourite \_\_\_\_\_\_\_\_.

2 Don’t drink fizzy drinks! If you’re thirsty, it’s better to drink \_\_\_\_\_\_\_\_.

3 We can’t make a sandwich. We haven’t got any \_\_\_\_\_\_\_\_.

4 \_\_\_\_\_\_\_\_ is my favourite meat.

5 \_\_\_\_\_\_\_\_ aren’t good for you. There’s a lot of sugar in them, and they’re bad for your teeth.

2 Complete the sentences. (10 marks)

1 Tom sits on the sofa all evening. He’s l\_\_\_\_\_\_\_\_!

2 Sweets and fizzy drinks are u\_\_\_\_\_\_\_\_ foods.

3 Fruit and nuts are h\_\_\_\_\_\_\_\_ snacks.

4 You go to bed late. You’re always t\_\_\_\_\_\_\_\_!

5 Anna runs and swims a lot. She’s f\_\_\_\_\_\_\_\_.

6 I want to eat now. I’m h\_\_\_\_\_\_\_\_!

7 How are you today? Are you w\_\_\_\_\_\_\_\_?

8 Sara exercises every day. She’s very a\_\_\_\_\_\_\_\_.

9 Alan can’t come to school today. He’s i\_\_\_\_\_\_\_\_.

10 Are you t\_\_\_\_\_\_\_\_? Would you like a drink?

Language focus

3 Choose the correct words. (5 marks)

1 How much / any / many sweets do you want?

2 Would you like an / any / a apple?

3 I eat any / a lot of / much pasta when I’m hungry.

4 Is there many / much / **a** cheese on that pizza?

5 There isn’t some / a / any juice in the fridge.

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

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

I love running. It’s my favourite sport.

1 Mike hates \_\_\_\_\_\_\_\_\_\_\_\_ early in the morning.

2 Do you prefer \_\_\_\_\_\_\_\_\_\_\_\_ video games or watching TV?

3 We don’t mind \_\_\_\_\_\_\_\_\_\_\_\_ for the bus.

4 My sister likes \_\_\_\_\_\_\_\_\_\_\_\_ burgers.

5 Do you like \_\_\_\_\_\_\_\_\_\_\_\_ in the sea?

6 Tina doesn’t like \_\_\_\_\_\_\_\_\_\_\_\_ her science homework.

7 I like \_\_\_\_\_\_\_\_\_\_\_\_ next to my friend Maria in class.

8 I hate \_\_\_\_\_\_\_\_\_\_\_\_ to the shopping centre.

9 I don’t mind \_\_\_\_\_\_\_\_\_\_\_\_ my dad in the kitchen.

10 Watching TV is OK, but I prefer \_\_\_\_\_\_\_\_\_\_\_\_   
to friends.

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

1 party / to / my / come

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

2 eat / food / unhealthy / don’t

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

3 a / TV / of / don’t / lot / watch

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

4 lot / water / a / of / drink

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

5 to / late / don’t / bed / go

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

Reading

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

Hi, Paul. 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!

Paul loves running marathons.

Paul runs in the London Marathon every year.

1 Paul \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in about three hours.

2 Paul is fit because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a lot.

3 Paul eats a lot of pasta \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a marathon.

4 Paul never drinks \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

5 It \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to run a marathon without training.

Speaking

7 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 sandwich,  
 please?

**Waiter** Sure. 2\_\_\_\_\_\_\_\_ you like salad or chips  
with that?

**Jane** Salad, 3\_\_\_\_\_\_\_\_.

**Waiter** Anything 4\_\_\_\_\_\_\_\_?

**Jane** 5\_\_\_\_\_\_\_\_ have some water, please.

**Waiter** OK. That’s £3.50, please.

Writing

8 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:

Vocabulary \_\_\_\_\_\_\_ / 15

Language focus \_\_\_\_\_\_\_ / 25

Reading \_\_\_\_\_\_\_ / 10 Speaking \_\_\_\_\_\_\_ / 5

Writing \_\_\_\_\_\_\_ / 10 TOTAL \_\_\_\_\_\_\_ / 65