

Grammar

1 Rewrite the sentences in reported speech.

- 1 'I've never seen a Shakespeare play,' said Simon.
Simon said that a Shakespeare play.
- 2 'When did you learn to play golf?' asked Karen.
Karen asked me golf.
- 3 'Don't write anything in your books,' said the teacher.
The teacher told us in our books.
- 4 'Mary's been playing in the orchestra for three years,' said Cathy.
Cathy said that for three years.
- 5 'Are we meeting outside the station tomorrow?' asked Jenny.
Jenny asked me

/ 5

2 Complete the second sentence so that it means the same as the first, using the word given. Use between two and five words.

- 1 Someone sold me this computer and said it was a real bargain.
WHO
The person this computer said it was a real bargain.
- 2 It's not necessary for you to be home before 11 o'clock.
HAVE
You be home before 11 o'clock.
- 3 I met Rebecca when we started school together in 2006.
KNOWN
I we started school together in 2006.
- 4 I pressed 'delete' and lost all my work!
PRESSED
If I hadn't lost all my work.
- 5 The dentist didn't check my teeth last week because I forgot to go.
HAVE
I didn't last week because I forgot to go to the dentist's.

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3 Choose the best answer (A, B or C) to complete the dialogue.

- Sarah:** Hi, Mike. Sorry I missed your call earlier today. I (1) been on the other phone when you called. I've had a lot of calls today.
- Mike:** That's OK. It's a shame you couldn't come for lunch yesterday. If you'd come for lunch, you (2) my new friend.
- Sarah:** Oh, I'm sorry, Mike. I would love to have met her. You (3) told me about the lunch last week, but I honestly can't remember. I forgot all about it.
- Mike:** You (4) written in your smartphone calendar. You know – the one you never look at!
- Sarah:** Yes, you're right. Sorry, Mike.
- Mike:** No problem. We're going to that new cafe with Rebecca and Simon on Saturday. You (5) come too and you'll meet her then.

Sarah: Perfect!

- | | | |
|-----------------------|----------------------|-------------------------|
| 1 A must have | B can't have | C should have |
| 2 A would meet | B will meet | C would have met |
| 3 A would have | B might have | C will have |
| 4 A would have | B should have | C can have |
| 5 A would | B will | C should |

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Total / 15

Vocabulary

4 Complete the sentences with words related to sport and the arts. There are two extra words.

audience • cast • court • director • gallery
rink • track

- 1 In a theatre programme, you can find a list of the – that means all the actors who are in the play.
- 2 In a theatre, the group of people who watch the play are called the
- 3 The two teams that play in a basketball match play the game on a
- 4 However, ice hockey is played on ice. This is called an ice
- 5 The place where you see a painting exhibition is called a

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6 Complete the sentences with the correct form of the words given.

- 1 I was quite (frighten) when the cat jumped up at the window. I thought it was a burglar!
- 2 My parents received a very (office) letter from the airline apologising for losing our bags.
- 3 Are you (thirst)? Would you like a drink?
- 4 The film is about a (mystery) character called Quinn.
- 5 I hope you're not too (disappoint) with your results. You didn't do badly overall.

/ 5

Total / 15

5 Complete the dialogue with one word in each gap.

Sian: Are you OK?

Tilly: Yes, I think so. I hurt my ankle because I forgot to (1) up before running. Now it's really painful.

Sian: You shouldn't go running before doing some exercises first – you know that.

Tilly: Yes, you're right. By the way, you're looking very fit. How many times a week do you (2) out?

Sian: Thanks. I've been going to the gym three times a week and then I run twice a week.

Tilly: That's really good. I think I might (3) up swimming again as it's really good for flexibility.

Sian: Yes, and it would do your ankle some good. I competed in the school swimming competition last week.

Tilly: Did you? How did you get on?

Sian: Not very well, I'm afraid! Our school swimming team got (4) out in the first round of the competition.

Tilly: Never mind. Next time go (5) the gold medal!

Sian: We will! Look after that ankle, Tilly.

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Reading

7 Read the article about health and lifestyle. The headings have been removed from the article. Choose the best headings (A–E) to complete the article.

Why are we not more healthy?

1

In this second decade of the 21st century, with so many advances in medicine and technology, we would expect statistics to tell us people are living much longer than previous generations did in the past. However, if experts are correct, research in fact predicts that the next generation will live nowhere near as long as their parents. This seems counter-intuitive: why are we becoming less healthy in an age when medical science implies we should be becoming more healthy?

2

It is certainly not because of a lack of awareness of the benefits of fitness and sport. More people go to sports centres than ever before, jog and run regularly, or use equipment to exercise in their own homes. Yoga and martial arts classes are the most popular they have ever been and large numbers of people are now taking part in sponsored fitness events such as marathons and cycle runs. It's also not down to a lack of information about nutrition. You can read advice on diet and healthy eating in every magazine, and whole TV programmes are now dedicated to the subject of what we should or shouldn't eat. So, where exactly are we going wrong?

3

The painful truth is that the small changes in diet and the amount of physical activity we do are simply not enough to compensate for the huge changes in lifestyle in our society in the last fifty years. Whereas a few decades ago most people had to walk if they wanted to get anywhere, these days the majority of us drive, take the train or even hire a taxi to make even the shortest journeys. At work and school, we are generally sitting all day long, usually working at computer screens which scientists have discovered can be extremely bad for our health. Many office workers nowadays even email people in the same office, rather than walking across the room to talk to them!

4

Another factor affecting long-term health is the growing consumption of fast food and ready meals. Despite the information available about the risks of eating fast food, many people continue to do so for convenience. They eat it because it's quick, cheap and easy and because they simply don't have enough time to shop for, prepare and cook fresh food themselves because they work such long hours. Unfortunately while all of these foods are full of ingredients that are tasty and satisfying, such as salt and sugar, these are not things which are good for our overall health.

5

So is there anything we can do to improve things for our children and their future health? Experts say that there are some simple changes that can be made. Designers have developed standing desks and even desks attached to exercise bikes to minimise the amount of time people are sitting and inactive. Walking for just 30 minutes per day has also been shown to bring vast improvements to health, so leaving the car at home as much as possible is definitely a good idea. More than anything though we need to take a good look at the world of work and find ways to achieve a better life/work balance for the majority of people. Only by creating more time for leisure and non-work-related activities can we make room for the quality of people's lives to really improve.

- A Sitting – a hidden threat to health
- B A surprising prediction for the future
- C Changes that can really help

- D Information is available to all
- E Fast food fears

8 Read the article again. Are these statements True (T), False (F) or is the information Not Mentioned (NM)?

- | | |
|---|---|
| 1 Researchers believe our children will die at a younger age than us. T/F/NM | 5 Finding ways to be active while sitting can help. T/F/NM |
| 2 People already have access to a wealth of information about exercise and diet. T/F/NM | 6 Most people already have a good balance between work and leisure. T/F/NM |
| 3 Sitting for long periods is good for concentration. T/F/NM | 7 Even a small increase in physical activity has positive results for your health. T/F/NM |
| 4 Eating the wrong food is a problem of laziness. T/F/NM | |

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Total / 12

Use of English

9 Complete the dialogue with one word in each gap.

- A: Have you got (1) plans for the holidays?
 B: A couple. Six weeks is such a long time. I think I (2) ask my parents if I can go and stay with my Italian friend for three weeks.
 A: That sounds good. Is that the girl (3) lives in an enormous house near the mountains?
 B: That's her! I wish we had a house half as big as hers!
 A: Her family (4) be quite famous.
 B: Yes, they are. They work in the theatre.
 A: I have an Italian friend who lives near Milan, but I haven't (5) to her house yet. She came and stayed with us last summer.
 B: That's right. I met her while she was staying with you. She's really nice. Did you learn any Italian while she was here?
 A: No. Her English is so good that I didn't have (6) speak any Italian. And she said that she only wanted to speak English!
 B: So, what are you (7) this summer then? Anything interesting?
 A: I've got to earn some money. I'd like to work part-time for my dad. He runs his own business. Not a lot of fun! If I (8) go to Italy with you I would.

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Listening

10 Listen to five people talking about sports they do. Match the speakers (A-E) with the sentences (1-5).

- Speaker A
 Speaker B
 Speaker C
 Speaker D
 Speaker E

- This speaker doesn't like the time of day he/she has to train.
- This speaker talks about the expense of buying things he/she needs.
- This speaker is a professional sportsperson.
- This speaker doesn't like having to be careful about what he/she eats.
- This speaker talks about not having enough opportunities to do the sport.

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Speaking

13 Compare and contrast the photographs and then say which method of learning a language you think is better. Use the ideas in the box to make brief notes before you begin.



- What are the people doing in each photo?
- What methods and equipment are they using to learn a language?
- Which way of learning do you think is preferable?

/ 10

Total

/ 80