

Name _____ Class _____ Date _____

LANGUAGE IN ACTION

1 Complete the sentences with the correct quantifier and the word(s) in brackets.

- John isn't well enough to go to school. (well)
- Could you spare a little time to help me with my project? (time)
- The shoes cost too much money. I can't buy them! (much money)
- I didn't buy enough orange juice. There's only half a glass. (orange juice)
- The school football team has got a few good players. (good players)

5

2 Write sentences using the prompts and the words in brackets.

- This jacket / not be / big / for me. (enough)
This jacket isn't big enough for me.
- exercise / be / better than / no exercise. (a little)
A little exercise is better than no exercise.
- You / train / every day / if / you / want to / win the race. (ought to)
You ought to train every day if you want to win the race.
- What / I / do / to improve my speed? (should)
What should I do to improve my speed?
- It / be / cold / to go jogging / today. (too)
It's too cold to go jogging today.

5

3 Cross out and correct five mistakes in the conversation.

- KEISHA I've got too ~~many~~ work! ¹ much
but I'm really tired.
I don't want to go to bed
~~enough~~ late because I only ² too
got a little sleep last night. I'm so
stressed! What ~~shouldn't~~ I do? ³ should
- LUCY Don't worry. You ~~should~~ ⁴ ought
make a list first, and that will help you.

KEISHA OK, I've got a lot of maths homework,
but only ~~a few~~ English. ⁵ a little

LUCY OK. It's going to be a challenge, but it
won't be impossible!

10

4 Complete the text with the phrases in the box. You do not need all the phrases.

a few steps a little hard work
enough exercise enough steps too many
too many steps too much
too much hard work

Last weekend, I ran in a marathon! But one year ago, I was very unfit. I had ¹ too much school work and I was feeling stressed. I didn't get ² enough exercise and I spent ³ too many hours sitting on the sofa playing video games! But a friend wanted to run in a marathon and asked me to train with her. We started slowly. The first time, I could only run ⁴ a few steps, but with ⁵ a little hard work once a week, I got stronger and faster. After six months, we decided to run a marathon! I'm so happy!

5

5 Write advice for the problems 1–5. Use *should*, *shouldn't* and *ought* and the phrases in the box.

go to school today start doing exercise
take a holiday to go out more
to start training now

- I want to run a marathon next year.
You ought to start training now.
- I have a bad cough and I'm sneezing.
You shouldn't go to school today.
- I'm bored at weekends.
You ought to go out more.
- My dad is unfit.
He should start doing exercise.
- My parents work too much.
They should take a holiday.

5

VOCABULARY

6 Read the definitions and write the words or phrases.

- to have a high temperature
h ave a f ever
- to become sick
g et i ll
- to rest and be calm
r elax
- to force air out through your mouth with a loud sound
c ough
- this gives the body energy
c arbohydrates

5

7 Swap the words in bold in the sentences.

- Astronauts spend months **calories** training before going into space.
- When I get **training** stressed, I relax by listening to music.
- I try to eat well, and I think I have a **works out** balanced diet.
- My dad **stressed** works out at the gym twice a week.
- The number of **balanced diet** calories tells us how much energy is in food.

5


8 Complete the sentences with the words and phrases in the box. You do not need all the words.

calories dairy products fibre got ill
nutrition protein sneezed vitamins

- Fibre is important because it helps food pass through your body.
- Oh, no! I've sneezed twenty times today. I think I'm getting a cold.
- Your body needs protein to help it grow and be strong.
- Dairy products are milk and foods made from milk like butter and cheese.
- Vitamins (A, B, C, etc.) are substances in our food that keep us healthy.

5

LISTENING

9  Listen to an interview with Ella, a young swimmer. Write the numbers for the information a–e.

- The number of years until the next Olympic Games.
4
- Ella's age.
15
- The time Ella goes to the pool.
5.30
- The number of times a week that Ella goes to the gym.
5
- The number of meals that Ella eats every day.
3

5

10  Listen again. Answer the questions.

- How often does Ella go to the pool?
She goes six times a week / every school-day and Saturday.
- Why does she go to bed early?
Because she gets up so early and has school every day.
- Why doesn't she go to the gym at weekends?
Because she thinks athletes shouldn't train every day / should have a break.
- What does she eat to help her body when she's training?
She eats a balanced diet, with protein and carbohydrates.
- How does Ella feel about her sport?
She loves it and thinks about it all the time.

10

READING

Your body clock: Frequently Asked Questions

Q: What is the body clock?

The body clock is a natural 24-hour cycle that controls everything in the body, including your energy, your sleep, and your health.

Q: How does the body clock work?

The body clock is sensitive to light. When your eyes see light, they send signals to your brain and you feel awake. This is why we have energy during the day and start to feel tired when it's dark. This is the reason you shouldn't look at electronic devices before bed because the light can stop you going to sleep.

Q: How is a teenager's body clock different?

The brain changes a lot between the ages of 12 and 20 and this affects your body clock. Some scientists say that most teenagers don't get enough morning light. They suggest that teenagers should use the morning break at school to go outside or look out of the window.

Q: How much sleep do teenagers need?

Sleep is very important. Without it, we can get stressed, tired and ill. Teenagers need around nine hours a night but most don't get enough sleep. Because of changes in the brain, it is natural for teenagers to go to bed later and sleep in the morning. This is why teenagers find it difficult to get up early to go to school.

Q: What is the best time of day for exercise?

The body clock affects our heart and our muscles, and they work better at different times of the day. Scientists found that the best time to work out is in the morning or at 5 pm in the afternoon. You shouldn't exercise just before bed, because this is when it's important to relax and prepare for sleep. But experts say that the most important thing is everyone ought to have a balanced diet and take regular exercise.

11 Read the text. Match the beginnings 1–5 with the endings a–e to make sentences.

- 1 Your body clock
- 2 Light
- 3 Your brain
- 4 Most teenagers
- 5 Exercise

- e
- c
- d
- b
- a

- a is better in the morning.
- b don't get enough sleep.
- c controls your body clock.
- d changes when you are a teenager.
- e affects your sleep.

10

12 Read the text again. Answer the questions.

- 1 What does the light in electronic devices do?
It makes us feel awake.
- 2 What causes the body clock to be affected in teenagers?
Changes in the brain cause the body clock to be affected in teenagers.
- 3 Why do some experts suggest that teenagers go outside in the morning?
Because most teenagers don't get enough morning light.
- 4 How does the body clock affect teenagers' sleep?
The body clock makes teenagers want to go to bed later and sleep in the morning.
- 5 Why shouldn't you exercise before bed?
Because you need to relax and sleep.

10

13 Find words and phrases in the text to complete the sentences.

- 1 The brain receives signals from the eyes.
- 2 The life cycle of a butterfly is only a few days.
- 3 The heart is the organ that pumps blood around the body.
- 4 When you work out, the muscles in your arms and legs can get tired.
- 5 When you have a balanced diet, you get all the vitamins that your body needs.

5

WRITING

14 Useful language. Complete the sentences with the words and phrases in the box. You do not need all the words.

could you don't have recommend
that way why you could you tried

- 1 You could always take your own food to school.
- 2 I recommend exercising after school.
- 3 Have you tried walking to school?
- 4 Take fruit to school. That way, you can always have a healthy snack.
- 5 Why don't you look online for ideas?

5

15 Write a reply on a forum responding to the post below. Use the prompts below to help you.

Write at least 120 words.

- Greet the person and thank them.
- Give them advice.
- Give reasons for your advice.

Luke15: Help!



I want to have a healthier lifestyle. I need to eat better, start exercise and sleep more. What should I do?

Students' own answers

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

10

TOTAL SCORE

100