

Name _____ Class _____ Date _____

LANGUAGE IN ACTION

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

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

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

- This jacket / not be / big / for me. (enough)

- exercise / be / better than / no exercise. (a little)

- You / train / every day / if / you / want to / win the race. (ought to)

- What / I / do / to improve my speed? (should)

- It / be / cold / to go jogging / today. (too)

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3 Cross out and correct five mistakes in the conversation.

- KEISHA** I've got too many work! ¹ _____
but I'm really tired.
I don't want to go to bed
enough late because I only ² _____
got a little sleep last night. I'm so
stressed! What shouldn't I do? ³ _____
- LUCY** Don't worry. You should to ⁴ _____
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 _____

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

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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 _____
school work and I was feeling stressed. I didn't get
² _____ and I spent ³ _____
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 _____, but with
⁵ _____ once a week, I got stronger
and faster. After six months, we decided to run a
marathon! I'm so happy!

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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.

- I have a bad cough and I'm sneezing.

- I'm bored at weekends.

- My dad is unfit.

- My parents work too much.

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VOCABULARY

6 Read the definitions and write the words or phrases.

- 1 to have a high temperature
h_____ a f_____
- 2 to become sick
g_____ i_____
- 3 to rest and be calm
r_____
- 4 to force air out through your mouth with a loud sound
c_____
- 5 this gives the body energy
c_____

5

7 Swap the words in bold in the sentences.

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

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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

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

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LISTENING

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

- a The number of years until the next Olympic Games.

- b Ella's age.

- c The time Ella goes to the pool.

- d The number of times a week that Ella goes to the gym.

- e The number of meals that Ella eats every day.

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10  Listen again. Answer the questions.

- 1 How often does Ella go to the pool?

- 2 Why does she go to bed early?

- 3 Why doesn't she go to the gym at weekends?

- 4 What does she eat to help her body when she's training?

- 5 How does Ella feel about her sport?

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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

- 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.

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12 Read the text again. Answer the questions.

- 1 What does the light in electronic devices do?

- 2 What causes the body clock to be affected in teenagers?

- 3 Why do some experts suggest that teenagers go outside in the morning?

- 4 How does the body clock affect teenagers' sleep?

- 5 Why shouldn't you exercise before bed?

10

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

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

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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 _____ always take your own food to school.
- 2 I _____ exercising after school.
- 3 Have _____ walking to school?
- 4 Take fruit to school. _____, you can always have a healthy snack.
- 5 Why _____ 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?

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TOTAL SCORE

100