

TEST 2

UNIT 1 IT'S YOUR LIFE LESSON 2 A HEALTHY LIFESTYLE

VARIANT 1

1. **LISTEN.** People are talking about health and relaxation. **WHERE** are they? Check (X) the correct answers.
LISTEN AGAIN. Check (X) the two **HEALTH BENEFITS** for each technique.

(ACTIVE LISTENING 2 Unit 13 Stress and health Listening task 2 What's it good for? (ACTIVE LISTENING 2_08.wma)

		PLACE	sleep better	feel younger	look younger	have more energy	feel calmer
1.	a.	a tea shop					
	b.	a sports gym					
2.	a.	a doctor's office					
	b.	an aromatherapist's office					
3.	a.	a yoga class					
	b.	a massage therapist's office					
4.	a.	a sports gym					
	b.	a health food store					
5.	a.	a doctor's office					
	b.	a yoga class					

MARK:/12

2. **Make true sentences about yourself.**

I love

I enjoy

I'm good at

I'm interested in

I'm tired of

I can't stand

3. Complete the following sentences using the right FUTURE TENSE of the verbs in brackets.

- 1. The plane (arrive) at 6 pm.
- 2. On Thursday our train (depart) at 11 am and (arrive) at 7 pm.
- 3. My cousin (have) a birthday party this Friday.
- 4. Iprobably (come), but I'm not sure.
- 5. The show (begin) promptly at 9pm on Thursday.
- 6. I hope you(like) Scotland.

4. Write about your dream holidays.

Think about where you would like to go to, what you would like to do there and who you would like to spend your holidays with.

1. LISTEN. People are talking about health and relaxation. WHERE are they? Check (X) the correct answers.
 LISTEN AGAIN. Check (X) the two HEALTH BENEFITS for each technique.

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MARK:/12

2. Make true sentences about yourself. You can use some of the expressions below.

- I love
- I enjoy
- I'm good at
- I'm interested in
- I'm tired of
- I'm bad at

3. Complete the following sentences using the right future tense of the verbs in brackets.

1. My cousin (have) a birthday party this Friday.
2. Iprobably (come), but I'm not sure.
3. The show (begin) promptly at 9pm on Thursday.
4. I think you (like) Scotland.
5. Adrian (not / come) to Amy's party because he is grounded.
6. Peter (finish) three paintings for the exhibition.

4. Write about your dream holidays.

Think about where you would like to go to, what you would like to do there and who you would like to spend your holidays with.

TUNING IN UNIT 16 Is the Sun Good or Bad for Us? (Tuning In U16.ogg)

Do you agree or disagree with the following statements?

Write agree (A) or disagree (D) in the first column of the table.

Now listen to the tape to see if Dr Williams agrees with them or not, and write A or D in the second column.

		MY OPINION	THE DOCTORS OPINION
a)	You mustn't get too much sun.		
b)	The sun is good for us at any time of day.		
c)	The sun can make our skin get older more quickly.		
d)	We can get skin cancer from too much sun.		
e)	The sun can make us feel better.		
f)	The sun can help us slim.		
g)	The sun can protect us from coughs and colds.		
h)	Direct sunlight makes us feel sleepy.		
i)	The sun makes us produce less white blood cells.		
j)	People with fair skin shouldn't go in the sun.		

UNIT 16 Is the Sun Good or Bad for Us?

ANSWERS:

a) A b) D c) A d) A e) A f) A g) A h) D i) D j) D