

**Grammar**

**1 Complete the second sentence so it means the same as the first, using the word given. Do not change the word given. Use between two and five words.**

- 1 I regret not saving more money when I did my holiday job.  
**WISH**  
I ..... more money when I did my holiday job.
- 2 It isn't necessary to hand in your essays before Monday.  
**HAVE**  
You ..... hand in your essays before Monday.
- 3 Tom speaks such good Spanish because he lived in Madrid when he was a child.  
**SO**  
If Tom hadn't lived in Madrid when he was a child, he ..... well.
- 4 I'm sorry, but using cameras is forbidden in here.  
**MUSTN'T**  
I'm sorry, but you ..... in here.
- 5 It was a bad idea for me to eat all that pizza.  
**SHOULDN'T**  
I ..... all that pizza.

/ 5

**2 Choose the correct alternatives to complete the text.**

Healthy eating (1) doesn't have to/mustn't/ought to be expensive. If you cook all your own meals instead of buying takeaways, you could save money and it's easier to control what you eat. Before you go shopping you should plan what you're going to eat and make a list so that you are not tempted to buy (2) too much/enough/more than. Never shop when you're hungry and try shopping later in the day when supermarkets reduce their prices. But be careful – some offers are not as good (3) than/as/so they seem. Meat and fish are the (4) most/more/such expensive foods, so try mixing them with vegetables or go vegetarian one or two nights a week. Buy cheaper brands and eat smaller portions. If you (5) followed/follow/would follow this advice, you will find that you can eat healthily on a budget.

/ 5

**3 Complete the text with one word in each gap.**

Some of the world's (1) ..... successful people have failed at some point in their lives – sometimes more than once! Less determined people might (2) ..... given up, but these people remained focused on their goals. There are many inspiring examples: Thomas Edison's teachers told him that he was too stupid to learn anything yet he went on to invent many world-changing devices, such as the light bulb and the phonograph; Albert Einstein was not a good student; Walt Disney was told he wasn't creative (3) ..... to succeed in the movie business; Steve Jobs was fired from his own company, Apple, but later returned to reinvent the company image. If these famous people (4) ..... listened to those who told them they didn't have the talent to succeed, the world would be a poorer place. The lesson from these examples is that if you (5) ....., it doesn't matter. What matters is how you respond to that failure.

/ 5

**4 Choose the best answer (A, B, C or D) to complete the email.**

Dear Judy,  
I'm glad you've booked for more of our teen fitness classes and I look forward to seeing you at the sports centre in two weeks. In the meantime, there are a few things you could do to keep in shape. It's important to form an exercise habit, so you (1) ..... try to do something every day. If you have (2) ..... the same routine for a while, try to vary it. And include some of the things you don't like doing as well as those you enjoy!  
I'm not surprised that you've put on weight since taking up fitness training. You (3) ..... have been eating more because you're exercising. That's a common mistake, so be careful with your diet. Or maybe you aren't getting (4) ..... sleep. Lack of sleep can make you hungrier, so make sure you get at least seven hours.  
I'll see you in a couple of weeks (5) ..... I hear otherwise. Until then, work out safely.  
Best wishes,  
Natalie

- |   |              |             |              |           |
|---|--------------|-------------|--------------|-----------|
| 1 | A ought      | B should    | C don't have | D need    |
| 2 | A been doing | B did       | C do         | D doing   |
| 3 | A can't      | B could     | C shouldn't  | D needn't |
| 4 | A such       | B too       | C more       | D enough  |
| 5 | A as long as | B providing | C unless     | D in case |

/ 5

**Total / 20**

**Vocabulary**

**5 Complete the text with these words and phrases. There are five extra words.**

balanced • danger • determined • dislocate  
get over • injure • keep in • processed  
pushy • risk

I'm really proud of my dad. Last year he had his blood pressure taken and he was told that he was in (1) ..... of developing heart disease. He had been working too hard and not making time for exercise. He was also eating a lot of (2) ..... foods, so he had put on weight. Anyway, he listened to the doctor's advice and started to eat a healthier diet. Then he announced that he was going to take up running and that he had entered a marathon as an incentive. We thought that he couldn't possibly get fit in time but he's very (3) ..... and he started getting up really early every morning to go running. My mum was worried that he would (4) ..... himself but he kept at it and last week he completed his first marathon in four hours and 25 minutes! He also raised lots of money for a heart health charity. He says he's going to continue running to (5) ..... shape from now on.

/ 5

**6 Complete the email with one word in each gap.**

Hi Monica,  
I tried calling you this afternoon but you must have been out. I was in town with my mum and I saw that there was a (1) ..... in that shoe shop we went to last week and they had a special 2-for-1 offer on those boots we both liked. It seemed such a bargain that my mum said I could splash (2) ..... on them. I know you said you wanted to cut (3) ..... on spending your pocket money, but if you want one of the pairs you can have them. It works out at half the price we saw them at. They're really comfortable and great value (4) ..... money.  
Anyway, let me know. I don't mind keeping the second pair if you don't want them. I had some money set (5) ..... for new boots and I'm really happy with them.  
Speak to you soon,  
Alison

/ 5

**7 Complete the text with the correct form of these words.**

active • confident • perform • science • secure

I admire my brother a great deal because he's full of (1) ..... and never worries about meeting new people. Not like me – I'm so (2) ..... and I always feel very shy in social situations. He has lots of friends and does a lot of leisure (3) ..... that he's excellent at. As well as this, he's both creative and good at science. Last year, he won a young (4) ..... of the year competition. He tells me not to worry and that when I'm older I'll be more at ease when I'm around other people. One thing I am good at is acting. When I'm giving a (5) ....., I forget all about my shyness and then I am a different person.

/ 5

**8 Choose the best answer (A, B, C or D) to complete the text.**

I'm worried that I'm becoming a bargain hunter. I'm not (1) ..... to anything else, at least not that I'm aware of, but when it comes to shopping, I have decided not to waste money on clothes that are too expensive. I get an idea in my mind of an outfit that I want and then I set out to find the cheapest version I can. I no longer buy items that I can't really (2) ..... In addition, I am determined to only buy clothes when I really need them. Too many people end up going home from a shopping trip with bags of clothes, most of which they don't really like, then when they look at them again. They then return to the shops and get (3) ....., but not me. I only spend a little at a time so I am never going to get into (4) ..... In this way, I am keeping my (5) ..... under control and my mum happy!

- |   |             |            |             |                |
|---|-------------|------------|-------------|----------------|
| 1 | A allergic  | B tied     | C addicted  | D used         |
| 2 | A afford    | B pay back | C pick up   | D spend        |
| 3 | A cash      | B loans    | C receipts  | D refunds      |
| 4 | A overdraft | B debt     | C charges   | D interest     |
| 5 | A spending  | B illness  | C infection | D prescription |

/ 5

**Total / 20**

**Reading**

- 9 Read a blog post by a teenager who gave up eating sugar. Six sentences have been removed from the article. Choose from the sentences A–G the one which fits each gap. There is one extra sentence.

**My life without sugar**

At the age of 17, I did something that none of my close friends had ever considered. (1)..... I don't eat sugar. For the last year, I haven't eaten any cakes, biscuits, chocolate or ice cream, not to mention ketchup, crisps, mayonnaise or any of the hundreds of other things that contain sugar. (Yes, believe it or not, loads of savoury foods have sugar in them!)

So what made me take the drastic step of giving up sugar? Well, it all started about a year ago when I happened to read a magazine article all about sugar and the negative implications it has for our health. (2)..... It also mentioned an experiment that had been done on mice in which those who were just given pure water to drink lived longer than those who were given water mixed with sugar. I was horrified!

(3)..... I was slightly overweight, in spite of the fact that I went swimming and worked out regularly, and I often felt tired and under the weather at school even when I'd had a good eight hours' sleep. After reading this article, I began to wonder if the amount of sugar I consumed could have anything to do with it. My diet wasn't that bad, but it wasn't that brilliant either. Whenever I wanted a snack, I would reach for the biscuit tin or treat myself to a sugary donut, not to mention the fizzy drinks I consumed on a daily basis.

I decided to do an experiment - to cut sugar out of my diet for a month and see what happened. My friends thought I was mad. (4)..... My family were more supportive, especially my mum, who decided to follow my example and cut down on sugar herself. She didn't have the willpower to stop eating it completely, though. To be honest, I wasn't sure whether I did, but one thing I've learned through this experience is that when I set my mind to something, I can be quite determined!

The first week was a complete nightmare. It was shock to find out that nearly everything I liked to eat had 'hidden sugar' in it, including things like pasta and bread! Even fruit has sugar in it, but as it is natural, I decided that whole fruit (but not juices) was allowed. The other thing was how I felt. Sugar is a drug and I was more addicted to it than I thought. (5)..... On a couple of occasions I nearly gave in and had a biscuit, but provided I had a healthy snack - a banana or some nuts - with me at all times, I managed to resist the temptation. It's not as hard as you'd think to find tasty sugar-free alternatives. I used my imagination to invent healthy treats that everyone in the family now loves (my mango frozen yoghurt and sugar-free chocolate brownies are to die for!).

It was only after the first couple of weeks that I began to see - and feel - the positive effects of not eating sugar. The longer I continued without sugar, the more alert and awake I started to feel. (6)..... Now, twelve months later, I am fitter than I've ever been. In fact, some of my friends are so impressed with the change in me that they've decided to quit sugar too!

- A I had expected to have some withdrawal symptoms, but the headaches and tiredness were really hard to deal with.
- B The truth was I hadn't been feeling that healthy myself for a while.
- C In fact, I felt so good that at the end of that month, I decided to continue with my sugar-free diet.
- D I never once considered giving up, though.
- E While we share a love of watching films and listening to music, there's one thing now that makes me a little different.
- F How was I going to survive without sweets or a bar of chocolate to look forward to after school?
- G Not only is too much sugar linked to chronic health problems like obesity, I discovered, but it can also cause more serious diseases like cancer, diabetes and heart disease.

**10 Read the article again and choose the best answer, A, B, C or D.**

- 1 The writer decided to stop eating sugar because she
  - A wanted to be different from other teenagers.
  - B learned that it was used in animal experiments.
  - C realised how unhealthy it is.
  - D had a serious illness.
- 2 Before she stopped eating sugar, the writer felt
  - A she was at her ideal fitness level.
  - B less healthy than she wanted to be.
  - C she wasn't getting enough sleep.
  - D she needed to do more sport.
- 3 The writer decided not to give up
  - A fruit.
  - B fruit juice.
  - C biscuits.
  - D bread.
- 4 At the beginning of the experiment, the writer felt
  - A in good physical condition.
  - B energetic.
  - C hungry.
  - D in need of sugar.
- 5 At the end of the experiment, the writer decided
  - A to reintroduce sugar into her diet.
  - B not to go back to her previous eating habits.
  - C to find new ways of keeping fit.
  - D to persuade her friends to stop eating sugar.
- 6 Through her experiment, the writer realised
  - A the negative effects of the diet outweighed the positive results.
  - B her mum has more willpower than she does.
  - C she never enjoyed eating sweet things.
  - D she is stronger than she thought.

/ 6

**11 Read a blog post by a teenager who gave up eating sugar. Answer the questions.**

- 1 How long is it since the writer last ate ice-cream?  
.....
- 2 What did the experiment with mice show?  
.....
- 3 What surprising foods does the writer mention that could not be included in the no-sugar diet?  
.....
- 4 How did the writer deal with not being able to eat sugar?  
.....

/ 4

**Total / 16**

**Use of English**

**12 Complete the text with one word in each gap.**

One of the biggest trends in the holiday market is for wellness and spa holidays. More and more people are travelling to improve their health and to prevent illness and there is an increasing variety of treatments in ever more luxurious locations to meet the demand. People no (1) ..... want to just lie on a beach sunbathing but instead they want an active holiday with lasting health benefits.

Spas and retreats spend a lot of money trying to create the right look and feel for their customers although sometimes, (2) ..... that the therapist is good, a simple treatment room is all that is needed. People like to be able to choose what to do and the (3) ..... popular holidays offer a combination of fitness activities and pampering to help soothe minds and bodies.

One of the biggest problems we now face is constant connectivity. Many people spend more time on their digital devices (mobile phones, computers, etc.)

(4) ..... they do sleeping. Consequently, what they need is more silence. Spas offer mindfulness and meditation retreats and even workshops to help people manage their online lives.

In the past, the food on a health retreat might (5) ..... been rather unappetising. Now the most successful retreats offer tasty meals as well as healthy cooking workshops, so that holiday makers can learn how to eat well when they go back home. There has been a lot of discussion in (6) ..... media recently about whether sugar or fat is (7) ..... for our health. It is relatively easy to cut out fatty foods, but regulating the amount of sugar we consume is (8) ..... complex so some retreats now offer sugar detox programmes.

You can learn tai chi in China or meditate in Mongolia and there are also holidays for those who are getting (9) ..... serious illnesses. Your motivation for taking a wellness holiday might (10) ..... health, fitness or peace of mind but whatever you are looking for, there is sure to be a holiday that meets your needs.

/ 10



NAME   
CLASS

**Speaking**

**16** Work with a partner. Imagine that your friend wants to get fit and is thinking of taking up a new sport, but he/she doesn't have a lot of money. Discuss the advantages and disadvantages of these sports and physical activities and then decide which one your friend should do.

cycling • running • swimming • volleyball • yoga

/ 12

Total / 100