

Grammar

1 Complete the sentences with the present perfect or past simple form of the verbs in brackets and *for* or *since* where necessary.

- I 've been (be) on a healthy diet for three weeks. I started (start) on 2nd January.
- She _____ (not buy) any new clothes _____ years.
- We _____ (know) them _____ ages. We _____ (live) in the same street when we were children.
- He _____ (not be) back to see his parents _____ 2012.
- Lisa _____ (be) in London _____ three years now. She _____ (come) in 2012.

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2 Underline the correct alternative.

- I'll take an umbrella as it might/won't rain later.
- Sorry, but we might/won't be able to come to your party. We're on holiday then.
- I'm not sure but we might/will be lost.
- He may/may not find it hard to lose weight. He never does any exercise.
- Won't/May I sit down here?
- It's quite late now. Will/May they arrive in time for the concert?
- The table is booked for 8p.m. so I will/may see you then.
- I don't think he 'll/might be at the party.
- He will/may not come. He's very busy at work.
- 10 She won't/will be out tonight. She's ill in bed.
- 11 Of course you might/will enjoy your holiday. Lisbon is beautiful!

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Vocabulary

3 Complete the words related to health.

- My dentist says **f i z z y** drinks are bad for teeth.
- Is there more **c _ _ _ _ _** in tea or coffee?
- We can get **v _ _ _ _ _ D** from the sun.
- He is very healthy and never eats **j _ _ _ f _ _ _**.
- I want to get fit so I'm going to go to some **e _ _ _ _ _ c _ _ _ _ _** at the leisure centre.
- She stopped drinking **a _ _ _ _ _** for a year.
- S _ _ _ _ _** from too much work or worrying can be very dangerous to your health.
- Sam finds yoga **r _ _ _ _ _** and does it every morning for an hour to feel calm.
- Martina started **r _ _ _ _ _** a year ago and wants to enter her first half-marathon in the summer.
- 10 I always eat lots of **f _ _ _ _** fruit and vegetables.

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4 Complete the sentences with the words in the box. There are two extra words.

desserts fat insects meat mud protein seaweed vegetarian

- I like eating sweet food and love desserts.
- Emily doesn't eat meat. She's a _____.
- Did you know that eggs are rich in _____?
- _____ grows in cooler waters and it is an important part of the Japanese diet.
- Try to eat more fruit and vegetables. They are low in _____ and can help you to lose weight.
- 6 Have you ever eaten _____? What do they taste like?

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5 Match 1–7 with a)–g).

- 1 Take these _____ b a) high temperature.
- 2 Go to bed and get _____ — b) ~~pills once a day~~.
- 3 You have a very _____ — c) the hospital for an X-ray?
- 4 Jo has caught a _____ — d) your arm?
- 5 Did you go to _____ — e) some rest.
- 6 How did you break _____ — f) a headache today.
- 7 Simon has got _____ — g) cold and is at home.

6

Function

6 Complete the conversation with the words in the box.

can't how long hurts neck painful painkillers since so take them ~~what's the~~ worried

- A: Hello, I'm Dr Simpson. ¹ What's the matter?
 B: Hello, Doctor. I've got a sore ² _____ and my wrist ³ _____. It's very ⁴ _____.
 A: ⁵ _____ have you had this problem?
 B: ⁶ _____ about a month ago. I ⁷ _____ sleep very well.
 A: Are you ⁸ _____ about anything?
 B: No, but I'm working on the computer a lot.
 A: So that's probably the reason.
 B: Yes, I think ⁹ _____.
 A: Right. It's nothing to worry about. I'll give you some ¹⁰ _____. They'll help you sleep, too. ¹¹ _____ for two weeks, then come and see me again.
 B: Thank you, Doctor.

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Total: 50