

### 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 If you don't do warm-up exercises, you'll get a sprained muscle.

**UNLESS**

You'll get a sprained muscle ..... warm-up exercises.

2 I was able to buy a bike because he lent me the money.

**HE**

If ..... the money, I wouldn't have been able to buy a bike.

3 I didn't go to bed early last night and now I'm tired.

**WISH**

I ..... to bed early last night, because I wouldn't be so tired now.

4 I always take something to eat with me because there might not be any vegetarian food.

**CASE**

I always take something to eat with me ..... any vegetarian food.

5 Unless you make a serious mistake, I'm sure you'll do well in the exam.

**PROVIDED**

..... a serious mistake, I'm sure you'll do well in the exam.

/ 5

2 Complete the dialogue with the correct form of the verbs given.

A: Hi! How are you feeling? You don't look so good today.

B: You're right. I don't feel very well. If I stand up too quickly, I (1) ..... (feel) a bit dizzy.

A: That doesn't sound good. If I were you, I (2) ..... (make) an appointment to see the doctor.

B: It's not that bad. If everyone went to the doctor for every little problem, the doctors' surgeries (3) ..... (be) full all the time.

A: OK. So, what do you think is the matter? Have you eaten anything unusual?

B: No, but I think I might have caught a cold. I wish I (4) ..... (go) on that walk with Sophie yesterday. It was freezing and I forgot my coat.

A: Well, tomorrow (5) I ..... (bring) you my special vitamin drink in case you're still feeling bad.

B: Thanks!

/ 5

3 Choose the correct alternatives to complete the email.

Hi Jan,  
 Thanks so much for your email. It really cheered me up. I got behind with my coursework last month and I was beginning to feel really stressed. To be honest, if I had known how much coursework there would be, I (1) didn't take/wouldn't have taken/hasn't taken this subject. Anyway, the good news is that I'm getting really good marks. If you get 60 percent on your coursework, you (2) passed/would pass/pass for the year. That means you don't have to worry so much about the exams. And I'm getting better at organising my time, so (3) in case/unless/as long as I keep working hard, I should be OK.  
 I'm looking forward to seeing you in the holidays and I'd love to come with you to the Edinburgh festival. If I were you, I (4) would try/will try/tried to book somewhere to stay as soon as possible because lots of people go in August.  
 If I (5) will have/have/would have time this evening, I'll look at some hotels online and give you a call.  
 Speak to you soon.  
 Claire

/ 5

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

Retail therapy – the practice of shopping to improve your mood – may have a negative reputation but according to several studies, it can help to minimise feelings of stress. Although shopping can lead to addiction, it is (1) ..... than overeating or other compulsive behaviours because choosing something to buy makes shoppers feel more in control. There are steps you can take to ensure that shopping doesn't become a problem. Ideally you (2) ..... limit yourself to buying what you have planned to buy. If you do (3) ..... want to get into

debt, leave your credit card at home and take a small amount of cash with you. If you're the sort of person who buys something and then thinks 'I wish I (4) ..... not bought that', then try setting money aside in a 'stress shopping' fund and don't spend any more until you have topped it up. (5) ..... that you stay within your budget, shopping can be an effective coping mechanism for life's stresses.

/ 5

**Total / 20**

**Vocabulary**

**5 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 You'll be completely better tomorrow, I'm sure of it.  
**FEET**  
You'll be ..... tomorrow, I'm sure of it.
- 2 I'm sorry to hear you're not feeling well at the moment.  
**WEATHER**  
I'm sorry to hear you ..... at the moment.
- 3 I think I'm getting that flu bug that's going round.  
**DOWN**  
I think I ..... that flu bug that's going round.
- 4 After the accident, Jenny lost consciousness for a few minutes.  
**BLACKED**  
After the accident, Jenny ..... for a few minutes.
- 5 My mum has been ill for a couple of weeks, but she is recovering now.  
**OVER**  
My mum has been ill for a couple of weeks, but she ..... it now.

/ 5

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

We all went to watch my brother play football last week – even my big sister came. She got really excited because although they were losing, it was very close. When the ball came towards her, she tried to kick it. Well, she fell over and hurt her (1) ..... It was obviously really (2) ....., though she tried not to let it show. My dad took her to hospital and after an X-ray they said it was broken and she had to (3) ..... an operation. Fortunately, she didn't (4) ..... an infection from her cuts and bruises but she did have to get a (5) ..... for painkillers, but eventually she got better. The first thing she asked when she came round was 'Who won?'

- |   |                         |                       |                      |
|---|-------------------------|-----------------------|----------------------|
| 1 | <b>A</b> bone           | <b>B</b> ankle        | <b>C</b> artery      |
| 2 | <b>A</b> dizzy          | <b>B</b> chronic      | <b>C</b> painful     |
| 3 | <b>A</b> have           | <b>B</b> make         | <b>C</b> go          |
| 4 | <b>A</b> felt           | <b>B</b> get          | <b>C</b> put         |
| 5 | <b>A</b> blood pressure | <b>B</b> prescription | <b>C</b> temperature |

/ 5

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

My brother is always working out at the gym and I used to think he was pretty fit. But he has a busy job and he never cooks for himself. He eats out a lot or buys ready meals and he likes fatty food and things that are (1) ..... in salt. Anyway, he has (2) ..... on a bit of weight recently and he wasn't feeling well so he went to the local health centre for a check-up. He had his blood (3) ..... taken which was high and they told him that he's in (4) ..... of becoming obese. That really shocked him. So now he's started jogging every day before work and he's trying to eat a more (5) ..... diet. He looks better already. I think that's what's known as a 'wake up' call and I don't think he'll let himself get out of shape again.

/ 5

**8 Complete the text with the correct form of the words given.**

My mum has a problem with her skin and she was fed up with getting (1) ..... (prescribe) from the doctor that didn't seem to work so she decided to see a homeopath. My dad was very sceptical and said it was a waste of money, but she told him not to be so (2) ..... (mind). At that point, she thought anything was worth trying. The homeopath was a good listener and asked mum all sorts of questions about her lifestyle. He gave her some special drops and told her to come back if there wasn't any (3) ..... (improve). He also said that stress could be causing her to have an (4) ..... (allergy) reaction because it weakens the immune system. He reminded her of the (5) ..... (important) of a healthy diet and said she should take time out to relax. Anyway, I don't know if it was the drops or the lifestyle changes, but she has been a lot better since she saw him.

/ 5

**Total / 20**

**Reading**

9 Read the article about stress. 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.

**Stress: a modern illness?**

The twenty-first century seems to have brought with it a whole range of new medical problems. Many of these are related to our increased use of technology. For example, there are now several problems connected with using computers and mobile phones. Certain parts of our body ache because they are overused, like thumbs from too much texting, eyes from peering at small screens repeatedly and our ears from the increased volume of music we listen to on MP3 players and at clubs. (1) ..... The list goes on and on. However, one of the biggest dangers to health today is not a direct result of technology but it is definitely related to it. That is stress.

Stress has always been with us. The feeling of being overwhelmed and unable to control aspects of our lives seems to have been part of the human condition forever. (2) ..... One reason for this is that technology has speeded up our lives dramatically. Everything can happen instantly: communication, travel, accessing information and so on. This means that, whereas we used to have thinking time between communications both at work and in our personal lives, today that's gone. People don't have enough time to do nothing and sometimes our brains need that.

Commuting to work used to be a time to relax and prepare for the day ahead or to wind down after a busy day. Now it's the opposite. If you're driving, the rush hour is usually one long traffic jam and if you're on the train, you'll probably be on your mobile phone or on your laptop continuing the day's work. Students don't escape either. (3) ..... So, the stress factor can start at an early age.

So, how can we best deal with our stressful lives? It is important that we try, as stress causes not only mental problems but physical ones, too. People under a lot of stress can become nervous and moody, and even suffer from severe depression. (4) ..... It can affect our sleeping patterns, and when we don't get enough sleep that leads to other problems, too.

According to the experts, we need to try to cut out some of the things that cause us most stress in our daily lives. (5) ..... Of course, stress affects different people in different ways, but one answer is to write down a list of things that you find stressful and find ways round them. If you are stressed because you tend to leave revising for tests to the last minute, the answer would be to spread the revision over a longer period. If driving in the rush hour stresses you out, try putting on some calming music to distract you from the situation. If it's possible, switch off your phone on the train and read a book! We all need time to relax, a time when we can do something we enjoy, such as reading or watching a film. Another excellent way to fight stress is to do some form of exercise. (6) .....

It is inevitable that the pace of life is going to speed up even further, and we shall have to deal with it. But as long as we allocate ourselves some down time, we'll stay healthy. So, switch off that laptop and chill out.

- A Obviously, it is not possible to stop studying for exams or going to work, but we can reduce stress if we approach these things in the right way.
- B They are under pressure to take and pass more and more exams.
- C But experts say that stress levels, and health problems caused by stress, have gone up alarmingly in recent years.
- D And people don't take as many holidays as they used to.
- E We are also getting more ear infections because we share headphones.
- F This has the advantage of improving our general fitness as well so try to fit in some sport or gym time.
- G It also affects the heart and can cause problems related to blood pressure.

**10 Read the article again. Are these statements True (T), False (F), or is the information Not Mentioned (NM)?**

- |   |        |
|---|--------|
| 1 Technology has made it easier to identify medical problems.                   | T/F/NM |
| 2 Stress causes fewer problems today than it used to.                           | T/F/NM |
| 3 People should continue to work when they are at home.                         | T/F/NM |
| 4 People should find ways of making some situations less stressful.             | T/F/NM |
| 5 Relaxation should be put off until people have finished doing essential jobs. | T/F/NM |
| 6 Doing exercise has more than one benefit.                                     | T/F/NM |

**/ 6**

**11 Find words in the text which mean the same as these phrases.**

- Paragraph 2:** To have a strong emotional effect on. ....
- Paragraph 3:** Regularly travelling between work and home. ....
- Paragraph 5:** To often do or be likely to do a particular thing. ....
- Paragraph 6:** Which cannot be avoided, which is bound to happen. ....

**/ 4**

**Total / 16**

**Use of English**

**12 Complete the text with the correct form of the words given.**

Once considered a symbol of wealth, (1) ..... (obese) is now known to be a danger to health. Although in some places being thin is still seen as a sign of (2) ..... (ill), in most parts of the world, being overweight is now viewed negatively. And with good reason. It increases the risk of heart disease, promotes high blood pressure and can lead to other serious health problems. In extreme cases, it is possible to have an (3) ..... (operate) to reduce the size of the stomach and prevent overeating, but most experts agree that it would be better to get to the root of the problem. The most likely causes are environmental and can be linked to poverty. One of the problems is that traditional diets of grains and vegetables are giving way to a greater (4) ..... (take) of products that are high in fat and sugar because these foods are cheaper. Wealthy people, who have better access to nutrition (5) ..... (educate), healthy foods and exercise facilities, tend to be slimmer. However, the problem is not just about eating the

wrong things and lack of exercise. Although (6) ..... (fat) foods are a major part of the problem, it is sugar that is currently seen as the main culprit. And much of the sugar consumed today is hidden in (7) ..... (process) foods, such as ketchup, soft drinks, biscuits and even some breakfast cereals which are promoted as a healthy option. And excessive sugar consumption can lead to people becoming (8) ..... (addict) to sugar. Some experts argue that if governments (9) ..... (do) more to prevent the problem, there would be significant economic benefits in terms of reducing spending on health care. They are calling for the introduction of a sugar tax. However, opponents to this measure are not just the food industries, but also those who fear that it would hit the poor hardest. Studies show that if governments (10) ..... (increase) the prices of unhealthy food *and* cut the prices of fruit and vegetables, people would change their eating habits. But that would take some courage.

**/ 10**

**Listening**

**13** Listen to five short extracts. Choose the best answers, A, B, C or D.

- 1 You hear a boy and a girl talking about the girl's absence from school.  
What did she think about the new medical centre?  
A The decoration is very modern.  
B It's got nice posters.  
C It's efficient.  
D It isn't as big as the old one.
- 2 You hear two people talking about an operation.  
How does the boy feel about the operation?  
A unconcerned  
B worried  
C embarrassed  
D curious
- 3 You hear two people talking about a new pet.  
What does the girl say about the dog?  
A It's crazy.  
B It's friendly.  
C It's not well.  
D It's slow.
- 4 A doctor is giving a talk.  
Why did he become a doctor?  
A He had always wanted to be a doctor.  
B His parents were doctors.  
C It gives him the chance to write books.  
D He enjoyed the relevant subjects at school.
- 5 You hear two people talking about catching flu.  
Who does the boy think he caught the flu from?  
A Mike  
B Jim  
C Jack  
D the hospital staff

/ 5

**14** Listen again and complete the sentences with two or three words in each gap.

- 1 The girl went to the medical centre for .....
- 2 The boy doesn't have to ..... when he has his operation.
- 3 The dog's previous owners sent her to ..... when they went abroad.
- 4 The speaker has been a doctor .....
- 5 The boy used a ..... to prevent infection at the hospital.

/ 5

**Total** / 10

