

I. READING

When most of us hear the word 'diet', we immediately think about trying to get slim. However, a diet should be more than just trying to lose weight. What we eat should keep us fit and healthy and make us feel energetic.

One of the best ways to keep your energy levels high is to eat small snacks frequently throughout the day. It keeps your blood sugar at a healthy level and stops you from experiencing the symptoms of low blood sugar. Eating nothing all day and then having a large evening meal will not only make you feel exhausted but also make you gain weight.

People who are trying to lose weight often miss breakfast. They are not making life easy for themselves by doing this. Breakfast is the most important meal of the day, and without it your body will not work properly. Eating a small, low-fat breakfast will give the energy and nutrients you need to get through the morning. Try fresh fruit, juice, toast and honey, or cereal.

You should drink a lot of water during the day. Without plenty of water, you will feel exhausted and may suffer from headaches. You should drink at least five glasses of water every day.

Vitamin C is extremely important. It keeps us healthy and helps our blood to absorb iron and calcium. The most important source of Vitamin C is fresh fruit and vegetables, so you should eat a variety of these every day. Citrus fruit, strawberries and tomatoes are all rich in vitamin C, and delicious, too!
(Adapted from: V. Evans 'Click On' Express Publishing)

1. A person can feel energetic by

- a) trying to get slim
- b) trying to get fit
- c) eating properly
- d) going on a diet

2. You should eat often during the day

- a) in order not to suffer from low blood sugar
- b) to put on weight
- c) in order to keep your blood sugar at a healthy level
- d) in order not to have an evening meal

3. You should eat for breakfast.

- a) cereal
- b) honey
- c) fatty bacon and eggs
- d) fresh fruit

4. You should always eat breakfast

- a) in order not to lose weight
- b) in order to get necessary nutrients
- c) because there is always plenty to eat in the morning
- d) to have a lot of energy until lunchtime

5. If you eat, you supply a lot of vitamin C to your body.

- a) oranges
- b) tomatoes
- c) strawberries
- d) fresh vegetables

6. You need to drink a lot of water

- a) because your body needs it
- b) to feel exhausted
- c) to have a headache
- d) to avoid feeling exhausted

7. makes you gain weight.

- a) Eating nothing
- b) Having a large meal in the evening
- c) Eating small, low-fat breakfast
- d) Eating a lot of fruit

II. COMMUNICATION

8. A: Could you come earlier next Saturday?

B:

- a) No, I couldn't.
- b) No, rather not.
- c) I think that not.
- d) I'm sorry. I can't.

9. A: Don't forget to switch off your computer when you leave home.

B:

- a) I remember
- b) No, I won't
- c) It's important
- d) No, I would

10. A: I've got a terrible headache and diarrhoea.

B:

- a) If I were you, I'd go to the doctor immediately.
- b) The best thing you can do is to go to bed.
- c) You should ask the teacher for help.
- d) I'll do as you say.

11. A: Where shall we go for lunch?

B:

- a) How about going to McDonald's?
- b) What about to go to McDonald's?
- c) Let's go to McDonalds.
- d) Why don't we go to McDonald's?

12. A: your English dictionary?

B: Yes, of course, here you are.

- a) Could you borrow me
- b) Can I lend
- c) I wonder if you could lend me
- d) Can I borrow

13. A: Don't work too hard!

B:

- a) I hope so.
- b) Don't worry, I won't.
- c) Nor do I.
- d) OK. I won't.

14. A: Why don't we go playing bowling at the shopping centre?

B:

- a) I'd rather play football outside.
- b) I like playing table tennis.
- c) I'd like to play table tennis instead.
- d) I'd prefer go to the swimming pool.

III. VOCABULARY

15. We can buy a hole punch and drawing pins at the

- a) butcher's
- b) stationer's
- c) supermarket
- d) paper shop

16. To get to the USA you have to show to the immigration officer at the airport.

- a) your passport
- b) your last school report
- c) an American visa
- d) an identity card

17. Which are there at the airport?

- a) check-in-desk
- b) runway
- c) platform
- d) departure lounge

18. is the state of suffering caused by having no food.

- a) Pollution
- b) Global warming
- c) Starvation
- d) Hunger

19. Where can you hear such announcement?

Please place your tray tables in their fully upright and locked positions.

- a) On the radio.
- b) On a plane.
- c) In a restaurant.
- d) In a bank.

20. How was your lunch?

- a) The pizza was really tasteful.
- b) The steak was absolutely delicious.
- c) My hamburger was really disgusting.
- d) It was disgusted.

21. Advertisements are not allowed to lie, but we are in subtle ways.

- a) taken in
- b) deceived
- c) misled
- d) fooled

IV. GRAMMAR

22. Who knows where ?

- a) are the Maldives situated
- b) are the Maldives
- c) the Maldives are situated
- d) have the Maldives been situated

23. I keep fit by regularly at the gym.

- a) taking off
- b) working out
- c) putting off
- d) giving up

24. Spanish in many South American countries for 400 years.

- a) has spoken
- b) is spoken
- c) speaks
- d) has been spoken

25. The taxi took us to the airport was very dirty.

- a) that
- b) what
- c) which
- d) who

26. My sister is very different me. I'm short and slim but she's tall and fat.

- a) to
- b) from
- c) with
- d) of

27. Tom said: 'I've been learning French for three years'.

- a) He told me I was learning French for three years.
- b) Tom said that he is learning French for three years.
- c) He said he has been learning French for three years.
- d) Tom told me he had been learning French for three years.

28. I wish I wasted my time doing nothing all day long.

- a) haven't
- b) hadn't
- c) didn't
- d) wouldn't

29. My mum asked: 'Are meals included in the price?'

- a) My mum asked whether meals were included in the price.
- b) My mum asked if meals are included in price.
- c) My mum asked if meals were included in the price.
- d) My mum asked if were meals included in the price.

30. I when I fainted.

- a) was having my tooth filled in
- b) was filled in my tooth
- c) had filled in my tooth
- d) have my tooth filled in