

Name _____ Class _____ Date _____

LANGUAGE IN ACTION

1 Circle the correct options.

- We all need *a few* / *a little* fun.
- Could you spare *a few* / *a little* time to help me with my project?
- I usually try to do *a few* / *a little* exercises to warm up before I go jogging.
- The school football team has got *a few* / *a little* good players.
- I'm really tired. I only got *a few* / *a little* sleep last night!
- We've got *a few* / *a little* apples in the fridge.

5

2 Tick (✓) the correct words in bold. Replace the incorrect words.

KEISHA I need to do my homework and finish my project tonight, but there are only ¹**a few** ✓ hours before bedtime. And I'm really tired because I only got ²**a little** sleep last night. I'm so stressed!

LUCY Don't worry! Try to relax for ³**a little** minutes or spend ⁴**a little** time listening to music before you start.

KEISHA Good idea. First, I'll make a list of what I need to do. So, I've got a lot of maths homework, but only ⁵**a little** English. So I can do the English first.

LUCY How much time do you need for your homework?

KEISHA Just an hour. But I've only done ⁶**a few** work on my project. I need to spend more time on that.

LUCY Well, try to eat healthy snacks like fruit and nuts and drink plenty of water while you work.

KEISHA That's good advice. Thanks!

5

3 Complete the sentences with *too* or *enough*.

- There are 20 students in the class and 19 books. There aren't enough books.
- John has got a fever and he can't go to school. He isn't well _____ to go to school.
- The shoes cost £50. I've got £40. The shoes cost _____ much money.
- There's only one glass of orange juice in the fridge. I didn't buy _____ orange juice.
- He's two years old and we are going to a concert. He's _____ young to come with us.
- I only slept for three hours last night. I didn't get _____ sleep.

5

4 Complete with *too*, *enough*, *a little* and *a few*.

One year ago, I couldn't run at all. I was very unfit. I wasn't even fit ¹enough to go jogging in the park. I had ²_____ much school work and I was feeling stressed. I didn't get ³_____ exercise and I spent ⁴_____ many hours sitting on the sofa playing video games! But a friend asked me to train with her. The first time, I could only run ⁵_____ steps, but with ⁶_____ hard work once a week, I got stronger and faster. After six months, I could run a marathon.

5

5 Read the problems and complete the advice. Use *should*, *shouldn't* and *ought*.

- My legs hurt after I go jogging.
You should warm up before you go.
- I want to run a marathon.
_____ to start training every day.
- I have a bad cough and I'm sneezing.
_____ go to school today.
- I'm bored at weekends.
_____ to go out more.
- My dad is unfit.
_____ start doing exercise.
- My parents work too much.
_____ take a holiday.

10

VOCABULARY

6 Circle the correct options.

- 1 to force air out through your nose
a sweat **b** sneeze
- 2 to have a high temperature
a warm up b have a fever
- 3 to become sick
a get ill b work out
- 4 to rest and be calm
a train b relax
- 5 to force air out through your mouth with a loud sound
a sneeze b cough
- 6 to exercise gently before doing sport
a warm up b work out

☐ 5

7 Complete the table with the words and phrases in the box.

~~cough~~ get better get enough sleep
get stressed go jogging relax

health	fitness
<u>cough</u>	

☐ 5

8 Circle the correct options.

- 1 Carbohydrates / Vitamins are important for energy.
- 2 I try to eat well, and I think I have a *balanced diet* / *dairy products*.
- 3 Most of the body's energy comes from *nutrition* / *carbohydrates*.
- 4 There is a lot of *fat* / *vitamins* in chocolate, ice cream, butter and cheese.
- 5 *Protein* / *Fibre* is important because it helps food pass through your body.
- 6 Your body needs *fibre* / *protein* to help it grow and be strong.

☐ 5

LISTENING

9 Listen to an interview with Ella, a young swimmer. Number the topics a–f in the order that they are discussed 1–6.

- a Ella's morning training ☐
- b Ella's advice to people with Olympic dreams ☐
- c Ella's evening routine ☐
- d Sleep ☐
- e School ☐
- f Food and nutrition ☐

☐ 5

10 Listen again. Are the sentences true or false?

- 1 The presenter enjoyed watching the Olympic Games. true
- 2 Ella goes to the pool early every school day. _____
- 3 She works out every day at weekends. _____
- 4 She thinks athletes should have a break from training. _____
- 5 She doesn't eat snacks. _____
- 6 She enjoys swimming. _____

☐ 10

READING

Your body clock: Frequently Asked Questions

Q: What is the body clock?

The body clock is a natural 24-hour cycle that controls everything in the body, including your energy, your sleep, and your health.

Q: How does the body clock work?

The body clock is sensitive to light. When your eyes see light, they send signals to your brain and you feel awake. This is why we have energy during the day and start to feel tired when it's dark. So you shouldn't look at electronic devices before bed because the light can stop you going to sleep.

Q: How is a teenager's body clock different?

The brain changes a lot between the ages of 12 and 20 and this affects your body clock. Some scientists say that most teenagers don't get enough morning light. They suggest that teenagers should use the morning break at school to go outside or look out of the window.

Q: How much sleep do teenagers need?

Sleep is very important. Without it, we can get stressed, tired and ill. Teenagers need around nine hours a night but most don't get enough sleep. Because of changes in the brain, it is natural for teenagers to go to bed later and sleep in the morning. This is why teenagers find it difficult to get up early.

Q: What is the best time of day for exercise?

Our heart and muscles work better at different times of the day. Scientists found that the best time to work out is in the morning or at 5 pm in the afternoon. You shouldn't exercise just before bed, because this is when it's important to relax and prepare for sleep. But experts say that the most important thing is everyone ought to have a balanced diet and take regular exercise.

11 Read the text. Complete the sentences.

- 1 Your body clock affects your whole body.
- 2 Light _____ your body clock.
- 3 Your _____ changes when you are a teenager.
- 4 Most _____ don't get enough sleep.
- 5 _____ is better in the morning.
- 6 Everyone should have a _____ diet.

10

12 Read the text again. Circle the correct options.

- 1 The body clock is ...
 a a daily cycle
 b a weekly cycle
- 2 The light in electronic devices makes us feel ...
 a awake
 b feel tired
- 3 It's important for teenagers to get light ...
 a in the evening
 b in the morning
- 4 Teenagers should ...
 a go outside when they are at school
 b have a break in the morning
- 5 The body clock makes teenagers ...
 a feel tired in the evening
 b want to stay up late
- 6 You shouldn't exercise before bed because ...
 a you will go to sleep
 b your body needs to get ready to sleep

10

13 Circle the words and phrases in the box in the text. Then complete the sentences.

a balanced diet get enough sleep
get stressed ill relax work out

- 1 When you have a balanced diet, you get everything your body needs.
- 2 You shouldn't go to school if you get _____.
- 3 Listening to music can help you _____.
- 4 A lot of students _____ and worried before their exams.
- 5 If you don't _____, you will feel too tired at school.
- 6 A lot of people _____ at the gym.

5

WRITING

14 Useful language. Circle the correct options.

- 1 ~~Why don't you~~ / Have you tried go to bed earlier?
- 2 You could always / Have you tried take your own food to school.
- 3 Why don't you / I recommend exercising after school.
- 4 That way, you can / Have you tried walking to school?
- 5 Take fruit to school. That way, you can / Have you tried always have a healthy snack.
- 6 I recommend / Why don't you look online for ideas?

5

15 Write a reply on a forum responding to the post below. Use the prompts below to help you.

Write at least 120 words.

- Greet the person and thank them.
- Give them advice.
- Give reasons for your advice.

Luke15: Help!



I want to have a healthier lifestyle.
I need to eat better, start exercise
and sleep more. What should I do?

10

TOTAL SCORE

100