

TEST 2 (11 GRADE)

NAME: _____ DATE: _____

CLASS: _____ MARK: _____ /100

(Time: 60 minutes)

Vocabulary & Grammar

A Choose the correct answer.

- Paul makes eggs on toast for breakfast every Sunday.
A scrambled C baked
B grilled D battered
- Tim's ankle felt very after he twisted it at football practice.
A itchy B fit C sore D ageing
- products like cream and cheese are high in fat.
A Dairy B Poultry C Grain D Seafood
- Using sunscreen will your skin from harmful UV rays.
A prevent C protect
B avoid D promote
- If you don't stretch before exercising, you might a muscle.
A twist B swell C burn D pull
- We decided to theatre tickets for the last night of our trip.
A rent B book C hire D join
- When we went travelling, we stayed in a youth because it was very cheap.
A hostel C ~~centre~~
B campsite D site
- John was happy to find that there was no queue at the desk because his suitcase was very heavy.
A check-in C boarding
B in-flight D tourist
- Nathan booked a(n) ticket to Edinburgh as he planned to go back to Glasgow the following day.
A return C overnight
B luxury D all-inclusive

- We don't want to go to a(n) beach with lots of people.

A sandy C crowded
B ~~unsport~~ D peaceful

Marks: _____
10x2 20

B Choose the correct answer.

- If I you, I'd eat more fruit and vegetables.
A am C had been
B were D will be
- Gemma's new suitcase is far; she can't fit all her things inside.
A too small C small enough
B small D smallest
- I wish I afford to travel to Australia.
A would B will C could D can
- on the beach is my idea of a good holiday.
A Relaxes C To relax
B Relax D Relaxing
- Lucy went to the gym every day get in shape for her holiday.
A to C in case
B in order D so that she
- Daniel travelled to Wellington, is the capital of New Zealand.
A whose B which C where D what
- John had amazing time in Spain that he booked to go again the following year.
A such an C such
B so D such a
- I think is the best way to keep fit.
A run B to run C running D runs
- I feel sick. I wish I so much cake.
A couldn't eat C hadn't eaten
B don't eat D will eat
- If I had taken an umbrella, I wouldn't walking home.
A had got wet C have got wet
B get wet D had been getting wet

Marks: _____
10x2 20

Communication

C Choose the correct response.

- 1 A: I broke my leg playing football.
B: a It was very painful.
b Get well soon.
- 2 A: The hotel room was filthy.
B: a That's terrible!
b It's not bad.
- 3 A: Do you want to play golf today?
B: a Yes, I won!
b Absolutely.
- 4 A: We had an awful time on holiday.
B: a What a shame!
b It was terrible!
- 5 A: Fast food is so unhealthy.
B: a That's a good idea.
b You've got a point.

Marks:
5×2 10

Reading

D You are going to read a text about diets. For questions 1-4, choose the correct answer A, B, C or D.

- A Many people who want to lose weight or become fitter and healthier often choose to go on a diet. But is this really the best method? With celebrities speaking in magazines and on television about new diets that have helped them slim down, it is not surprising that more and more people are turning to dieting. Shops and supermarkets have noticed this trend and are stocking their shelves full of diet products such as diet milkshakes, snack bars and even diet pills in the hope of getting consumers to spend more money. But, such products and the diets they are associated with are often found to be extremely unhealthy and some are even dangerous.
- B Most of these popular diets work by cutting out a certain nutrient from your food intake. For example, there are diets that work by cutting out carbohydrates. This means the body must use its fat reserves for energy. But while this might be an effective way to lose weight, there have been some negative effects associated with such methods. By cutting a particular food group out of your diet, you are starving your body of a nutrient that it needs, which could leave you feeling weak, tired or even grumpy. Furthermore, these diets are often unsuccessful in the long run and most people who follow them eventually put the weight they lost back on.
- C Generally, following a strict diet or cutting out a particular food group is not an effective way to lose weight. The most effective way is to reduce your calorie intake. The recommended calorie intake for an adult male is 2,500. If a man consumes more than 2,500 calories each day, then he is likely to gain weight. However, if he consumes less, then he is likely to lose weight, especially if he exercises.
- D So, instead of spending money on trendy diet pills or special weight loss foods, try to eat healthy balanced meals containing foods from all the food groups. Proteins, carbohydrates, fats, vitamins and minerals all play an important role in staying healthy, which is why they all should be included in your meals each day. Of course, some foods should be eaten in moderation as an occasional snack. For example, a bar of chocolate every once in a while won't cause you any problems. So, next time a friend of yours tells you that they are going on a diet, let them know that eating a healthy balanced diet is a much better choice.

- 1 What does the writer state about popular diets?
- A They are often promoted by celebrities.
B That only celebrities use them.
C That they are all risky.
D That they are expensive to follow.
- 2 The writer says that not consuming a particular nutrient
- A reduces your fat reserves.
B makes you feel hungry.
C can cause a change in your mood.
D is the best way to lose weight.
- 3 According to the writer, the best way to lose weight is by
- A strictly planning your meals.
B cutting down on the calories you consume.
C eating important vitamins and minerals.
D not eating a particular type of food.
- 4 The main idea of paragraph D is that
- A people shouldn't buy diet pills.
B weight loss products are very expensive.
C snacking is unhealthy.
D following a diet with a variety of nutrients is ideal.

(Marks: $\frac{\quad}{4 \times 2}$ 8)

E Read the text again and match the following statements to the correct paragraph of the text.

Which paragraph

- 1 suggests having unhealthy foods in small amounts?
- 2 warns readers of problems associated with following a diet?
- 3 explains how a person can become overweight?
- 4 describes a recent trend?

(Marks: $\frac{\quad}{4 \times 2}$ 8)

F Answer the following questions based on the text.

- 1 Why are more people deciding to go on diets?
.....
- 2 What advice is given about calorie intake?
.....

(Marks: $\frac{\quad}{2 \times 2}$ 4)

Listening

G Listen and mark the sentences Yes or No.

	YES	NO
1 Stacey recently changed her opinion about fast food.		
2 Ben thinks that it is cheaper to buy fast food.		
3 Ben is currently unemployed.		
4 Ben prefers the taste of home-cooked food.		
5 They agree to do an activity together the next day.		

(Marks: $\frac{\quad}{5 \times 2}$ 10)

Writing

H Write an answer to ONE of the questions in this part.

1

Your friend wants to go abroad on holiday and has asked you for a recommendation. Write a **letter** (120-180 words) to your friend suggesting where they could go on holiday. Include details about what they can do and see there.

2

You have had a class discussion on the best ways to exercise and stay in shape. Now your teacher has asked you to write an **essay** (120- 180 words) about the pros and cons of joining a gym.

[illegible]