

Skills Test Unit 7 Test B

Name: _____

Everyday English

1 Complete the dialogue with the phrases below.

Do you feel Are you I think you should You don't look I feel

Adam ¹ _____ very well, James. ² _____ OK?

James Actually, I'm not. ³ _____ really dizzy.

Adam ⁴ _____ sick? You look very pale.

James Yes, I do. And I think I've got a temperature, too.

Adam ⁵ _____ see a doctor.

James That's a good idea. Can you come with me?

Mark: ____ / 5

Listening

2 🎧 Listen to Jake, Katie and Hannah talking about cold treatments. Match the speakers to the statements below.

1 _____ drinks lots of lemon, ginger and honey.

2 _____ says you shouldn't take antibiotics to cure a cold.

3 _____ believes it takes seven days to get over a cold without medication.

4 _____ thinks it's important to rest when you have a cold or flu.

5 _____ says sleep helps the body to fight infection.

3 🎧 Listen again. Decide if the statements are true (T) or false (F).

1 Jake believes that you shouldn't drink a lot of liquids when you have a cold. ____

2 Jake says that eating cold chicken soup could help fight a cold. ____

3 Katie says that medicines such as antibiotics doesn't help. ____

4 Katie takes paracetamol and drinks herbal tea when she has a cold. ____

5 Hannah says we should rest a lot when we have a cold. ____

Mark: ____ / 10

Reading

Early America: The Europeans and the Native Americans

It's 1482 and Christopher Columbus lands in America on an island in the Caribbean Sea. He brings many men and animals on his ships. Some of the animals have serious illnesses, for example, malaria and smallpox. Soon, many of the Native Americans become very sick. These are diseases that are new in America and the Native Americans are dying from them because they don't have the same immunity as the European travellers. This means that they can't fight the diseases as well as the Europeans can.

By 1600 most of the Native Americans on the island where Christopher Columbus first landed in 1482 were dead from these diseases. The main reason was that the animals were ill. The cows had tuberculosis, the pigs had the flu, and the chickens had malaria. Smallpox was the worst of all the diseases. Native Americans used natural healing, but this wasn't enough for such serious illnesses. The Europeans, on the other hand, were skilled in advanced medicine. They weren't always friendly to the Native Americans, but when they could help, it was an advantage to both sides.

There were times when the Native Americans could help the Europeans, too. For example, during the winter of 1535 to 1536, the French explorer, Jacques Cartier and his crew were trapped in the St. Lawrence River near Montreal. Their ships were frozen in the ice from November to March. The men on the ship were sick and twenty five of them died. The Native Americans were skilled enough to free them. They could also use natural medicine to help the sick men. Soon, the Europeans were feeling better because of help from the Native Americans.

Today's Native American medicine still includes some of the old healing rituals and practices, and many Native Americans use herbs and other natural medicines.

4 Read the text. Decide if the sentences are true (T) or false (F).

- 1 Christopher Columbus landed in America in 1480. _____
- 2 Some of the men on his ships were very ill. _____
- 3 The Native Americans don't have immunity from the diseases the animals carry. _____
- 4 The Native Americans were natural healers. _____
- 5 Though they were not always friendly to each other, the Native Americans and Europeans could help each other. _____
- 6 Jacques Cartier and his ships were trapped in the frozen river from 1536 to 1537. _____
- 7 All the men on the ship died. _____
- 8 Native Americans were able to use their skills to free the ship. _____
- 9 The Native Americans used natural medicine to help the sick men. _____
- 10 Native Americans don't use natural medicines anymore. _____

Mark: ____ / 10

Writing

5 Write a letter of advice in response to this student's problem.

Hello,

I am worried about my friend Alice. She's got a lot of work to do at school because she's got a science exam next month. She's very good at science but she worries too much because she wants to be a doctor. Her exam results are really important to her. She doesn't come out with me or any of her other friends any more and looks very sad. How can I help her?

Olivia

Follow the plan:

Paragraph 1: Show that you understand the problem.

Paragraph 2: Write your most important suggestion first.

Paragraph 3: Include one or two more suggestions.

Paragraph 4: Write a conclusion.

Mark: ____ / 15

TOTAL MARKS: ____ / 40

Challenge!

6 Complete the text with the correct answers (a–c).

Ultramarathons

Do you know how long a marathon is? It's 42 km. So, how about running an ultramarathon? Are you a ¹ _____? Then forget it! You have to be really ² _____ to run an ultramarathon. You should be slim with long ³ _____ and arms, and you ⁴ _____ have good muscles, too. Ultramarathons are longer than traditional marathons. They are usually about 50 km long, but some are 100 km or even 1,500 km! Many ultramarathons take place in difficult environments, such as ⁵ _____ or mountains, and runners often ⁶ _____ run in extreme temperatures.

Runners ⁷ _____ ultramarathons all over the world. Africa is one of the most popular places for ultramarathons. There's the 250 km Marathon des Sables through the Sahara desert in Morocco, or the Sahara Race in Egypt, for example, where competitors from thirty countries compete. Ultramarathon running is becoming popular in Asia, too. In the last few years, the World Championships ⁸ _____ in countries such as Taiwan, Japan and Korea. The toughest marathon runners, who are into endurance races, can go to New Zealand, where they can run the entire length of the country, a distance of around 2,200 km!

- 1 **a** player **b** runner **c** sprinter
- 2 **a** fit **b** tall **c** rich
- 3 **a** bones **b** shoulders **c** legs
- 4 **a** can **b** should **c** might
- 5 **a** grasslands **b** deserts **c** parks
- 6 **a** have to **b** can **c** should
- 7 **a** take part **b** take part in **c** take
- 8 **a** was **b** are **c** were