

Grammar

1 Complete the text. Write one word in each gap, where necessary.

Many people find ¹_____ difficult to follow a healthy diet. For example, it is well known ²_____ you should eat fruit and vegetables every day, but people still prefer their cakes and pies. Nutritionists also ³_____ it clear that a low fat diet is ⁴_____ essential for good health. This is something people often forget when dining out on fast foods. ⁵_____ is the high amounts of saturated fats that make these meals particularly unhealthy. People also find it hard ⁶_____ accept that eating lots of red meat ⁷_____ not good for you. Older generations recall the time when beef was a luxury. It may ⁸_____ explain why people eat so much meat today. Doctors admit ⁹_____ a lot of popular diets are not effective, and have problems convincing patients that ¹⁰_____ can be prejudicial to health.

Marks: __ /10

2 Put the prompts in order. Then write sentences using preparatory *it* followed by a clause or infinitive expression.

- 1 laugh now and again / be happy / if you don't / difficult

- 2 normal / before taking / feel nervous / an exam

- 3 be not / good idea / the night before an exam / go out

- 4 at this time of the year / people on the beach / see / unusual

- 5 homes without electricity / central London / incredible / find

- 6 his chemistry test / good marks / amazing / John got

- 7 learn / pass your English oral exam / everyday English / essential

- 8 win first prize / wonderful / last week

- 9 surprising / don't recycle their rubbish / more people

- 10 annoying / all the tickets had been sold / discover

Marks: __ /10

Vocabulary

3 Replace the underlined words with a suitable word or expression.

- 1 It is now possible to treat with success many diseases.

- 2 I couldn't stand the pain any longer, so I took a painkiller.

- 3 Alison was feeling slightly ill.

- 4 Poor Edward, he's got a runny nose.

- 5 A hot lemon drink can lessen the symptoms of a cold.

- 6 It is believed that a small amount of aspirin a day can reduce high blood pressure.

- 7 Karen always feels nervous before an exam.

- 8 Some medicines can cause death if taken in the wrong amounts.

- 9 It's normal to feel dizzy at high altitudes.

- 10 The smell of cheese makes me feel nauseous.

Marks: __ /10

4 Complete the email.

The health spa is fantastic and I feel great! Here in the mountains there is nothing to ¹_____ the air so it's clean and ²_____. It's a great treatment for your ³_____, and it's really helping my ⁴_____. Fresh air and exercise are the best ⁵_____ for respiratory problems. We also follow a special diet designed to refresh internal organs like your kidneys and ⁶_____. We have daily aromatherapy sessions with oils that are plant ⁷_____, so they're very natural. Have you tried a mud bath? I thought it was going to feel cold and ⁸_____, but it's really nice! There's just one problem, for breakfast we have a horrible lemon herbal drink that tastes really ⁹_____ – apparently it is good for your ¹⁰_____ and your digestion. Anyway, I must go, I have got a yoga session!

Marks: __ /10

Reading

5 Read the text. Are the sentences true, false or don't know?

The best medicine of all

Laughing is a universal phenomenon that breaks down barriers, unites people and is generally infectious, without any side effects. Doctors agree that a good dose of laughter can contribute to good health and feeling well, but is there any real scientific basis for recommending laughter as a valid medicine?

The field of psychoneuroimmunology is the study of how psychological factors, the brain and the immune system, interact to influence health. It is now universally accepted that laughter can reduce blood pressure, reduce harmful stress hormones and boost the immune system. When you laugh, endorphins are released giving you the sense of well-being. Endorphins also act as the body's natural painkillers. On a more basic level, laughter provides us with aerobic exercise increasing the body's ability to use oxygen.

Humour therapy is a growing practice in many parts of the world and includes laughter therapies ranging from laughter meditation to laughter yoga. Another example is clown therapy, which is widely used in hospitals with sick children. Laughter is a great distracter for pain and studies show that children benefit more from their treatment and that their anxiety is reduced considerably after a few entertaining visits from a clown. Though laughter can't cure everything, it can certainly be considered as nature's most natural medicine.

- 1 Laughter brings people together.
- 2 Too much laughter has a number of negative side effects.
- 3 Laughter is a reflex that connects the brain with the immune system.
- 4 Laughter is as good as a 20 minute workout at the gym.
- 5 Clowns can make children feel better emotionally.

Marks: __ /5

6 Read the text again and answer the questions with a complete sentence.

- 1 Why can laughter increase your sense of well-being?

- 2 What is psychoneuroimmunology?

- 3 What are the main health benefits of laughter?

- 4 What evidence is there that laughter is a valid treatment?

- 5 Why are clowns being used in hospitals?

Marks: __ /15

Language skills

7 Complete the dialogue.

- Andy Hi Steve. Did you choose a martial art in the end?
- Steve Yes, after a bit of ¹_____ and error, I decided that Tai Chi was right for me.
- Andy Tai Chi! That's for old people. It's so slow it must be ²_____ exciting as watching ³_____ dry?
- Steve Actually, I love it. You should give it a ⁴_____.
- Andy But it can't be as good for your health as other sports.
- Steve Actually, health experts ⁵_____ that Tai Chi is very good for your overall health, especially for high blood ⁶_____. Anyway, how's your foot?
- Andy It's better after the ⁷_____ from the physiotherapist but there's still a lot of ⁸_____. So no football for another few weeks. Fortunately my doctor has reduced my daily ⁹_____ of painkillers.
- Steve It looks like you need an ¹⁰_____ form of exercise until you can play again. Are you sure you don't want to do Tai Chi with me?

Marks: __ /10

8 Complete the mini-dialogues.

- Dialogue 1
- A ¹_____?
- B Yes, I have. It was really relaxing but the mud felt quite slimy.
- A ²_____?
- B No, I haven't. I hate needles but think I'd like to try some other types of therapy.
- A ³_____?
- B Maybe aromatherapy, or something like yoga.
- Dialogue 2
- A Are you nervous?
- B Yes, very. I've ⁴_____.
- A Camomile tea is good for the nerves. Would you care for some?
- B ⁵_____ queasy.

Marks: __ /10

Writing

9 Write a blog about a garden, park or forest that you have been to. Write 150–200 words and organize your writing into three paragraphs:

- Describe where you visited and what you saw.
- Describe new sensations and experiences you had there.
- Write a conclusion.

Marks: __ /20

TOTAL: __ /100