

8 Test

Vocabulary

1 Rewrite the sentences, replacing the underlined words with a suitable word or expression.

1 Sportsmen often become well-known people.

2 We need to discover what time the train leaves.

3 My aunt is a woman without a husband.

4 I prefer meat without fat.

5 We cooked some eggs in hot water for lunch.

6 Eating three times a day is normal.

7 Tina stopped eating chocolate last week.

8 Everyone in my family is very strong and well.

9 We often cook a chicken in the oven on special occasions.

10 My steak was very easy to cut.

Marks: __/10

2 Complete the text.

A traditional English breakfast is bacon and eggs. People used to ¹_____ their food in butter, but now we know that this isn't very ²_____. To reduce the content of ³_____ in food, many people now ⁴_____ the bacon at the top of the oven instead. However, things have changed, and most people in Britain only have a bowl of ⁵_____ for breakfast today. Some follow this with a slice or two of ⁶_____ with butter and ⁷_____. In the past families made a pot of ⁸_____ to drink, but nowadays many people have a cup of ⁹_____ instead. In general, they don't drink espresso though! Some people also have a glass of orange ¹⁰_____ with their breakfast.

Marks: __/10

Reading

3 Read the text and complete the sentences.

A diet fit for a champion

American swimmer Michael Phelps consumes an amazing 12,000 calories a day. He starts off by eating three fried-egg sandwiches loaded with cheese, lettuce, tomatoes, fried onions and mayonnaise. He follows this up with two cups of coffee, a five-egg omelette, a bowl of cereal and three slices of toast topped with powdered sugar and three chocolate-chip pancakes. For lunch Phelps has half a kilo of enriched pasta and

two large ham and cheese sandwiches covered with mayonnaise. He finishes the meal by downing 1,000 calories worth of energy drinks. For dinner Phelps loads up the carbohydrates with another half a kilo of pasta and a whole pizza. Then he drinks another 1,000 calories worth of energy drinks. His diet is designed to give him the energy he needs to complete his five-hours a day, six-days-a-week training regime.

- 1 Michael Phelps takes part in _____ competitions.
- 2 The sandwiches he has for breakfast contain _____ different ingredients.
- 3 He has _____ and pancakes on his toast.
- 4 The main liquid he consumes comes from _____.
- 5 He eats so many carbohydrates to get _____.

Marks: __ /5

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

- 1 How many eggs does Phelps eat for breakfast?

- 2 How much pasta does Phelps eat every day?

- 3 What drinks does Phelps have during the day?

- 4 What is Phelps's biggest meal?

- 5 How many hours does Phelps train per week?

Marks: __ /15

Grammar

5 Find the mistake in each line. Write the correction below.

- 1 To have the balanced diet, you should eat a
- 2 variety of foods from all of the five basic group.
- 3 How many bread can you eat? Bread, pasta,
- 4 potato and rice are all in the first group. These
- 5 foods should be the main part of all meals you
- 6 eat. How many fruit should you have? You should
- 7 eat five portions of fruits and vegetables every day.
- 8 Are meat bad for you? Of course not. You need to
- 9 eat any fish or meat every day, but you shouldn't
- 10 eat some fat. Cut this off the meat before you cook it.

- | | | | |
|---|-------|----|-------|
| 1 | _____ | 6 | _____ |
| 2 | _____ | 7 | _____ |
| 3 | _____ | 8 | _____ |
| 4 | _____ | 9 | _____ |
| 5 | _____ | 10 | _____ |

Marks: __ /10

6 Use the words to write sentences, adding any extra necessary words.

- 1 I / not have / computer / at / home

- 2 There are / bananas / in / kitchen

- 3 How / milk / be / in / fridge?

- 4 We / listen to / radio / during / day

- 5 What time / you have / breakfast / in / morning?

- 6 Linda / go cinema / every week / to see / film

- 7 How / people / go / work / in your family?

- 8 My father / go work / by / car

- 9 My friends / not have got / money / in bank

- 10 You / watch television / in / evening?

Marks: __/10

Language skills

7 Complete the dialogue.

Dan There isn't anything for dinner.
 Ben I'm sure there's ¹ _____ bread. We could have toast.
 Dan We had sandwiches ² _____ lunch and we finished ³ _____ bread.
 Ben What about eggs. Are there ⁴ _____ eggs in the fridge? We could make
⁵ _____ omelette.
 Dan No, there ⁶ _____ any eggs either. _____
 Ben ⁷ _____ there any fruit?
 Dan There ⁸ _____ two apples, and I think there's ⁹ _____ banana.
 Ben Great! I know, you make a cup of tea, and I'll make a fruit salad.
 Dan I can't make tea, because there ¹⁰ _____ any milk!

Marks: __/10

8 Complete the mini-dialogues.

Dialogue 1

A How much coffee is there?

B ¹ _____
 I just had the last cup.

A How many biscuits are there?

B ² _____
 You ate them all yesterday.

Dialogue 2

A ³ _____?

B I usually have cereal and toast.

Dialogue 3

A ⁴ _____?

B My brother's got two cars.

Dialogue 4

A ⁵ _____?

B Sam usually drinks water.

Marks: __/10

Writing

9 Imagine you want to organize a weekend at a hotel for you and a group of friends. You want to find out: if the hotel is available, the price of a room, if the hotel has a car park. Write a formal letter to the hotel. Write 90–110 words and include the following information:

- how many people are in the group
- what the occasion is
- the date

Marks: __/20

TOTAL: __/100