

# 6 Healthy habits

## Grammar

► Zero, first and second conditionals ► *Unless, as long as, provided/providing (that), in case* ► Third conditional ► Mixed conditionals ► *I wish/If only*

## Vocabulary

► Parts of the body ► Words connected with health  
► Idioms connected with health and illness

## Speaking

► Negotiating and collaborating

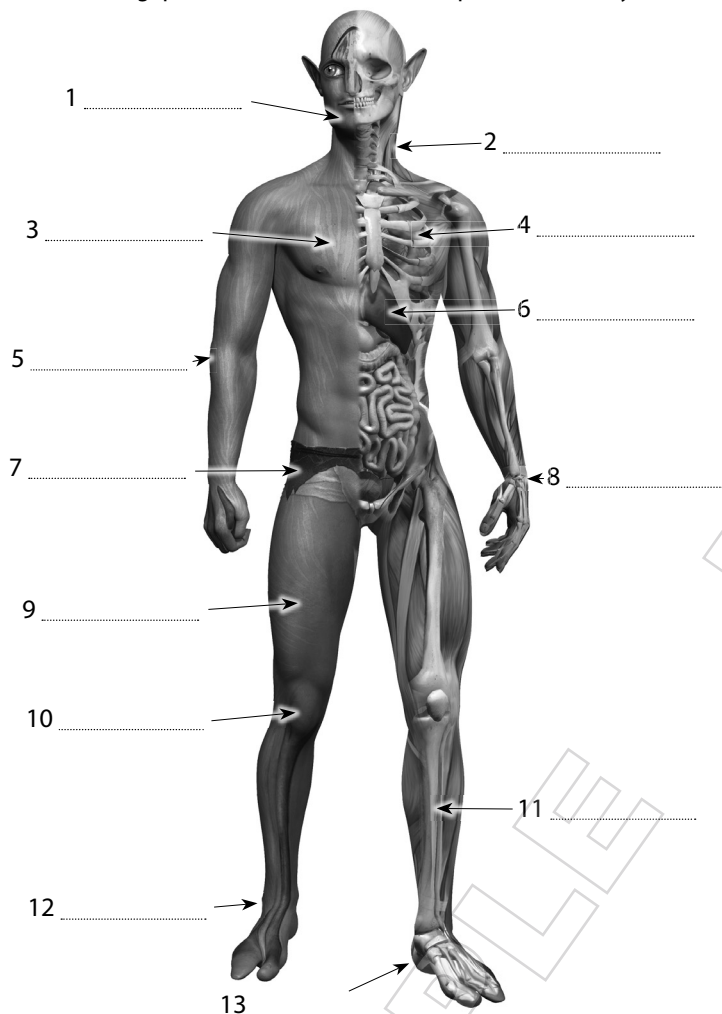
## Writing

► A 'for-and-against' essay

## ► Vocabulary

### Parts of the body

1 Fill the gaps with the correct names of parts of the body.



### Words connected with health

2 Complete the table with the words given.

addiction allergy break check-up dislocate feel dizzy  
fracture have a temperature heart disease  
infection injection medicine obesity operation  
prescription shiver sprain take someone's blood pressure  
take someone's temperature twist

Forms of treatment	Injuries to arms and legs	Other health problems	Symptoms
<i>check up</i>	<i>break</i>	<i>addiction</i>	<i>feel dizzy</i>

3 Put the sentences in the correct order.

- ..... I made an appointment with my doctor.  
..... I soon got over my illness.  
1 ..... One morning, I woke up feeling awful.  
..... The doctor gave me a prescription.  
..... I took the medicine every day for a week.  
..... The doctor took my temperature and my blood pressure and asked me some questions.  
..... I went to the chemist's to get my medicine.

\* 4

Answer the questions. Use a dictionary if necessary.

- 1 What does a doctor usually do at a health check-up?  
.....  
2 What can a doctor give you to prevent some illnesses?  
.....  
3 What are the symptoms of a throat infection?  
.....  
4 How can you injure an ankle or other joint if you fall badly?  
.....  
5 How long does it usually take you to get over a cold?  
.....  
6 Where do doctors usually perform operations?  
.....

\* 5

How can you avoid the following health problems?

- 1 a broken leg  
*You could avoid doing dangerous sports.*  
2 heart disease  
.....  
3 an allergic reaction to pollen (hay fever)  
.....  
4 being obese  
.....  
5 getting a cold or flu  
.....  
6 high blood pressure  
.....

1 Answer the questions.

- 1 How many hours do you usually sleep at night?  
.....
- 2 Do you think you get enough sleep? .....
- 3 How do you feel if you don't get enough sleep at night?  
.....

2 Read the text and find the bad effects of a lack of sleep for each age group.

**How much sleep do we need?**

Research can't say exactly how much sleep we need, but experts agree that we need different amounts at different ages. The following description of a family shows the typical effects when different age groups do not get enough sleep.

**The teenage daughter** is lively in the evenings, chatting with her family during dinner, talking on the phone with friends, playing on her computer and watching TV. When it's time to go to bed, she doesn't feel tired. But when her alarm goes off at 6:30 am, she is not fun to be around. She goes to school feeling irritable, tired and unhappy and often has difficulty staying awake in her classes. Her biology and age play a large role in her sleep habits. As a teenager, her body is programmed to stay up later in the evening and to wake later in the morning. As a result, a 10 o'clock bedtime feels too early, and a 6:30 wake-up time doesn't fit her current sleep needs. But the biggest problem is that adolescents still need lots of sleep – at least eight and a half hours every night – and it's hard to get enough when your body says 'stay up late' and school says 'start early'.

**The four-year-old son** needs more sleep than adolescents or adults to be well-rested. He often stays up with his family and doesn't usually take naps – in fact, if he falls asleep in the car, it's because it's past his bedtime or it's the day after getting too little sleep at night. The lack of sleep affects his behaviour badly: he starts to whine and sometimes has tantrums.

**The mother's** sleeping habits have changed a lot throughout her life as a pregnant woman and mother. She is used to losing sleep to look after the needs of her family. She has a busy day at work and at home. By the end of the day she feels exhausted, but hasn't had time to herself and doesn't want to sleep.

**The father** often spends early mornings and late nights working. When he's not working he's thinking about work problems, and this leads to many nights of sleeplessness. This affects his daily life. He can't enjoy time with his family and doesn't exercise as he used to. The less he sleeps, the more likely he is to want food. Research has found links between appetite increase and lack of sleep due to hormones that are produced when you're short on sleep.

**The grandfather** spends very little time in deep sleep and is more easily woken, although his average total sleep time has increased slightly since the age of 65. Like many adults of this age, he divides his sleep between afternoon naps and night-time sleep. Taking naps, though, may decrease the need to sleep at night and some older people complain of difficulty falling asleep or staying asleep. Lack of exercise may also affect their ability to sleep.



3 Complete the sentences with the words underlined in the text.

- 1 How and when you grow is controlled by chemicals in your body called .....
- 2 Some children have ..... when they don't get what they want.
- 3 People often feel ..... when they are tired or stressed.
- 4 Most ..... still live at home with their parents.
- 5 Drinking a lot of coffee or stress can lead to .....
- 6 Young children often ..... when they are ill or tired.

4 Complete the sentences with the names of correct family members.

- 1 The teenage daughter finds it especially difficult to get up in the morning.
- 2 ..... often takes short sleeps during the day.
- 3 ..... is developing problems with eating habits.
- 4 ..... feels more energetic in the evening than in the day.
- 5 ..... should have more sleep than any of the other family members.
- 6 ..... can't sleep because of worrying at night.
- 7 ..... is very tired but wants to stay awake at bedtime.
- 8 ..... sleeps longer now than previously.
- 9 ..... finds it hard to be with the family.

\* 5 Have you or anyone you know ever suffered from sleeplessness? When? Why?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

## Zero, first and second conditionals

1 Complete the table with points A–G and write an example for each conditional form.

**A** an improbable or imaginary situation in the present or future and its consequence

**B** present simple

**C** *would (not) + infinitive*

**D** a possible situation in the present or future and its consequence

**E** past simple

**F** something generally true

**G** *will/won't + infinitive*

Conditional	Used for describing ...	Part of sentence with <i>If</i> +	Other part of sentence	Examples
Zero	<i>F</i>	<i>B</i>	<i>B</i>	<i>If I watch a lot of TV, I get a headache.</i>
First				
Second				

2 Complete the sentences with the correct pair of verbs and decide if each sentence is true (T) or false (F).

swallow takes | doesn't burn rub | ~~get walk~~ | avoid eat |  
sleep snore | eat make | damage sit | put stops

- You only get hay fever if you walk through long grass. *T/F*
- If you \_\_\_\_\_ green potatoes, they \_\_\_\_\_ you ill. *T/F*
- Your skin \_\_\_\_\_ in the sun if you \_\_\_\_\_ olive oil into it. *T/F*
- If you \_\_\_\_\_ a spider web on a cut, the cut \_\_\_\_\_ bleeding. *T/F*
- You \_\_\_\_\_ getting colds if you \_\_\_\_\_ lots of garlic. *T/F*
- If you \_\_\_\_\_ a piece of chewing gum, it \_\_\_\_\_ seven years to digest. *T/F*
- You \_\_\_\_\_ your eyesight if you \_\_\_\_\_ too close to the TV. *T/F*
- If you \_\_\_\_\_ on your back, you \_\_\_\_\_ more. *T/F*

3 Complete the sentences with the correct forms of the verbs.

- If the weather \_\_\_\_\_ (be) better today, we \_\_\_\_\_ (play) football in the park. But it's pouring!
- If you \_\_\_\_\_ (have) a hot bath before you go to bed each night, you \_\_\_\_\_ (fall asleep) more easily.
- If Sam \_\_\_\_\_ (go) to bed earlier tonight, he \_\_\_\_\_ (feel) more energetic tomorrow.
- Steffi \_\_\_\_\_ (sleep) better if she \_\_\_\_\_ (have) a more comfortable bed, but she can't afford one.
- I usually \_\_\_\_\_ (sleep) well at night if I \_\_\_\_\_ (do) some exercise in the day.
- Dave \_\_\_\_\_ (get) more sleep if he \_\_\_\_\_ (not have) a TV in his bedroom.

## Unless, as long as, provided/providing (that), in case

4 Complete the sentences with *as long as*, *provided/providing that*, *unless* or *in case*.

- I will join the basketball team \_\_\_\_\_ we don't have to practise on Fridays.
- I like watching horror movies \_\_\_\_\_ I'm not alone.
- I eat meat \_\_\_\_\_ it's a Friday: I only eat fish on Fridays.
- I go out most evenings \_\_\_\_\_ there's a film on TV that I want to watch.
- I'm taking a sleeping bag \_\_\_\_\_ I need to sleep over at my friend's house.
- I keep a notebook next to my bed \_\_\_\_\_ I want to write something down at night.

5 Rewrite sentences 1 and 2 from 4, using *unless*. Then rewrite sentences 3 and 4, using *as long as*.

- I will join the basketball team \_\_\_\_\_.
- I like watching horror movies \_\_\_\_\_.
- I eat meat \_\_\_\_\_.
- I go out most evenings \_\_\_\_\_.

## Grammar extension

\*6 Read the text and answer the questions.

Molly was normally a good student but she had done very badly in a history exam because she hadn't revised enough. She was upset about this so she hadn't said anything about it to her parents. But when her school report came, her parents were very pleased. Molly's history teacher had given her a good mark by mistake.

- How would you feel if this happened to you?  
\_\_\_\_\_
- What would you do if this happened to you?  
\_\_\_\_\_

## Idioms connected with health and illness

1 Complete the idioms and decide whether they are positive (P) or negative (N).



- Phil's throat infection has been making him feeling really under *the weather* for a couple of days. **N**
- I go cycling and swimming to keep .....
- Once, I blacked ..... after a PE lesson because I hadn't eaten any breakfast. ....
- Hello Nick! Nice to see you back ..... again! .....
- Jane had a virus but she's as fit ..... now. ....
- I used to suffer from bad headaches but now I'm as right .....  
.....
- The football match is cancelled because half the team is ill with the flu. They've been dropping ..... this week. ....
- I'm not surprised Della isn't at school today. She was on her ..... yesterday. ....

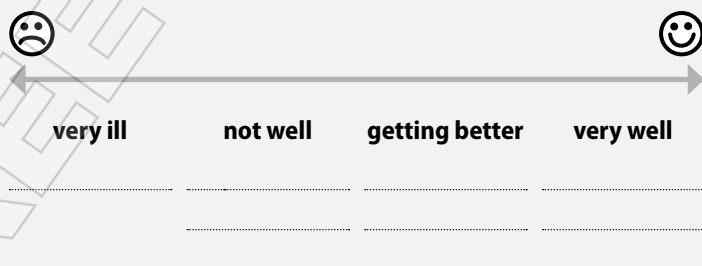
2 Use idioms from 1 to rewrite sentences so that the second sentence has a similar meaning to the first sentence.

- Sara has recovered and will soon be going back to school.  
*Sara is back on her feet again and will soon be going back to school.*
- Lizzie was really ill yesterday so she left school early and went straight to bed.  
Lizzie ..... so she left school early and went straight to bed.
- I hate the sight of blood – if I see it I feel really dizzy and sometimes even faint!  
I hate the sight of blood – .....
- Pedro goes horse riding to stay fit.  
Pedro goes horse riding .....
- I had flu and felt awful last week, but now I'm completely recovered.  
I had flu and felt awful last week but now I'm .....
- My aunt had a long illness but now, a year later, she's completely well again.  
My aunt had a long illness .....
- The band members are all getting ill so they may not be able to give the concert.  
The band members .....
- Harrison thinks he's getting a cold because he's not feeling great.  
Harrison thinks .....

## Vocabulary extension: more idioms about health

3 Write the idioms in the correct places on the scale.

- He's got some pills and is *on the road to recovery* now.
- I've been feeling a little *off colour* since I ate some seafood for lunch.
- My grandad was *in a bad way* before his operation.
- My grandma's over the flu now and she's *up and about again*.
- I felt very *run down* after my exams but after a few good nights' sleep I'm fine.
- His leg is *on the mend* now that it's in plaster.
- I've had a bad chest infection but the doctor gave me a *clean bill of health* yesterday.



4 Choose a or b.

- Although it's only 7:00 o'clock, Harry's gone to bed because he's feeling a little .....  
a on the mend      b off colour
- Jim was young and fit so he was soon ..... after his operation.  
a run down      b up and about again
- Having spent three months in and out of hospital, Mrs Swann has at last ..... from the doctor.  
a had a clean bill of health      b been in a bad way
- Nina is so glad now to be ..... after the kidney infection that had made her feel so unwell.  
a on the road to recovery      b run down
- Stay in bed, take this medicine and drink lots of liquids and you'll soon be .....  
a in a bad way      b on the mend



### Third conditional

#### 1 Complete the sentences about the third conditional.

- To form the third conditional, we use *If + \_\_\_\_\_* in one clause and \_\_\_\_\_ in the other clause.
- We use the third conditional for \_\_\_\_\_ situations in the \_\_\_\_\_.

#### 2 Match the sentences halves.

- If I hadn't added so much chilli,
  - If I hadn't added some sugar to the pudding recipe,
  - If I hadn't eaten so many sweets when I was younger,
  - If I had followed my training programme,
  - If Dad had given me more help,
  - If I had read the instructions properly,
- I would have done better in the race.
  - it wouldn't have been sweet enough.
  - I wouldn't have had so many problems with my teeth.
  - the dish would have been nicer.
  - I wouldn't have broken my phone.
  - I would have finished painting my room by now.

### Mixed conditionals

#### 4 Complete the column headings in the table. Then write the parts of the sentences in the correct columns of the table.

- If Jim had listened to the dentist when he was a child, he would have better teeth now.
- If Sue liked maths more, she would have paid more attention when she was at school.
- If Kenny had learned to ski before he came, he would have had a better time on this holiday.
- Nina wouldn't have taken the job if she had known how hard the work was.
- If Ben hadn't eaten that second ice cream, he wouldn't feel so sick.
- George thinks we wouldn't have had so many wars throughout history if we cared more about other people.

Imaginary past (third conditional)	Present consequences (_____ conditional)	Imaginary present (_____ conditional)	Past consequences (_____ conditional)
<i>If Jim had listened to the dentist when he was a child</i>	<i>he would have better teeth now.</i>		
		<i>If Sue liked maths more,</i>	

### Grammar extension

#### 5 Complete the sentences.

- You bought that blue jacket. (But now you don't like it.)  
*If only I hadn't bought that blue jacket.*
- You are wearing a thick jumper. (But now it's hot.)  
I wish \_\_\_\_\_.
- You lent your maths book to Tom. (But now he's lost it.)  
If only I \_\_\_\_\_.
- You are tired. (You want to go out.)  
If only \_\_\_\_\_.
- You haven't done any guitar practice this week. (But now you have your lesson.)  
I wish \_\_\_\_\_.
- Your friend always phones you at dinner time. (And it's annoying.)  
I wish \_\_\_\_\_.

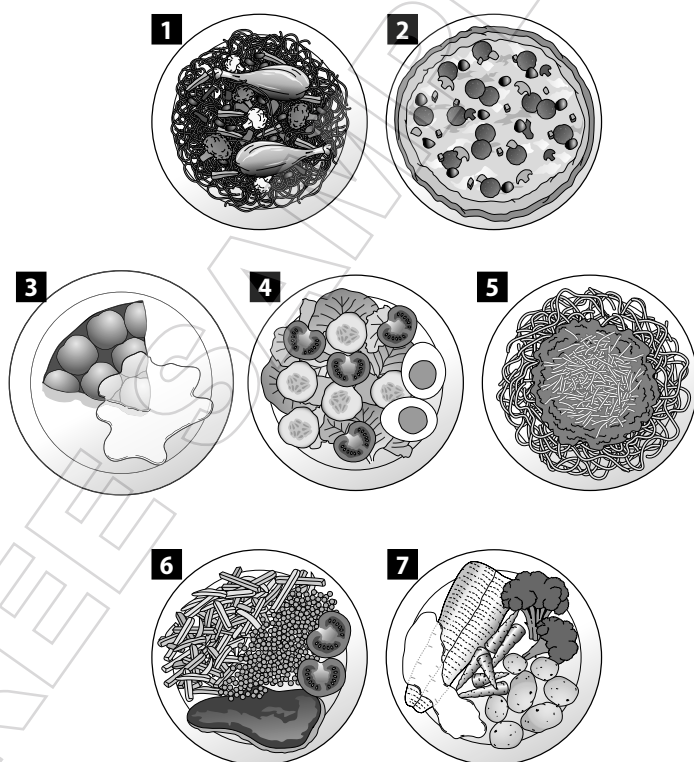
## Negotiating and collaborating

### 1 Choose a, b, or c.

- GIOVANNI:** What shall I buy at the supermarket for dinner tonight?
- ROSA:** (1) \_\_\_\_\_. Well, we had a lot of oily food yesterday, so we should have something lighter and healthier tonight, (2) \_\_\_\_\_?
- GIOVANNI:** (3) \_\_\_\_\_. I'm playing football all afternoon and it's so cold, I'll need a big meal.
- ROSA:** (4) \_\_\_\_\_. What about having soup first and then a pasta dish?
- GIOVANNI:** (5) \_\_\_\_\_. So what kind of soup and pasta (6) \_\_\_\_\_ we have?
- ROSA:** I've got some chicken and you can get some vegetables and pasta from the supermarket. It's best to buy whatever is freshest, (7) \_\_\_\_\_?
- GIOVANNI:** Yes, (8) \_\_\_\_\_.

- |                         |                          |
|-------------------------|--------------------------|
| 1 a Maybe.              | 5 a I see what you mean. |
| b Let me think.         | b I agree with you.      |
| c It looks like ...     | c That's a good idea.    |
| 2 a shall we            | 6 a shall                |
| b don't you agree       | b must                   |
| c what about you        | c ought                  |
| 3 a I suppose so, but   | 7 a do you mean          |
| b I think so,           | b don't you think        |
| c I see what you mean,  | c did you understand     |
| 4 a That's a good idea. | 8 a you see              |
| b I'm not sure.         | b you're right           |
| c That's true.          | c you know               |

### 2 Look at the pictures of different dishes. What food do they show? Use a dictionary if necessary.



### \*3 Write notes about each dish in 2. Say if you would like to eat it and how healthy you think each dish is.

1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____

### \*4 Look at pictures in 2 again and answer the questions.

- Which dishes are the nicest to eat?
- Which two dishes are the healthiest to eat?

### \*5 Prepare a discussion on the questions in 4. Note down questions/suggestions and responses.

	Question/Suggestion	Response
Nicest dishes	<i>I think the apple tart looks really nice to eat.</i>	<i>I agree. And what about the spaghetti?</i>
Healthiest dishes	<i>Do you think the salad is the healthiest dish?</i>	<i>Maybe, but ...</i>

### A 'for-and-against' essay

- 1** Read sentences 1–6. Look at the pictures and tick (✓) the opinions you agree with. Then add an opinion of your own about each picture.



- 1 The children playing a computer game look really happy so it's good for them. ....
- 2 Eating a burger is fine as long as she doesn't do it every day. ....
- 3 The boy watching television should be outside playing football. ....
- 4 The children playing a video game look really healthy, so it obviously doesn't do any harm. ....
- 5 Children should play in their homes rather than in parks and public places because it's safer. ....
- 6 Playing computer games and watching TV don't involve much movement, so these activities are bad for a young person's health. ....

- \*2** Read the task and note down your ideas and your opinion.

*'In life, being happy is much more important than being healthy.'*  
Write an essay giving arguments for and against this statement.

Ideas for:

*(The page contains faint horizontal lines and a large diagonal watermark reading "SAMPLE".)*

Ideas against:

Your opinion:

.....

.....

.....

.....

- \*3** Write a 'for-and-against' essay.

Paragraph 1: short introduction to the topic, e.g. reasons why we might have to choose between health and happiness

Paragraph 2: arguments for the statement

Paragraph 3: arguments against the statement

Paragraph 4: your opinion and conclusion

A series of horizontal dotted lines for writing.



**1** Read the pairs of sentences and underline the adverbs of time/frequency. Then decide whether the sentences refer to the past, present or future and identify the grammatical tenses.

- 1a. When I was a child I drank milk every day.
- 1b. I exercise every day but I don't lose weight.
- 2a. Peter has just been given an injection.
- 2b. Mary had just taken her medicine when her mum called.
- 3a. We didn't know that the doctor wanted to see us soon.
- 3b. Your prescription will be ready soon.

**2** Read sentences 1–6. Put the verbs in *italics* in the correct form and make all the necessary changes to get grammatically correct sentences. You can use no more than six words in each gap including the words given.

1. Peter (*already/swallow/pills*) ..... when the nurse came into the room.
2. Where is the patient (*already/fill*) ..... in the application form?
3. I often did exercise when (*I/be/primary school*) .....
4. Peter is sick and Julia often (*visit/he/home*) .....
5. My aunt (*always/complain/she*) ..... arthritis even though it's not that bad.
6. This is the time (*she/always/take*) ..... a nap.

**3** In which sentences in 2 did you have to

1. add an article? .....
2. add a preposition? .....
3. use a relative pronoun? .....

**4** Choose the correct alternative.

1. My sister has a/-/the doctor's appointment on Monday.
2. Could you show me an/-/the injury, please?
3. Don't be scared about/-/of asking for help.
4. She is going to be treated on/-/for pneumonia.
5. This is the doctor which/-/who saved my mum's life.
6. I'm afraid the pills who/what/that you gave me don't work.



**5** Read sentences 1–6. Put the verbs in *italics* in the correct form and make all the necessary changes to get grammatically correct sentences. You can use no more than six words in each gap including the words given.

1. A new gym (*now/build*) ..... next to our school by a developer from France.
2. She will lose the next match (*unless/she/practise*) ..... every day.
3. Yesterday my doctor said I (*be/able/play*) ..... football two months after the operation.
4. Last month my dietician (*tell/I/cut*) ..... down on carbohydrates.
5. Wild Alaskan salmon (*say/be/healthy*) .....
6. He will be healthy providing (*he/keep/good*) ..... shape.

**6** In which sentences in 5 did you have to use

1. passive voice? .....
2. reported speech? .....
3. first conditional? .....



### ► Zadanie maturalne

**7** Uzupełnij zdania 7.1–7.6, wykorzystując podane w nawiasach wyrazy w odpowiedniej formie. Nie należy zmieniać kolejności podanych wyrazów, trzeba natomiast – jeżeli jest to konieczne – dodać inne wyrazy, tak aby otrzymać logiczne i gramatycznie poprawne zdania. Wymagana jest pełna poprawność ortograficzna wpisywanych fragmentów. Uwaga: w każdą lukę możesz wpisać maksymalnie sześć wyrazów, wliczając w to wyrazy już podane.

- 7.1. My mum worries that because of lack of physical exercises I (*be/danger/become*) ..... obese.
- 7.2. If you (*start/play/football*) ..... earlier, you'd be in a professional team now.
- 7.3. (*She/treat*) ..... for insomnia in this hospital recently.
- 7.4. This is the nurse (*give/I/injection*) ..... two hours ago.
- 7.5. We're afraid that this diet can (*increase/risk/heart*) ..... disease.
- 7.6. I'd like to introduce you to (*Mary/mother/work*) ..... with your dad.



# Revision: Units 5–6

## Grammar

### 1 Choose a, b, or c.

- You \_\_\_\_\_ open a bank account before you start university.  
a need    b should    c ought
- You \_\_\_\_\_ to be 17 before you can apply for a driving licence.  
a had better    b are allowed    c have
- At home, I \_\_\_\_\_ to eat my meals in my bedroom.  
a am not allowed    b can't    c don't have
- We \_\_\_\_\_ to the beach yesterday; the weather was much better than today.  
a needed to go    b should have gone  
c could have gone
- They \_\_\_\_\_ to the station because the train was 10 minutes late.  
a weren't allowed to rush    b couldn't rush  
c needn't have rushed
- Do you think we \_\_\_\_\_ our neighbours about the party?  
a had to tell    b could tell    c ought to have told

/ 6 points

### 2 Choose the correct alternative.

- My phone must/could be out of charge because it won't allow me to make calls.
- That house with all the plants in front of it can't/may not be Diana's house: she hasn't got a garden.
- Henry said he might/must go to the concert but it depends on whether he can get a ticket.
- The clock must/can't have got broken when the shelf fell down.
- Lily can't/might not have been the killer in the film because she was somewhere else when it happened.
- Russell may/must have been the one who sent me the card, but I'm not sure.

/ 6 points

### 3 Complete the sentences with the correct forms of the verbs given.

- If John doesn't feel any better tomorrow, he \_\_\_\_\_ (have to) go to the doctor's.
- Katya \_\_\_\_\_ (look) nicer if she didn't wear so much make-up.
- The film wouldn't be so bad if it \_\_\_\_\_ (have) better actors in it.
- People \_\_\_\_\_ (have) better career choices if they go to university.
- If Annie had won another race this season, she \_\_\_\_\_ (be) the champion now.
- Kelly would have enjoyed the picnic more if the weather \_\_\_\_\_ (be) better yesterday.
- If whales \_\_\_\_\_ (not come) up to the surface of the sea, they can't breathe.
- If Jacob wasn't so honest, he \_\_\_\_\_ (keep) the money that he found in the classroom yesterday.

/ 8 points

### 4 Complete the second sentence so that it has a similar meaning to the first sentence using the word given. Do not change the word given. Use between two and five words.

- Connor is a nurse but he'd like to be a doctor.

#### WISHES

Connor \_\_\_\_\_ a doctor rather than a nurse.

- If the café hasn't closed, we can have a meal there.

#### PROVIDED

We can have a meal in the café \_\_\_\_\_ still open.

- I will only go skiing if Teri goes too.

#### UNLESS

I \_\_\_\_\_ Teri goes too.

- I've got a torch – we might have to walk home in the dark.

#### CASE

I've got a torch \_\_\_\_\_ walk home in the dark.

- Ellie won't join the tennis club if she doesn't get a student discount.

#### LONG

Ellie will join the tennis club \_\_\_\_\_ a student discount.

/ 5 points

**Total**

/ 25 points

## Vocabulary

### 1 Complete the text with the words given. There are two words you do not need to use.

bank fees    bill    cashpoint    current account    debit  
interest    overdraft    pay    withdraw

When you decide you want to open a (1) \_\_\_\_\_ at a bank, there are several things to consider when choosing your bank. Firstly, find out what their (2) \_\_\_\_\_ are for the services that they provide. Different banks make you pay for different things. Secondly, if you think you may sometimes spend more money than you have got, you will need to arrange an (3) \_\_\_\_\_. Find out what rate of (4) \_\_\_\_\_ the bank will charge while you (5) \_\_\_\_\_ back the money. Another consideration is if you can't always get to a bank while it is open. In this case, you will need to use a (6) \_\_\_\_\_. Make sure the bank you choose has plenty of them in places that are convenient for you so you can easily (7) \_\_\_\_\_ money when you need to.

/ 7 points

## 2 Choose the correct alternative.

- Clothes shops often have refunds/sales at the end of a season when they give discounts/bargains on the goods that they sell.
- If you pay for an item in a shop with cash, don't forget to count the refund/change that the cashier gives you back.
- You can save money up more quickly if you cut back/give away on some of the unnecessary things that you buy.
- When you buy something you want to keep for a long time, you should buy the best quality that you can afford/value.

/ 5 points

## 3 Match the idioms a–e with their meanings 1–5.

- |                          |                                      |
|--------------------------|--------------------------------------|
| a be on the mend         | 1 be fully recovered from an illness |
| b feel under the weather | 2 stay healthy and fit               |
| c black out              | 3 get better                         |
| d be as right as rain    | 4 get very dizzy and faint           |
| e keep in shape          | 5 be slightly unwell                 |

/ 5 points

## 4 Choose a, b, c or d.

- When you breathe in, your ..... fill with air.  
a kidneys    b livers    c veins    d lungs
- The best way of keeping your body healthy is to eat a ..... diet.  
a processed    b balanced    c fatty    d fit
- Someone who is ..... is dangerously overweight.  
a fatty    b obese    c addicted    d allergic
- If you ..... your wrist, it isn't as serious as fracturing it.  
a sprain    b shiver    c break    d relieve
- A doctor may take your ..... at a check-up.  
a weight    b prescription    c blood pressure    d symptoms
- If someone ..... from heart disease, they need to eat carefully.  
a treats    b gets    c suffers    d catches
- Smoking ..... the risk of heart disease.  
a improves    b grows    c puts on    d increases
- If you have a cut, you have to make sure it's clean so it doesn't get an ..... in it.  
a injection    b illness    c injury    d infection

/ 8 points

## Reading

### 1 Read the text and choose a, b or c.

More and more young people aged 11–18 are opening a bank account. It seems that there is a growing need, driven particularly by Internet shopping, for under-18s to have access to a bank account that provides a plastic payment card.

Banks realised long ago that it is important to catch their customers early. Once a customer becomes familiar with a bank and has maybe a savings account and a current account, plus a handful of monthly automatic payments for power, water, house rent and so on, it becomes awkward and time-consuming to change to a different bank. Statistics show that very few adults choose to change their bank when they have been with one for a few years.

It is possible for children younger than 11 to have a bank account in their name,

with a bank book that is supervised by their parents, but to young people aged 11 and over, some banks offer a simple current account with a card which can be used to pay for things in shops and online. The card can also be used to withdraw cash. Many of these accounts earn interest and can be managed online. Getting into debt is not allowed so overdrafts, loans and credit cards are not offered until a customer reaches 18. Each time one of these cards is used, the account is checked to make sure there is enough money in the account.

Helena, 16 years old, who has had a Firstline Bank Account since she was 14, summarises the benefits of having a young person's account. 'My mum got tired of me asking to use her card,' she says. 'I had pocket money, but I couldn't use it online to

download music and films. Having my own card is a lot better than having to carry around a load of cash, and if I lost it, I'd just cancel it and I'd still have my money.' There are other benefits, too. Mark, 15, says, 'I opened one at first because I saw an advert on TV for Delta Bank. They were offering all these free gifts if you opened an account that month, so I did! I got some vouchers for a sports shop, and bought some trainers I'd wanted for ages!'

This may seem a rather light-hearted approach to opening an account, but as the youth bank account market gets more competitive, banks spend increasingly large amounts on offers to get their young customers' attention. As a result, now is a great time to open an account if you are between 11 and 18, especially if you spend some time searching for the best deal.

- The first paragraph refers to an increase in  
a the places that accept a young person's bank card.  
b the number of banks that offer young people bank cards.  
c the reasons for under-18s to want a bank card.
- What point is made in paragraph 2?  
a Banks try many ways to keep their customers.  
b Customers prefer to stay with one bank.  
c Banks provide better services now than in the past.
- According to paragraph 3, banks do not allow under-18s to  
a borrow money from them.  
b use all of their cashpoint machines.  
c earn interest on current accounts.
- Helena says that she  
a prefers using cash to using cards.  
b worries about the security of her card.  
c finds her card convenient.
- What would be the best title for this text?  
a Banks for young people: which accounts are best  
b Bank accounts: young people design their own  
c Bank accounts for young people: why you should open one now

/ 5 points

## Writing

### 2 Read the task.

'Buying things online is far better than going to the shops.'

### 3 Write an essay giving arguments for and against this statement.

/ 10 points

**Total**

/ 15 points