

VOCABULARY

Illness

- 1** Put the letters in *italics* in the correct order to complete the sentences.
- Jason can't play tennis because he's got a *nkerbo* _____ arm.
 - My mum had a *dcehaeah* _____ so she stayed at home.
 - I need to go to the dentist because I've got *tocaothhe* _____.
 - I can't eat because I've got a *moahcts heca* _____.
 - I've got a *ldoc* _____ today so I'm going to stay at home.
 - My ears *rtuh* _____ because it's so cold.
 - She ate a lot of cake and now she feels *iskc* _____.
 - My sister's got a *pmetqerrute* _____ so she's in bed.
 - Did you have a *npia* _____ in your arm after you fell?

VOCABULARY

- 1** 1 broken 2 headache 3 toothache 4 stomach ache
5 cold 6 hurt 7 sick 8 temperature 9 pain

2 Complete the sentences with words in Exercise 1.

- 1 **A:** Do you want to go swimming this afternoon?
B: Sorry, I can't. I've got I think I need to go to the dentist.
- 2 OK. Let's see. Oh! 37.5 degrees! You've got a high
- 3 **A:** What's the matter?
B: I feel and I've got a I think I ate something bad.
- 4 **A:** Why are you walking slowly?
B: I've got a in my foot.
- 5 **A:** Does your arm when I touch it?
B: Ow! Yes.
A: I think you've got a arm.

2 1 toothache 2 temperature 3 sick, stomach ache
4 pain 5 hurt, broken

3 Choose the correct words to complete the sentences.

- 1** I went to the doctor because I had a
..... in my stomach.
A hurt **B** pain **C** sick
- 2** Your head feels hot. Have you got
.....?
A a temperature **B** toothache **C** a cold
- 3** I can't play rugby for six weeks because I've got a
.....
A stomach ache **B** headache **C** broken arm
- 4** I don't want to eat anything because I
..... sick.
A get **B** feel **C** have

3 1 B 2 A 3 C 4 B

GRAMMAR

should / shouldn't

- 1** Choose the correct words to complete the sentences.

To be healthy ...

- 1** you *should / shouldn't* sleep eight or nine hours every night.
- 2** you *should / shouldn't* drink lots of water.
- 3** you *should / shouldn't* go to bed late.
- 4** you *should / shouldn't* exercise four or five times a week.
- 5** you *should / shouldn't* eat too much chocolate or cake.
- 6** you *should / shouldn't* eat lots of fish, fruit and vegetables.

1 1 should 2 should 3 shouldn't 4 should 5 shouldn't
6 should

2 Complete the sentences with the phrases in the box.

eat so much chocolate go to bed
drink lots of water study hard tonight
sit down play tennis this afternoon

- 1** **A:** I've got a pain in my right arm.
B: You shouldn't
.....
- 2** **A:** I'm very tired and it's late.
B: Then you should
....., Sam.
- 3** **A:** My foot hurts.
B: You should
for a while.
- 4** **A:** I feel sick.
B: Well, you shouldn't
.....!
- 5** **A:** I've got a difficult maths exam tomorrow.
B: You should
- 6** **A:** Sarah's got a terrible cold.
B: She should rest and

- 2** **1** play tennis this afternoon **2** go to bed **3** sit down
4 eat so much chocolate **5** study hard tonight
6 drink lots of water

3 Read the sentences. Is the advice right (✓) or wrong (X)?

To improve your English ...

- 0 you should read books in English. ✓
- 1 you shouldn't talk to people from English-speaking countries.
- 2 you should listen to music in English.
- 3 you should watch films in English.
- 4 you shouldn't practise pronunciation.
- 5 you should only study at weekends.

3 **1** X **2** ✓ **3** ✓ **4** X **5** X

4 Correct the mistakes in three of the sentences. Which two are correct?



1 I think you shoud take a coat.

2 I should bring a DVD?

3 How much money should we bring?

4 You won't eat sweets in class. It's a school rule.

5 You will bring some water. It's very hot today.

6 Don't forget your keys. You should put them in your pocket.

4 1 I think you **should** take a coat. 2 **Should** I bring a DVD?
3 correct 4 You **shouldn't** eat sweets in class. It's a school rule. 5 You **should** bring some water. It's very hot today. 6 correct

1 Complete the blog with the phrases in the box.

do some exercises eat well enter a race
 stay healthy get fit have a rest sleep well

FITNESS FOR EVERYONE

Hi, everyone. Today I've got eight tips and pieces of advice for people who want to start running. Read on if you want to

1 _____ in no time at all!

- > Start slowly. Run a little, then
 2 _____, then run again.
- > Run five times a week.
- > 3 _____ – lots of fruit and vegetables. A good diet helps you
 4 _____.
- > Drink lots of water.
- > Don't watch screens late at night so you can
 5 _____ – eight hours a night at least.
- > In bad weather you can
 6 _____ in a gym.
- > Remember, at first it hurts but later you feel great!
- > 7 _____. This will give you something to work towards in the future. Maybe you'll win!



- 1 1 get fit 2 have a rest 3 eat well 4 stay healthy
 5 sleep well 6 do some exercises 7 enter a race

2 Match the sentence halves.

- | | |
|--|-------|
| 1 It is very | |
| 2 I like running but I don't want | |
| 3 I try to keep fit so | |
| 4 Swimming is a good way | |
| 5 The secret to eating well | |
| a I go cycling, swimming and running. | |
| b to stay healthy. | |
| c to enter a race. | |
| d important to do exercise. | |
| e is lots of fruit and vegetables. | |

2 1 d 2 c 3 a 4 b 5 e

3 Choose the correct words to complete the sentences.

- 1 I like to *get / keep* some exercise when I'm on holiday.
- 2 You should *do / have* a rest after so much running.
- 3 She's going to the gym because she wants to *get / have* fit.
- 4 You *do / feel* healthy when you eat well.
- 5 I'm going to *get / enter* the 100 m race in the school sports day.
- 6 You should *do / take* some exercises to make your legs stronger.

3 **1** get **2** have **3** get **4** feel **5** enter **6** do

READING

1 Read the article and tick (✓) the sports that are mentioned.

- | | | | | | |
|------------|-------|-----------------|-------|----------------|-------|
| 1 baseball | _____ | 4 running | _____ | 7 snowboarding | _____ |
| 2 cycling | _____ | 5 skateboarding | _____ | 8 surfing | _____ |
| 3 football | _____ | 6 skating | _____ | 9 swimming | _____ |

1 2, 4, 5, 9

THE FITTEST

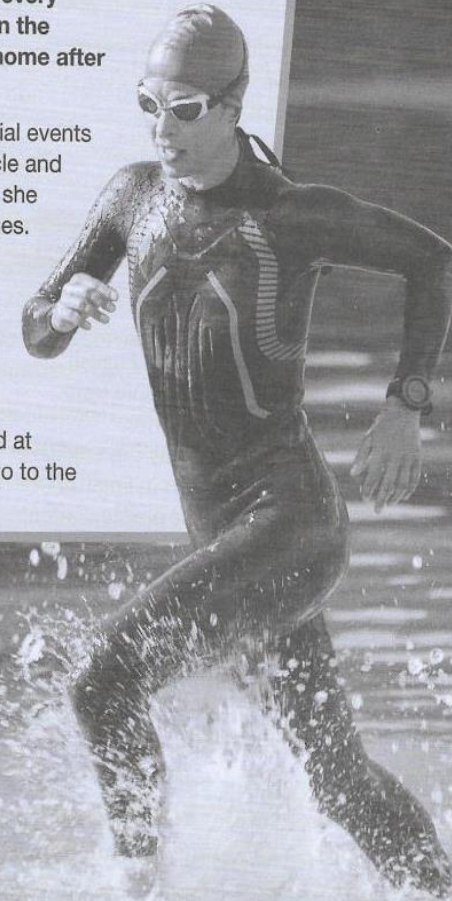
member of my family

My cousin Alex is 18 years old. She runs three kilometres every morning before school, she cycles to school, she swims in the school swimming pool at lunchtime and then she cycles home after school. Can you believe it?

That's not all! On Saturdays she enters races. These are special events called 'triathlons'. In triathlons, the athletes have to swim, cycle and run a very long way. Alex is very good at triathlons. Last year, she won six events, finished second three times and third four times. Alex wants to be in the Olympics when she's older.

Do you want to keep fit? Alex has lots of good advice. 'Don't think about it, don't talk about it, just do it. Oh, and don't do any exercise on Sundays. Have a rest that day. I always do. It's very important to have a rest.'

I'd like to be as fit as Alex but I can't run fast and I'm not good at swimming. However, I am good at skateboarding. Maybe I'll go to the Olympics ... but only to watch my cousin!



2 Read the article again and answer the questions. Write complete sentences.

1 How does Alex get to school?

2 What does she do at lunchtime?

3 What does she do on Saturdays?

4 How many triathlons did she win last year?

5 What does she want to do when she is older?

6 When does she have a rest?

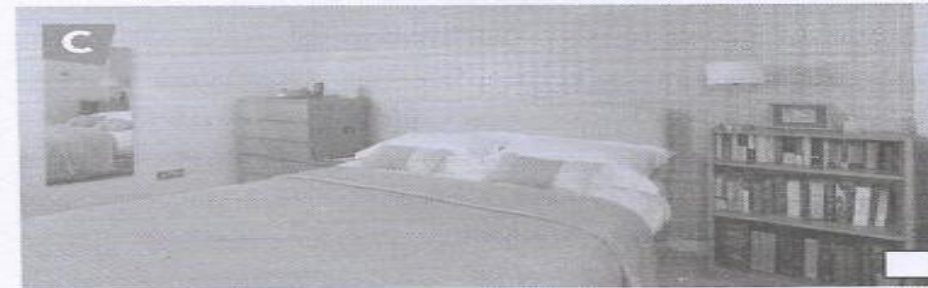
2 **1** She cycles to school. **2** At lunchtime she swims in the school swimming pool. **3** On Saturdays she enters races. **4** She won six triathlons last year. **5** She wants to be in the Olympics. **6** She has a rest on Sundays.

LISTENING

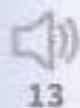


13

1 Listen to four conversations. Match the conversations (1–4) to the places (A–D).



1 A3 B4 C1 D2



2

Listen to the conversations again. Are the sentences right (✓) or wrong (X)?

- 1 William hasn't got a headache.
- 2 Susie has got a pain in her arm.
- 3 Carla's eye hurts.
- 4 Marek's foot hurts.
- 5 Marek thinks his hand is broken.

2 1x 2✓ 3x 4✓ 5x

14

GETTING AROUND TOWN

VOCABULARY

Places in town

1 Put the letters in the correct order to make town words.

1 briayrl _____

2 tcrfafi igtlsh _____

3 girbdes _____

4 sbu sopts _____

5 tesetsr _____

6 rudaobotnu _____

VOCABULARY

1 1 library 2 traffic lights 3 bridges 4 bus stops
5 streets 6 roundabout

2 Match the words to the definitions.

- 1 These change colour from red and yellow to green when the cars can go. _____
- 2 You can buy fruit and vegetables here. _____
- 3 People and cars can use this to go across a river or a road. _____
- 4 This is round and several roads meet here. _____
- 5 This is where students at school go at break time. _____
- 6 You can read books here. _____

- a bridge
- b library
- c roundabout
- d traffic lights
- e playground
- f market

2 1d 2f 3a 4c 5e 6b

3 Choose the correct words to complete the sentences.

- 1 My mother went to the *police / petrol* station to put air into her car's tyres.
- 2 I took the letter to the *post / message* office.
- 3 My friends and I play volleyball at the sports *centre / station*.
- 4 There is a very long *shopping / street* in the middle of the town.
- 5 A lot of buses go from the bus *centre / station* to other cities.
- 6 I go to a swimming *station / pool* near my house twice a week.

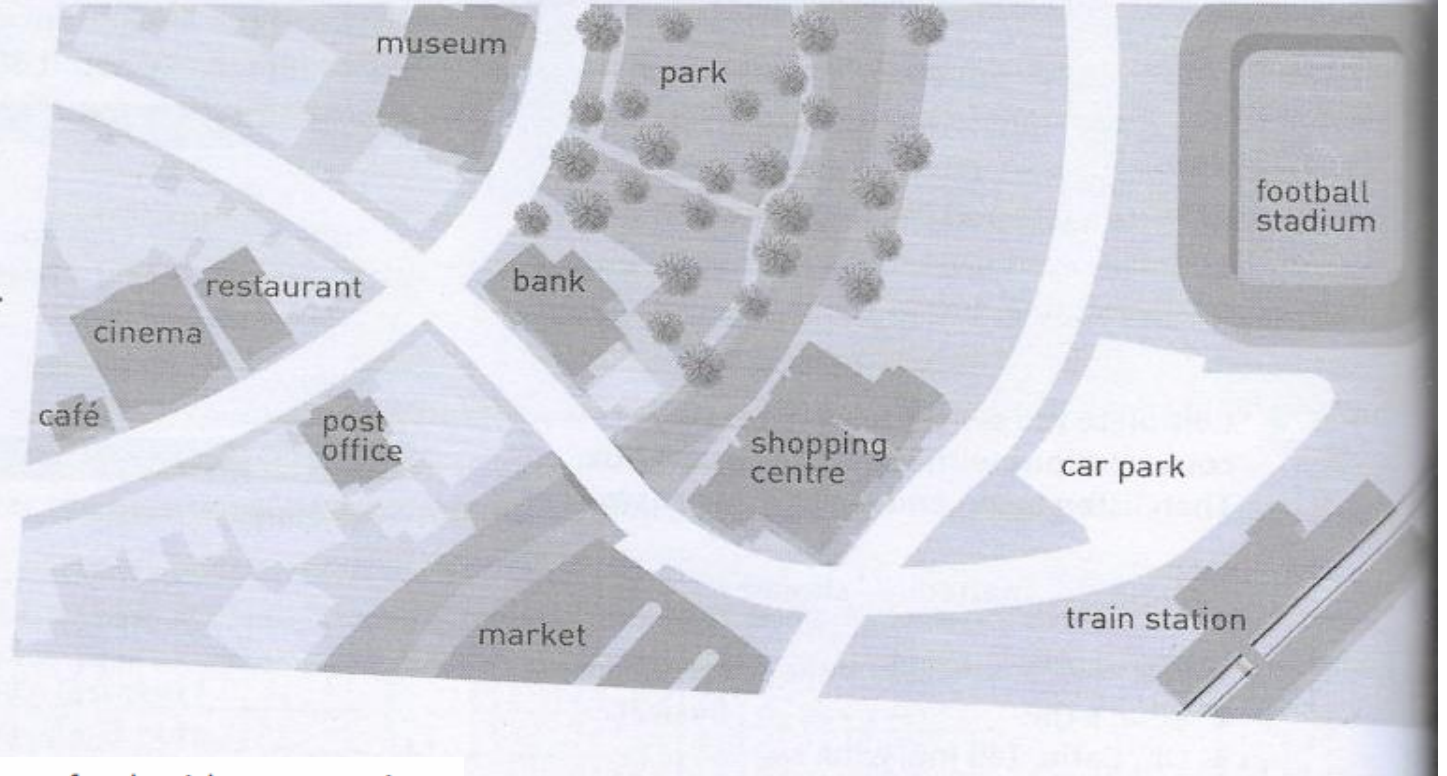
3 1 petrol 2 post 3 centre 4 street 5 station 6 pool

GRAMMAR

Prepositions

1 Look at the map and choose the correct prepositions to complete the sentences.

- 1 The museum is *next to* / *opposite* the park.
- 2 The football stadium is *next to* / *through* the car park.
- 3 The car park is *through* / *in front of* the train station.
- 4 The restaurant is *beside* / *in front of* the cinema.
- 5 The post office is *opposite* / *beside* the restaurant.



1 1 opposite 2 next to 3 in front of 4 beside 5 opposite

2 Look at the map on page 60 again and complete the sentences. Sometimes more than one answer is possible.

- 1** The football stadium is the town.
- 2** The cinema is the café.
- 3** The restaurant is the post office.
- 4** The bank is the park.
- 5** There is a river going the town.
- 6** There is a bridge the river.
- 7** There is a market the shopping centre.

2 **1** outside / near **2** next to / beside **3** opposite
4 next to / beside **5** through **6** across **7** opposite

3 Complete the conversations with the words in the box.

after	go	near	next
on	turn	way	where

- 1 A:** Excuse me, which ¹ _____ is the library?
B: Go straight ² _____. The library is on your left.
- 2 A:** Is there a post office ³ _____ here?
B: Yes, there is. ⁴ _____ left at the roundabout. The post office is on your right.
- 3 A:** Excuse me, ⁵ _____ is the bank?
B: It's opposite the cinema. ⁶ _____ past the supermarket and it's on your left.
- 4 A:** Excuse me, is there a petrol station near here?
B: Umm, yes, there's one ⁷ _____ to the shopping centre. Drive along this street and turn right at the bridge. It's there just ⁸ _____ the park.
A: Thank you very much.

- 3** 1 way 2 on 3 near 4 Turn 5 where 6 Go 7 next 8 after

4 Choose the correct words to complete the sentences.



- 1 The school is *between* / *next to* the bus station.
- 2 I live opposite the *supermarket* / *street*.
- 3 We can meet *out of* / *outside* my house.
- 4 Go *through* / *along* the main street.
- 5 The lake has a bridge *across* / *under* it.

4 1 next to 2 supermarket 3 outside 4 along 5 across

VOCABULARY

Compound nouns

1 Match the two parts of the compound nouns.

1 guide

.....

2 post

.....

3 walking

.....

4 tour

.....

5 rain

.....

6 cycle

.....

a card

b tour

c coat

d book

e tour

f guide

1 1d 2a 3b/e 4f 5c 6b/e

2 Match the compound nouns in Exercise 1 to the definitions.

- 1** This has information for tourists. It tells them about places to visit.
.....
- 2** You can write on this and send it to a friend.
.....
- 3** This is when you look around a small town on foot.
.....
- 4** This person shows you the best places to visit.
.....
- 5** You wear this when the weather is bad.
.....
- 6** This is when you visit different places on a bike.
.....

2 **1** guidebook **2** postcard **3** walking tour **4** tour guide
5 raincoat **6** cycle tour

3 Complete the text with compound nouns in Exercise 1.

Last summer I went on a ¹ _____ in Italy with my parents and my younger sister – a wonderful weekend enjoying the Italian countryside on foot!. We went to Bergamo where we met our ² _____. She gave us a ³ _____ to look at on the way. Then we caught a bus to the mountains. Two hours later the bus stopped near a river. It was sunny and warm so we didn't need a ⁴ _____. We walked past lakes, through villages and over mountains. It was very beautiful. In one village we found a very small shop and I bought a ⁵ _____ to send to my best friend.

- 3** **1** walking tour **2** tour guide **3** guidebook **4** raincoat
5 postcard

READING

1 Read the magazine article about a model village and tick (✓) the places you can find there.

- | | | | |
|-------------------|-------|--------------|-------|
| 1 a train station | _____ | 5 a zoo | _____ |
| 2 a castle | _____ | 6 a museum | _____ |
| 3 a beach | _____ | 7 a mountain | _____ |
| 4 a cinema | _____ | | |

A great place for a

family day!

Bekonscot Model Village is nearly 90 years old. It's the oldest model village in the world and it's amazing. There are lots of different things to see there. They all look real but of course they are very small!

One place is a zoo with model giraffes and chimpanzees. There are model people looking at the animals in the zoo. Another place is a town next to the sea with a beach. Model children are playing in the water and other people are walking on the sand. There are streets where you can see cars and buses and traffic lights. The traffic lights change colour and the cars move! The main street has lots of shops – with model people inside the shops and on the street. You can look in the shops and see what they are selling.

There is a train station next to the town with little trains that go around the village, across bridges or through tunnels. There is also a mountain and you can watch people climbing it. My favourite place is the castle. It has a king and queen – they are standing at the entrance waving.

You can stay in the model village all morning and then have lunch in a café next to the village. The food is very good – it's real food!

1 1, 2, 3, 5, 7

2 Read the article again. Are the sentences right (✓) or wrong (X)?

1 Bekonscot Model Village has 90 different models. _____

2 You can't see real wild animals there. _____

3 People are having fun on the beach next to the town. _____

4 There are people outside the shops. _____

5 The writer thinks the best thing about the park is the castle. _____

6 There is a real café inside the village. _____

2 1 x 2 x 3 ✓ 4 ✓ 5 ✓ 6 x

LISTENING



14

1



You will hear Lucas talking to a friend about his trip to Cardiff with his family. Which place did each person visit on Saturday?

People

- 0 Lucas E
- 1 sister
- 2 mum
- 3 brother
- 4 dad
- 5 grandfather

Places

- A castle
- B cinema
- C clothes shop
- D park
- E museum
- F restaurant
- G theatre
- H stadium

1 1C 2F 3H 4G 5D

WRITING

An article

1 Write *this* or *these*.

- 1 _____ buildings
- 2 _____ streets
- 3 _____ river
- 4 _____ park
- 5 _____ museums
- 6 _____ cinema

2 Choose the correct words to complete the text.

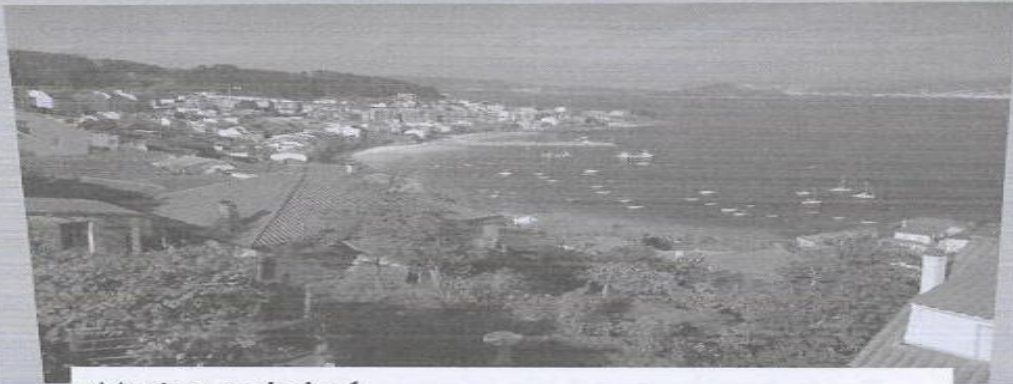
Budapest is the capital of Hungary and it's in the centre of Europe. ¹ *This / These* city is one of the most beautiful in the world. The River Danube goes through the city. On one side of ² *this / these* river there is the old part of the city. It's called Buda. There are many lovely old buildings there. ³ *This / These* are very popular with tourists. On the other side is the new part of the city called Pest. There are lots of cinemas there. ⁴ *This / These* cinemas show lots of interesting films. Margaret Island is a very interesting place in Budapest. It's in the middle of the Danube in the centre of the city. ⁵ *This / These* island has parks, tennis courts and swimming pools.

1 1 these 2 these 3 this 4 this 5 these 6 this

2 1 This 2 this 3 These 4 These 5 This

3 Complete the article with the words and phrases in the box.

lovely beaches young people and families
a lot of shops beautiful the museum
it has an old photograph of my street
sell clothes and food Galicia, in Spain



My town is in ¹ _____.
It is a ² _____
place. Near the town there are lots of
³ _____. These are
popular with ⁴ _____.
In the town centre there are
⁵ _____. These
⁶ _____.
An interesting place in my town is
⁷ _____. I like it
because ⁸ _____.

4 Write an article about your town or city. Use the text in Exercise 3 to help you and write about 50 words. Remember to use *this* and *these* correctly.

.....
.....
.....
.....
.....

3 **1** Galicia, in Spain **2** beautiful **3** lovely beaches
4 young people and families **5** a lot of shops **6** sell clothes
and food **7** the museum **8** it has an old photograph of
my street