

## VOCABULARY

## Body parts

## 1 Put the letters in the correct order to make body parts.

1 o d o b l \_\_\_\_\_  
 2 k a b c \_\_\_\_\_  
 3 r n a b i \_\_\_\_\_  
 4 a t h r e \_\_\_\_\_  
 5 n u t o e g \_\_\_\_\_

6 t m b u h \_\_\_\_\_  
 7 g i r e n f \_\_\_\_\_  
 8 l a k n e \_\_\_\_\_  
 9 c e n k \_\_\_\_\_  
 10 t o a c s h m \_\_\_\_\_

2 Circle the word which doesn't belong in each column.

| 1 This is inside your body. | 2 This is below your head. | 3 This has bones in it. | 4 This is above your back. | 5 You can make this move. | 6 This is smaller than a brain. |
|-----------------------------|----------------------------|-------------------------|----------------------------|---------------------------|---------------------------------|
| heart                       | neck                       | finger                  | neck                       | toe                       | back                            |
| ear                         | toe                        | back                    | heart                      | finger                    | toe                             |
| blood                       | brain                      | toe                     | brain                      | brain                     | ear                             |
| stomach                     | back                       | ankle                   | ear                        | neck                      | heart                           |
|                             |                            | stomach                 |                            | tongue                    | thumb                           |

## 3 Complete the sentences with the words in the box.

ankle back blood brains ears fingers heart neck stomach toes

- People and animals have two \_\_\_\_\_. We hear with them.
- You point with one of the \_\_\_\_\_ on your hand.
- \_\_\_\_\_ is red and you see it if something cuts you.
- You get hungry when your \_\_\_\_\_ is empty.
- People are cleverer than many other animals because their \_\_\_\_\_ are quite large.
- A giraffe has a very long \_\_\_\_\_.
- A horse can carry a person on its \_\_\_\_\_.
- Your \_\_\_\_\_ are at the end of your feet.
- The \_\_\_\_\_ is usually on the left side of your body, and it has to work harder when you do exercise.
- Your \_\_\_\_\_ is between your foot and your knee.

## GRAMMAR

Reflexive pronouns *myself, yourself, herself, himself, itself, ourselves, yourselves, themselves*

## 1 Match 1-8 to a-h.

- |                        |              |
|------------------------|--------------|
| 1 I _____              | a themselves |
| 2 you (singular) _____ | b himself    |
| 3 he _____             | c ourselves  |
| 4 she _____            | d myself     |
| 5 it _____             | e yourselves |
| 6 we _____             | f herself    |
| 7 you (plural) _____   | g yourself   |
| 8 they _____           | h itself     |

## 2 Choose the correct words to complete the sentences.

- He's teaching *himself* / *yourselves* to speak Arabic.
- Did you paint that wall by *yourself* / *themselves*?
- We really enjoyed *yourselves* / *ourselves* on holiday.
- They bought *himself* / *themselves* a new video game.
- She made the cake by *itself* / *herself*.
- I hurt *yourself* / *myself* playing football.

### 3 Complete the sentences with the correct reflexive pronouns.

- 1 Cindi hurt \_\_\_\_\_ when she fell off her bike.
- 2 My dad always says to me, 'Look after \_\_\_\_\_!' when I leave the house.
- 3 'Help \_\_\_\_\_ to chocolate cake,' my aunt told us when we got to her house.
- 4 He hasn't made a meal by \_\_\_\_\_ before. I hope he uses a cookbook!
- 5 We really enjoyed \_\_\_\_\_ at Dan's birthday party.
- 6 Sometimes I like to go to the cinema by \_\_\_\_\_.
- 7 My brothers taught \_\_\_\_\_ to play tennis and are now quite good players.
- 8 There is a beautiful tree in the park. It stands by \_\_\_\_\_ near the river.

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

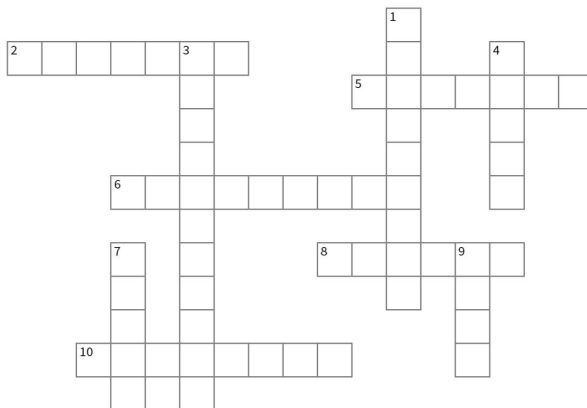


- 1 He hurt himself playing cricket.  
\_\_\_\_\_
- 2 Yesterday I went to buy me some clothes.  
\_\_\_\_\_
- 3 I'm so happy that I'm coming to your house tomorrow. We'll enjoy us.  
\_\_\_\_\_
- 4 You take care of your self.  
\_\_\_\_\_
- 5 She bought herself a new laptop.  
\_\_\_\_\_

## VOCABULARY

### Adjectives to express emotion

#### 1 Use the clues below to complete the crossword.



#### Across

- 2 Nick is \_\_\_\_\_ about his new school because he doesn't have any friends there.
- 5 Freddie never looks \_\_\_\_\_ – he's always laughing.
- 6 Henry was \_\_\_\_\_ to see Lena at the party – he thought she was on holiday.
- 8 Mark was the only person at home yesterday evening. He felt \_\_\_\_\_ and was glad when his parents came home.
- 10 The people I met at Art Club were very nice. They were all really \_\_\_\_\_ to me.

#### Down

- 1 Jane is very \_\_\_\_\_ – she never feels shy.
- 3 Maddy was in a café when she dropped a cup and broke it. She felt really \_\_\_\_\_ when everyone in the café turned and looked at her.
- 4 When you feel \_\_\_\_\_ about something, it's good to talk to someone about it.
- 7 The students were \_\_\_\_\_ because the canteen was closed and they were hungry.
- 9 Jenna is not a \_\_\_\_\_ person. She's very active.



## READING

- 1 Read the article and complete the text with the words and phrases in the box. There is one extra word or phrase.

family friends money schoolwork  
sport staying healthy

# What's                      most important to you?

Five teenagers talk about the things that are most important to them.

### Olga

At the moment I'm worried about my <sup>1</sup>                     . It's really important to me. I'm only 14, but I already know what I want to do when I'm older: I want to be a heart doctor. That means I can never be lazy, and I must do well in every exam.



### Sergey

The most important thing for me is <sup>2</sup>                     . We should all look after ourselves. I do yoga every day and it makes my whole body feel great. It's very good for my neck and back, which sometimes hurt when I've sat at a desk all day.

### Michael

I don't have any brothers or sisters but I'm never lonely because of my <sup>3</sup>                     . I don't think anything is more important to me than them. We do everything together – go to the cinema, do sports, chat and study at home.

### Isabella

It's easy to say what's important to me: <sup>4</sup>                     ! I love doing all kinds of it. I'm in three school teams so I practise six days a week. Sunday is the one day when I can be lazy, and I watch matches and tournaments on TV then.

### Paulina

My <sup>5</sup>                      are more important to me than anything. We spend a lot of time together and help each other when we're unhappy. We always eat our evening meal together. My cousins often come to dinner, too, and then there are 15 of us around the table. We have a great time.

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

- 1 Olga has already decided about her future job.
- 2 Sergey only does yoga at the weekend.
- 3 Michael's family are more important than his friends.
- 4 Isabella enjoys being active.
- 5 Paulina enjoys eating with lots of other people.



## LISTENING



### PREPARE FOR THE EXAM

#### Listening Part 1

1 For each question, choose the correct picture.



1 How much did Monica pay for her keyboard?

A

£90

B

£120

C

£450

2 What time will the football match finish?

A



B



C



3 When is the history test?

A

|        |   |
|--------|---|
| Monday | T |
|        |   |

B

|         |   |
|---------|---|
| Tuesday | V |
|         |   |

C

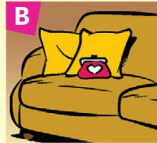
|           |  |
|-----------|--|
| Wednesday |  |
|           |  |

4 Where is the girl's purse?

A



B



C



5 What is the girl's father doing now?

A



B



C



#### EXAM TIPS

- Before you listen, think in English about what each picture shows.
- Underline the most important words in the question.

## WRITING

### Giving advice on a forum

1 Read the student's problem on an online forum. Are the sentences below right (✓) or wrong (X)?



When I have an exam at school, I get very worried in the week before I have to do it. I study really hard for the exam every day, but I think about all the things that might go wrong and then

I don't sleep very well. This means that on the day of the exam, I usually feel very tired, and I am scared that I will forget everything I know. Can anybody give me some advice?

- He is worried all the time at school. ....
- He is lazy. ....
- He finds it difficult to sleep before an exam. ....
- He worries about sleeping too much. ....
- He would like some advice. ....

2 Read the responses to the forum post in Exercise 1. Decide if the advice is good or bad.

A



You shouldn't spend all your time studying. You should take lots of breaks.

B



You should study more. Then you won't forget anything and you won't worry.

C



How about doing some exercise? This will help you sleep at night. And why don't you study with your friends? It's more fun and they can help you feel more confident.

3 Write a response to the forum post in Exercise 1. Include three pieces of advice. Write 30–50 words.

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