

Name: _____

1 Choose the correct option.

- 1 To *calm down* means to ____.
a become relaxed b get excited c be angry
- 2 To *cheer up* means to ____.
a be eager b be worried c become happy
- 3 To *cut down* means to ____.
a increase b decrease c generate
- 4 To *work out* means to ____.
a absorb b convert c exercise
- 5 To *open up* means to ____.
a communicate b rest c crash

2 Complete the sentences with the correct form of the phrasal verbs from exercise 1.

- 1 I'm gaining weight – I'm going to _____ on chocolate.
- 2 It took her a long time, but Sarah finally _____ to me about her problems.
- 3 John has been _____ at the gym for years.
- 4 David is sad about his exam results. Let's take him to a café to _____ him _____.
- 5 Stop shouting at your brother! _____ and then we'll talk about what he's done.

3 Complete the text with the correct first or second conditional form of the verbs.

Hello everyone. Thanks for reading my blog again! Today, if you continue reading you (1) _____ (learn) a little bit about my cousin, Hayley, and health and fitness ...

So, Hayley is sixteen years old and for the past few years she has been a health nut – if she (2) _____ (not work out) at least five times a week, she gets grumpy and if she eats something 'fun' like pizza or ice cream, she (3) _____ (think) she's getting fat! Hayley's slogan is 'if you take care of your body, it (4) _____ (take care) of you'. If any of her family or friends (5) _____ (get) a cold or a cough, she will say, 'If you looked after yourself better, you (6) _____ (not be) ill!' She used to say things like that to me, too, and it drove me mad! I used to say to her, 'If you (7) _____ (not slow down) and cut down on how much exercise you do, you'll get ill!' Two weeks ago, however, I went to see the school nurse because I wasn't feeling well. She told me that I wasn't very healthy. She also said that I would become even healthier if I (8) _____ (not start) eating better and getting more exercise. She really scared me, so I started going to the gym with Hayley and eating better. I feel healthier

already. I'm sure that if everyone began exercising more and eating healthier food they (9) _____ (feel) fitter too! What are your thoughts on the subject?

4 Write third conditional sentences to complete the story. Use the prompts.

~~the weather / not be / cold and snowy~~ ⇒ ~~Andrew's bus / not be / late~~ ⇒ he / arrive / at the college / on time ⇒ he / sit / the exam ⇒ he / get / a good grade ⇒ he / pass / the course ⇒ he / become / a nurse ⇒ he / help / lots of people

If the weather hadn't been cold and snowy, Andrew's bus wouldn't have been late. If Andrew's bus hadn't been late,

5 Complete the dialogues with the correct -ing or to form of suitable verbs.

- 1 **A** Have you ever met anyone really famous?
B Yes, I remember _____ Brad Pitt, the actor, years ago.
- 2 **A** Have you ever felt sorry about saying something about a friend?
B Yes, I regret _____ that my friend, Rachel, wasn't clever. She hasn't spoken to me since!
- 3 **A** What did Mrs Frost talk about in the history lesson yesterday?
B First, she talked about manners in the 18th century, then she went on _____ about etiquette in 19th-century England.
- 4 **A** Why did Ryan stop _____ to the gym?
B Because whenever he went, he always complained of aching muscles.
- 5 **A** I always have arguments with my brother.
B You have to try _____ nicer to him – it'll be difficult, but I know you can do it.

6 Read the direct speech. Then complete the reported speech with one to five words.

- 'I've lost my voice,' the female comedian said.
The female comedian said that _____ voice.
- 'Some of these actors can't act very well,' the director told us.
The director told us that some of the actors _____ very well.
- 'Adele finished writing her new song last week,' Sam said.
Sam said that Adele _____ writing her new song the _____.
- 'I will edit your book for you,' Rachel said.
Rachel said that _____ book for _____.
- 'We're going to buy the band's new album,' Anna and Logan said.
Anna and Logan said that _____ the band's new album.
- 'That ride is scarier than the one I was on,' Cameron said.
Cameron said that that ride _____ scarier than the one he _____ on.
- 'Your brother is having dinner,' my dad said.
My dad said that _____ brother _____ dinner.

7 Rewrite the sentences in direct or reported speech.

- He said that Destiny had seen the school play the previous night.

- The coach said that the team was practising in the gym.

- 'Nathan has lost the theatre tickets,' Saanvi said.

- 'Theme parks are better than zoos,' I said.

- Andrew said that Uncle Brian was going to help us decorate the house.

- 'I'll take you on the rollercoaster,' Olivia said.

8 The bold words are in the wrong sentences. Write them next to the correct sentences.

- Have you seen the comedian's new **spotlight** – it's absolutely hilarious! _____

- Tonight – for the very first time on our **venue** – please welcome, The Dangerous Twins! _____
- This isn't a real gun; it's a **scriptwriter** for the school play! _____
- My uncle works as a **stage** – he's very famous in Hollywood. _____
- What's the best **prop** in the city for a rock concert? _____
- I want you to keep the **sketch** on me at all times so people will be able to see me. _____

9 Complete the second sentence so that it means the same as the first. Use future tenses.

- My parents plan to have a party on Friday – they've already invited everyone.
My parents _____ a party on Friday – they've already invited everyone.
- I promise I will be on time for class tomorrow.
I promise I _____ late for class tomorrow.
- There are no clouds in the sky today.
It _____ rain today.
- You're hungry – let me make you a sandwich.
You're hungry – I know! _____ make you a sandwich.
- The sign on the shop says, 'Opening Hours 9–5'.
The sign on the shop says that it _____ at five.

10 Match phrasal verbs 1–10 to definitions A–J.

- | | |
|------------------|--|
| 1 come across __ | A stay the night somewhere |
| 2 get away __ | B return to a place you've recently left |
| 3 get on __ | C leave a boat, bus, etc. |
| 4 get off __ | D when a plane leaves the ground |
| 5 see off __ | E wave goodbye to somebody |
| 6 set off __ | F accelerate, go faster |
| 7 stop over __ | G escape from daily life |
| 8 speed up __ | H start a trip or a journey |
| 9 take off __ | I board a train, bus, etc. |
| 10 turn back __ | J find by chance |

11 Label the pictures.



1 _____

2 _____

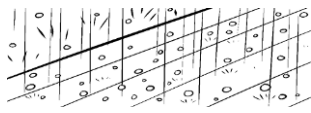


3 _____

4 _____



5 _____



6 _____