

**1 Read the texts and match (a—e) to 1—5.**

- a) Garlic: it's not just for vampires.
- b) Ginger root.
- c) More honey, please.
- d) You are ill.
- e) To take or not to take?

**TRY THESE THINGS WHEN YOU START TO FEEL ILL**

- 1) \_\_\_\_\_  
You feel weak and dizzy. Your forehead feels hot. Your head aches. Everything aches. There aren't enough tissues in the world. Your mum gives you medicine, makes you drink warm tea and doesn't let you play your favourite computer game. You think it's not fair, but your mum really knows what can help.
- 2) \_\_\_\_\_  
Somebody says that if you take vitamin C regularly, you won't catch a virus, others think that it doesn't actually prevent you from catching a cold. But everybody agrees that vitamin C can really reduce the number of days you will stay in bed, and it is also an antioxidant that helps the body to heal.
- 3) \_\_\_\_\_  
This bee product is the best for a cold or flu season. It helps you when you have a cough or a sore throat and it helps you to sleep better when you have a cold.
- 4) \_\_\_\_\_  
It has antibacterial properties that help the immune system to fight an infection. It also makes most things taste better. So, let your mum add it to your salad or soup, and don't complain!
- 5) \_\_\_\_\_  
It is a warming spice, so it's good for colds. So, add it to your tea and get warm. Before you know it, it's time to feel better, and you can go back to being your best self.

**2 Cross out the odd word or word combination.**

- 1) Flu, pneumonia, measles, chickenpox, stiff neck.
- 2) Fever, injection, headache, rash, running nose.
- 3) Doctor, heart attack, general practitioner, surgeon.
- 4) Pain, ache, pressure, sore, injury.
- 5) Bruise, plaster, pills, eye drops.

**3 Circle the correct variant.**

- 1) I fell and ... my wrist.
  - a) sprained
  - b) injury
  - c) sick
- 2) A ... is a doctor's note telling a patient what type of medication to get.
  - a) recipe
  - b) prescription
  - c) recommendation
- 3) Doctor gave her a ... to heal her, and poor Florence fell asleep.
  - a) recovery
  - b) medicine
  - c) fever
- 4) Flu is an ... which is similar to a bad cold but more serious.
  - a) injection
  - b) injury
  - c) illness
- 5) He had a running ... for two days. Then his temperature came down.
  - a) nose
  - b) rash
  - c) fever

**1** Read the texts and match choices (a—e) to 1—5.

- a) Drink up.
- b) Take a hot shower.
- c) Have a spoonful of honey.
- d) Slow down.
- e) Gargle with salt water.

### WAYS TO FEEL BETTER NOW

- 1) \_\_\_\_\_  
One day you wake up with a sore throat. Then comes a headache, running nose and coughing. You may try to lead your usual way of life and even go to school, but soon you understand that the only reasonable thing is to stay in bed. So, you stay home from school until you feel better.
- 2) \_\_\_\_\_  
Getting plenty of warm herbal tea or lemon water helps you to recover quicker. It also prevents headaches and dizziness. Keep a glass or reusable bottle on hand, and refill it with water. Skip colas, sodas and coffee which can dry you out.
- 3) \_\_\_\_\_  
It's a good way to make a sore throat feel better. Stir one-quarter to one-half a teaspoon of salt into a cup of warm water, and gargle a few times a day.
- 4) \_\_\_\_\_  
This sticky stuff can coat your throat and soothe a cough. In one study, kids who ate about half a tablespoon of honey at bedtime slept more soundly and coughed less than those who didn't.
- 5) \_\_\_\_\_  
Although doctors sometimes forget to recommend it, but this method works, at least there's no harm in trying it. The warm steam will help you to get warm and feel better.

**2 Cross out the odd word or word combination.**

- 1) Scarlet fever, remedy, cold, mumps, flu.
- 2) Cough, sore throat, stomachache, sneezing.
- 3) Wound, nurse, dentist, doctor.
- 4) Stomach, head, throat, tooth, blood pressure.
- 5) Bandage, injection, thermometer, syringe.

**3 Circle the correct variant.**

- 1) I break out in a ... if I eat too much chocolate.
  - a) rash
  - b) dizzy
  - c) sick
- 2) He has had a ... for two days.
  - a) recovery
  - b) medicine
  - c) fever
- 3) I fell and ... my ankle.
  - a) sprained
  - b) pain
  - c) operated
- 4) I'm too ... to go to work.
  - a) disease
  - b) ill
  - c) ache
- 5) She had a small cut, so I put a ... on her hand.
  - a) pill
  - b) plaster
  - c) surgery

## THE EXTRA TEST

## Variant 1

1 Read the texts and the statements to them, circle the correct variant.

**Ski and Snowboard Lessons**

Want to learn how to ski  
and snowboard?

*Join us for the winter term!*

**Ages 13—18**

Classes:

Beginners — Sunday from  
10.30 a.m. to 12.00 a.m.

Advanced — Saturday from  
11.00 a.m. to 1.00 p.m.

Friday's after-school chess club is  
cancelled. The chess club will now  
meet on Wednesday from 5.00 p.m.  
to 6.30 p.m.

If you can't come on Wednesday,  
see Mr Duncan in his office or e-mail  
him at: [Duncan@chessclub.com](mailto:Duncan@chessclub.com).

**The chess club will meet next week  
on Friday as usual.**

1) According to the announcement  
information...

- a) classes are available all year round.
- b) classes are only for a particular  
age group.
- c) you can attend classes twice a week.

2) The after-school chess club...

- a) will never meet on Fridays.
- b) has a different timetable from  
now on.
- c) will return to its usual timetable  
next week.

*Kathy: «Well, I would really like to  
go on cycling holiday somewhere in  
Scotland, where there's lots of moun-  
tains and the nature is beautiful.  
However, I am not sure that I'm in the  
shape enough to do it just now but  
maybe some time in the future, when  
I have more time for exercising».*

3) What's Kathy's main point?

- a) She is not fit enough right now.
- b) She is in her best shape for  
cycling.
- c) She has already gone cycling in  
Scotland.

*Neil, I'll be at home at about  
8.00 p.m. Don't forget Jim needs  
a lift to his judo class by 5.00 p.m.  
Please, make sure he has his uni-  
form with him.  
Love, Martha*

4) Neil should...

- a) take Jim to his judo lesson and  
remind him about the uniform.
- b) check if Jim is wearing a uniform  
and be at home by 8.00 p.m.
- c) accompany Jim to the lift and  
give him his uniform.



**2 Read and complete the text with the words from the box.**

exciting	event	certificates	attentive
	competition	teams	

My favourite school \_\_\_\_\_<sup>(1)</sup> is a quiz game called Mental Maths Contest. This event is held once a year and is an intellectual \_\_\_\_\_<sup>(2)</sup>. Its rules are simple. Students from different classes are grouped into three \_\_\_\_\_<sup>(3)</sup> of players. The presenter reads questions and players have to answer them. Questions are not repeated and students have to be very quick both in understanding questions and in calculations; and then to be very \_\_\_\_\_<sup>(4)</sup> while answering.

Last year I was also selected as one of the finalists. Our team A and team C reached the final rounds. The winning round contained as many as 30 questions as both teams were not ready to give up. In the end, team C couldn't answer a question and we answered it to win the event. We were highly appreciated and were given \_\_\_\_\_<sup>(5)</sup> and chocolate medals. Winning is always \_\_\_\_\_<sup>(6)</sup> and inspiring. I would like to participate in this event again next year.

**3 Write an article about a school sports or activity club you attend or you would like to attend (about 100 words).**

- Include the following information:
- the name of the club;
  - the activities which the club offers;
  - people who are the members of the club;
  - the reasons why you have chosen this club.

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## THE EXTRA TEST

## Variant 2

1 Read the texts and the statements to them, circle the correct variant.

***OFIT GYM** is now offering full gym services. We are a community gym in which our members get to choose class schedules. We purchase new equipment every 3 months. Classes are included in your membership. People with different abilities are welcome! Visit us and we'll share more of the benefits of our club.*

*Brian: «Speaking about a sport I'd like to take on in future, I guess it would be skydiving. The matter is, I'm afraid of height. So, this would be the biggest adventure in my life. Imagine falling from the air-plane for a few minutes. It would be strengthening me from the inside, maybe...»*

1) What can we imply from this advertisement?

- a) The gym invites only people with some fitness experience.
- b) Members of the gym shouldn't pay for fitness classes.
- c) One should renew gym membership every 3 months.

2) What's Brian's main point?

- a) He wants to try skydiving despite his fear.
- b) He likes adventures, but not skydiving.
- c) He doesn't like anything connected with airplanes because he has an aerophobia.

**No football training today  
due to bad weather.**

— Where is Justin today? Is he at his tennis practice?  
— No, he's taken up skateboarding.  
— That's surprising. I believed he adored games like tennis or basketball. Is he any good?  
— Well, he enjoys it, but he isn't very good yet.

3) What does this notice imply?

- a) The team won't have practice that day.
- b) The training has been delayed.
- c) The football training will take place as soon as the weather is fine.

4) What is Justin's new hobby?

- a) Tennis.
- b) Football.
- c) Skateboarding.



**2 Read and complete the text with the words from the box.**

moment	awarded	activities	event	participate	exciting
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The Sports Day is an important \_\_\_\_\_<sup>(1)</sup> in our school. This event is usually held during a winter season.

The sports teacher helps and encourages students to \_\_\_\_\_<sup>(2)</sup> in the Sports Day. Students take part in various competing sports \_\_\_\_\_<sup>(3)</sup>.

Students participate in many sporting events like a race, ball throwing, volleyball, dodge ball, running, javelin throwing, etc. They wish to prove their fitness level, strength and endurance, and win prizes and awards.

Prizes are \_\_\_\_\_<sup>(4)</sup> to the winners by the School Principal, Chief Guest and other honoured guests.

I think the Sports Day is one of the most \_\_\_\_\_<sup>(5)</sup> and useful events because it develops a sporting spirit. In sport, a participating candidate may win or lose. A student learns to accept both victories and defeats with grace.

Last year I won the 3rd position in a 100-metre race. I was very proud and happy with the winning \_\_\_\_\_<sup>(6)</sup>.

**3 Describe a memorable event that was held in your school (about 100 words).**

Include the following information:

- what event it was;
- when it was held;
- what it was devoted to;
- why you liked it.

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