

> Grammar

**1 Complete the sentences. Use *should have* or *shouldn't have* with the correct form of the verb. [5 points]**

1. The car isn't working again and I need to drive to the city today. We (get) *should have gotten* the car fixed last week!
2. There's a test this morning, but Kyle stayed out late last night. He (stay) \_\_\_\_\_ out so late.
3. Larry's cousin borrowed his camera yesterday. She wasn't careful and it got broken. She (be) \_\_\_\_\_ more careful with it.
4. Paula's sister borrowed her watch and didn't ask for permission. Her sister (take) \_\_\_\_\_ the watch without asking.
5. Vicky ate too much for lunch. Now she feels sick. She (eat) \_\_\_\_\_ less.

**2 Write sentences comparing the people before and now. Use *used to* or *didn't use to*. [10 points]**

1. Tomas (want to be a computer programmer). Now (want to be a teacher).  
*Tomas used to want to be a computer programmer.*  
*Now he wants to be a teacher.*  
\_\_\_\_\_
2. I (have lots of energy). Now (feel tired all the time).  
\_\_\_\_\_
3. Cesar (not sneeze a lot in the spring). Now (always do).  
\_\_\_\_\_
4. My father (get lots of sleep). Now (stay awake all night).  
\_\_\_\_\_
5. Lela (not speak English). Now (speak English very well).  
\_\_\_\_\_

**3 Answer the questions about yourself. Use *used to* or *didn't use to*. [10 points]**

When you were much younger . . .

1. what did you use to do after school?  
\_\_\_\_\_
2. where did your parents use to take you on weekends?  
\_\_\_\_\_
3. who did you use to play with?  
\_\_\_\_\_
4. when did you use to go to bed at night?  
\_\_\_\_\_
5. what foods did you use to like to eat?  
\_\_\_\_\_

> Vocabulary

**4 Choose the correct words. [5 points]**

1. John fell during the game. He has \_\_\_\_\_.  
a. a rash      **b. a sprained ankle**  
c. a temperature
2. Mary gets a rash when she eats nuts. She's \_\_\_\_\_ to them.  
a. stressed out    **b. allergic**    c. sick
3. Dan feels sick and he's very hot. He has \_\_\_\_\_.  
a. an allergy    **b. a headache**  
c. a temperature
4. Joan needs to see a dentist because she has \_\_\_\_\_.  
a. a toothache    **b. a headache**  
c. a sprained ankle
5. George has a cold. He has a headache and \_\_\_\_\_.  
a. a rash      **b. toothache**    c. a cough

> Communication

**5 Complete the conversation at the doctor's office. [8 points]**

- A: Good morning. How can I help you?  
 B: I'm afraid I <sup>1</sup> *don't feel* very well.  
 A: What's the \_\_\_\_\_?  
 B: I <sup>3</sup> \_\_\_\_\_ very hot and my stomach <sup>4</sup> \_\_\_\_\_.  
 A: Have you got a <sup>5</sup> \_\_\_\_\_?  
 B: Yes. It was 39° when I got up.  
 A: Well, you <sup>6</sup> \_\_\_\_\_ go to bed and <sup>7</sup> \_\_\_\_\_ some rest.  
 B: Should I take anything?  
 A: <sup>8</sup> \_\_\_\_\_ these antibiotics and drink lots of liquids.  
 B: Thanks.

> Reading

**6 Read the text. Circle the correct answers. [6 points]**

- This reading is about \_\_\_\_\_.  
 a. getting well  
 b. eating well  
 c. staying healthy
- According to the reading, it is better to \_\_\_\_\_.  
 a. cook vegetables  
 b. eat vegetables raw  
 c. freeze vegetables
- According to the reading, it's important to \_\_\_\_\_.  
 a. get ready to exercise  
 b. get rest after exercise  
 c. get thinner through exercise

**Leading a Healthy Life**

“An apple a day keeps the doctor away.”  
 Have you ever heard this saying? There's more truth to it than we think. What you eat and drink—and what you don't eat and drink— can make a difference to your health. Here are some tips.

Include some raw fruit or vegetables in every meal. Many of the vitamins and minerals in vegetables are lost through cooking, so raw food is as good as it gets. There is nothing artificial added, and nothing is taken away through cooking.

The hardest part of exercising is continuing to do it every day. Before you exercise, take two minutes to prepare by reminding yourself how good you will feel at the end! This will help you keep it up. Whether you choose to walk, jog, do aerobics, or play sports, exercise is an important step toward a lifetime of good health.

**7 Answer the questions. [10 points]**

- What other things can you do to stay healthy? \_\_\_\_\_  
 \_\_\_\_\_
- Describe what you eat to stay healthy.  
 \_\_\_\_\_  
 \_\_\_\_\_

> Writing

**8 Write a report on teenage health issues. Use the information in the chart. [10 points]**

We asked thirty teenagers seven questions about healthy habits in everyday life. These are the results:

	NO	YES
<b>1. Do you eat fresh fruit and vegetables daily?</b>	80%	20%
<b>2. Do you eat a healthy breakfast?</b>	75%	25%
<b>3. Do you get at least eight hours sleep a night?</b>	95%	5%
<b>4. Do you suffer from coughs and colds?</b>	10%	90%
<b>5. Do you have allergies?</b>	15%	85%
<b>6. Do you have headaches?</b>	30%	70%
<b>7. Do you exercise at least three times a week?</b>	45%	55%