

> Grammar

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

1. The computer isn't working again and I need to finish my project. We (get) should have gotten the computer fixed last week!
2. There's a test this morning, but Macey stayed out late last night. She (go) _____ to bed early.
3. My cousin borrowed my camera yesterday. He wasn't careful and it got broken. He (be) _____ more careful with it.
4. Cate's sister borrowed her sweater and didn't ask for permission. Her sister (take) _____ the sweater without asking.
5. Max ate too much for dinner last night. Now he feels sick. He (eat) _____ so much.

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 teacher). Now (want to be an engineer).
Tomas used to want to be a teacher. Now he wants to be an engineer. _____
2. I (feel tired all the time). Now (have lots of energy).

3. Lela (not sneeze a lot in the spring). Now (always do).

4. My mother (get lots of sleep). Now (stay awake all night).

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

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

> Reading

6 Read the text. Circle the best answers. [6 points]

- This reading is about _____.
 a. staying healthy
 b. eating well
 c. getting well
- According to the reading, it is better to _____.
 a. freeze vegetables
 b. cook vegetables
 c. eat vegetables raw
- According to the reading, it's important to _____.
 a. get rest after exercise
 b. get ready to 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 these 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
1. Do you eat fresh fruit and vegetables daily?	80%	20%
2. Do you eat a healthy breakfast?	75%	25%
3. Do you get at least eight hours sleep a night?	95%	5%
4. Do you suffer from coughs and colds?	10%	90%
5. Do you have allergies?	15%	85%
6. Do you have headaches?	30%	70%
7. Do you exercise at least three times a week?	45%	55%

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