



Health and fitness

1

Complete the text with the words in the box. There are two words you do not need to use.

a all an both every few much that the those

Michael Green loved swimming from (1) early age. He took (2) opportunity that came along to spend time in his local pool. As he got older, he regularly entered local competitions, (3) of which he won. This perfect record attracted a lot of attention and he started working with a coach. (4) training sessions paid off and Michael rapidly improved his speed and strength. However, (5) believed that he would continue to work so hard, especially when he had so (6) schoolwork to do. But winning (7) national championship was his dream, and (8) was what motivated him. However, Michael went on to achieve even more than this, becoming the world champion before his eighteenth birthday.



Exam task

2

For questions 1–8, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

Example: (0) NO

Running a marathon



So you want to run a marathon? There is (0) doubt that running 42 kilometres is a great achievement. Many training plans involve running four times a week for at (1) three months, and sometimes longer. Experts strongly recommend that you should (2) used to running long distances gradually. If you don't, it can increase the chances (3) picking up an injury. It (4) generally thought that runners should initially go on fairly relaxed training runs. The pace should be gentle enough to allow you (5) have a conversation with someone running alongside you. Don't make the mistake of eating too little before the race, or you will rapidly run (6) of energy. But (7) should you eat a large meal. It goes without saying that choosing the right footwear is also essential. (8) you do, avoid clothes made of cotton and go for artificial materials, or even some types of wool such as merino. Choose clothing that will be comfortable.

3a**Read the sentences. Choose the correct word for each space, a, b or c.**

- The diet I'm on is quite boring, to be honest.
a who b what c which
- My fitness trainer is someone everyone likes and trusts.
a which b who c whose
- That's the gym I go to three times a week, even when I'm busy.
a what b where c which
- The nutritionist ideas I'm interested in has just published a new book.
a whose b whom c which
- There aren't many days I don't go jogging in the park.
a which b where c when
- By the time I was 12, there weren't many sports I hadn't tried.
a what b which c who
- The stadium in I train once a week is in the north of the city.
a which b where c whose
- People don't understand I have to do to maintain this level of fitness.
a which b what c that

3b**Complete the sentences with a relative pronoun (*who, which, when*) and your own ideas.**

- There aren't many days I don't
- By the time I was ten, there weren't many
I hadn't tried.
- A sports person I admire is
- is a country I would like to visit.

**Exam facts**

- In this part, you read a text with eight gaps in it.
- You have to write a word that fits each gap.

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Education and study

1

Complete the sentences with a linking word or phrase from the box.

as long as	although	as well as	despite	in order to
	owing to	therefore	whereas	

- you concentrate, you should pass the exam.
- she always handed in her homework late, the quality of her work was high.
- Simona took notes during the lecture recording what the teacher said.
- Mike decided to get a summer job in France improve his French.
- being one of the most intelligent students in the class, Michael's exam result was disappointing.
- The students found that they had a free morning the cancellation of the lecture.
- 'You just don't practise enough,' said the teacher, 'and you're not likely to improve'.
- Tom wrote his essay in an hour, John needed a whole day to do his.



Exam task

2

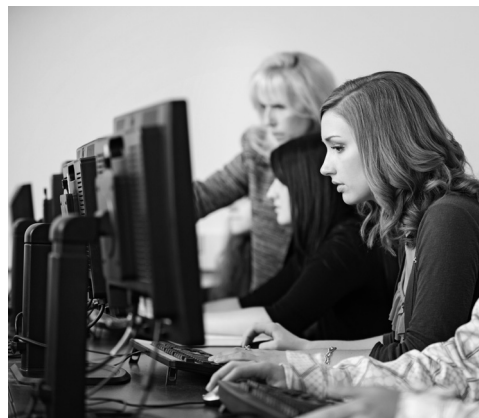
For questions 1–8, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

Example: (0) *WHETHER*

Keep on learning!

It doesn't matter (0) you are still at school or in full-time employment, making the effort to learn new things is very important. Most of us have a few subjects on (1) we focus. These may be associated (2) our study or job, or sometimes a hobby. (3) it is obviously important to develop a deep understanding of (4) matters to us most, it is equally worthwhile to extend our range of knowledge beyond what we are familiar with, and that is true at (5) age.

So the best advice is to find the time to (6) on new challenges and learn new skills outside the areas where we feel most comfortable. People often choose subjects (7) as new languages, computer skills, or painting. If you can't get to a class, then you can go online. Online courses can easily (8) found, and learning online means you put in as much time as you want each day.



3a

Choose the verb that does **NOT** make a correct collocation with each noun.

1. *make / sit / take / do* an exam
2. *take / enrol on / apply / do* a course
3. *obtain / get / have / study* a qualification
4. *attend / leave / miss / pass* school
5. *drop / study / obtain / fail* a subject
6. *go into / graduate from / drop out of / apply to* university
7. *attend / take / skip / set* a class
8. *make / set / do / hand in* homework

3b

Complete the questions with an appropriate verb from exercise 3a. Then ask and answer the questions with a partner.

1. When was the last time you an exam? Did you pass?
2. Do you usually your homework on time?
3. Have you ever a course in a language other than English? If not, would you like to?
4. From what age do children school in your country? At what age can they ?

**Exam tips**

- Look at what comes before and after each gap and decide what kind of word you need to write – for example a pronoun, verb, preposition, etc.
- You must only write one word in each gap.
- When you have finished, read through the whole text again to make sure it makes sense.