

Name: _____

Date: _____

Score: _____

TEST

UNIT 4 Health

A Listening



TRACK 5

1 Listen. Circle the correct answer.

1. What is their relationship?

a. sisters

b. friends

c. boss and worker

2. When did they last see each other?

a. yesterday

b. last week

c. a long time

3. Where are they?

a. at home

b. in a public place

c. at the doctor's office



TRACK 6

2 Listen again. Put a check (✓) under the correct name.

Sheila Joy

1. is the first speaker

☐☐

2. has been busy

☐☐

3. has started a new diet

☐☐

4. used to eat unhealthy food

☐☐

5. hasn't exercised recently

☐☐

6. needs to change her diet

☐☐

7. hasn't eaten yet

☐☐

B Grammar

Complete the sentences. Use the present perfect.

1. The doctor _____ my blood pressure recently.
(check)

2. Elisa _____ to the gym lately.
(not / gone)

3. I _____ salt, fat, and sugar recently.
(give up)

4. Ahmet _____ really tired lately.
(be)

5. I _____ recently.
(not / sleep)

C Grammar

Complete the sentences. Use *use to* or *used to*.

1. Did you _____ skip breakfast?
2. She _____ stay up late, but now she goes to bed early.
3. I _____ drive to work, but now I walk.
4. Did he _____ eat fatty foods?
5. He _____ go straight home, but now he goes to the gym.

D Reading

Read the story. Then read the sentences. Are they correct? Circle Yes or No.

Joseph's Healthy Change

Recently, I have decided to follow my doctor's advice about eating and exercising. Before, I used to just work, eat, and sleep. I didn't exercise enough, and I was always tired. Lately, I have made healthy changes. I used to drive to work, but now I walk to work or ride my bike. At work, I used to take the elevator. Lately, I have started taking the stairs. I've joined a gym, too. Now, I have so much more energy than I used to have.

Because of my high blood pressure, I have also had to change my diet. I used to eat too much fat, salt, and sugar. My doctor explained that my diet made me unhealthy. So, now I eat more fish, vegetables, and fruits. Also, I used to skip breakfast. But I have started eating three meals a day. I never knew that eating three meals is healthier than eating just one meal. In two months, I have lost weight – about ten pounds.

At first, all these changes were really difficult; but I changed because my health is important. Next time I go to my doctor, he will be very happy. Since I have taken his advice, my blood pressure is lower. Now, I don't need pills or medication!

- | | | |
|---|-----|----|
| 1. Joseph used to walk or ride his bike to work. | Yes | No |
| 2. He didn't use to take the elevator, but now he does. | Yes | No |
| 3. Joseph eats breakfast, lunch, and dinner. | Yes | No |
| 4. He's lost ten pounds in the last ten months. | Yes | No |
| 5. He used to need medication. | Yes | No |

E Writing

Write a paragraph about habits that you have changed. Write about your habits before and now. Use *used to* . . . , *but now* and *lately* in your paragraph. Use a separate piece of paper.