

PART I VOCABULARY AND GRAMMAR

I. Put the verb into the correct form, present simple or present continuous.

1. Ann _____ (go) to the theatre every week.
2. I _____ (take) public transport when I travel around Colombia. It's cheaper.
3. I _____ (go) to hospital again tonight.
4. _____ (you/know) Helen?
5. We _____ (need) to go dancing tonight to relax.

1. goes 2. take 3. am going 4. do you know 5. need

II. Read the definitions and write the profession.

1. An employer who performs clerical work (e.g. keeps records or accounts, etc). _ _ _ _ _.
2. A person qualified to practice dentistry. _ _ _ _ _.
3. A person who operates a farm. _ _ _ _ _.
4. A person who cuts and beautifies hair _ _ _ _ _.
5. A professional person authorized to practice law, conduct lawsuits or give legal advice _ _ _ _ _.

1. Clerk, 2. Dentist, 3. Farmer, 4. Hairdresser 5. Lawyer

III. Put one of these verbs in each sentence. Use past simple:

understand, begin, visit, see, stop

1. She went to school, took out a textbook and _____ to learn.
2. When it _____ raining, the dog wanted to come out.
3. When Jane was doing a language course in Ireland, she _____ Blarney Castle.
4. When I was on my way home, I _____ an accident.
5. I _____ what they were talking about.

1. began 2. stopped 3. visited 4. saw 5. understood

PART II READING

Read the text and answer the questions.

A DAY IN THE LIFE OF PAULA RADCLIFFE - MARATHON RUNNER

8.30am: Sometimes, my daughter Isla wakes me and my husband, Gary, up, or, more often, we wake her up. After I get up, I always check my pulse. It's usually 38-40 beats per minute. If it is too high, I rest for the day. It's so important to listen to my body. I have a drink and a snack while giving Isla her breakfast.

9.30am: We take Isla to nursery and then I start my training. I run, and Gary rides his bike next to me and gives me drinks. Four times a week, I have a cold bath or go for a swim in a lake after training.

12.30pm: I pick up Isla from nursery and we go home and I eat a big lunch of cereal and fruit. Then I have rice and salmon, or toast and peanut butter. I try to eat as soon as possible after training. After lunch, I play with my daughter.

2pm: I have a nap in the afternoon, and Gary usually takes Isla out while I sleep. When I wake up, I have a drink and a snack while Isla has milk. I eat a lot during the day, especially bananas and dark chocolate.

5pm: I go running again. In total, I run about 145 miles every week. I write about all my runs in my training journal. I record everything, including how I feel and what the weather is like. I train hard every other day, go on an extra-long run every four days and rest every eighth day.

7pm: In the evening, I do my exercises. These keep me strong during long runs. Isla likes to climb on me while I stretch. Gary gives Isla her dinner and cooks mine while I finish my exercises. Then I finish cooking dinner while Gary gives Isla her bath.

7.30pm: Gary and I eat our dinner. I have red meat four times a week with rice, pasta or potatoes, and lots of vegetables. We also eat a lot of stir-fries, because they're quick and healthy.

8pm: We put Isla to bed and relax. I check my emails and watch TV or chat with Gary. I love police and hospital dramas!

10.30pm: Time for bed. As I brush my teeth, I stand on one leg and then the other. This keeps my legs strong. I enjoy reading, but I haven't read much since Isla was born.

1. Usually _____.

- a. Paula and Gary wake up Isla.
- b. Gary wakes up Paula and Isla
- c. Isla wakes up Paula and Gary

2. While Paula has her morning run, Gary _____

- a. takes Isla to nursery
- b. cycles next to her
- c. goes to work

3. After training, Paula _____

- a. has lunch, bathes, then collects her daughter
- b. bathes, collects her daughter, then has lunch
- c. collects her daughter, bathes, then has lunch

4. After lunch Gary looks after Isla while Paula _____

- a. trains
- b. sleeps
- c. eats

2.

5. Paula _____

- a. eats large meals but never eats snacks.
- b. eats large meals and often eats snacks.
- c. eats small meals but often eats snacks.

2.

6. Every two days, Paula _____

- a. goes for a long run
- b. runs 145 miles
- c. trains extra hard

7. While Paula does her exercises, her daughter _____

- a. has dinner
- b. climbs on her
- c. plays with Gary

8. In the evening _____
- a. Gary bathes Isla, then Gary and Paula eat, Then Isla goes to bed
 - b. Gary bathes Isla, then Isla goes to bed, then Gary and Paula eat
 - c. Gary and Paula eat, Then Gary bathes Isla, then Isla goes to bed
9. Paula does exercises to strengthen her legs while she _____
- a. cooks dinner
 - b. brushes her teeth
 - c. watches TV
10. Now Paula has a daughter, she rarely _____
- a. reads
 - b. watches TV
 - c. spends time with Gary

1a, 2b, 3b, 4b, 5b, 6c, 7a, 8a, 9b, 10a

PART III WRITING

Choose one of the topics and write an essay (100 words minimum).

- 1. Describe a place you go for recreation or exercise.
- 2. Describe your childhood home.
- 3. Describe someone you respect deeply.