

Year 1, TEST 2

odd 5

Name and surname: Jacob Škoberne

Score: 60 / 62 pts

Class: 7.a

Date: 8 March 2024

Criteria: 0–30,5 pts = nzd (1) 31–40,5 pts = zd (2) 41–47,5 = db (3) 48–55 = pd (4) 55,5–62 pts = odl (5)

1. Explain the vocabulary either by providing a definition or an example clearly illustrating the meaning.

Delicious, adj.	Tasty ✓
Ingredient, n.	Stuff that you make a dish from ^{bring things} out of ✓
Intriguing, adj.	Interesting, thought provoking ✓
Multi-tasking, n.	Doing multiple things at once ✓
Neighbourhood, n.	A part of a city/town ✓
Recover, v.	To heal, to get into a state you were ⁱⁿ before something happened ✓
Unconscious, adj.	To not be conscious, to become unresponsive due to a fall of blood pressure or something like that similar. ✓
Underprivileged, adj.	To live ^{live} in below average average conditions (households with low income, etc...) ✓

8 / 8 pts

2. Choose and circle the correct option a-c to complete the sentences.

1) Josh asked me which bracelet I wanted but they were both beautiful – I couldn't ___ up my mind.

a decide b change c make ✓

2) All her hard work paid ___ in the end, and she finally passed the exam.

a off b for c back ✓

3) I get out of ___ if I do any kind of physical exercise. My face turns red and I can't speak clearly.

a form b shape c breath ✓

4) A change of job would do you the world of ___.

a good b well c great ✓

5) I love our school! It has a huge football ___.

a court b pitch c ring ✓

5 / 5 pts

3. Complete the sentences with one suitable vocabulary item in the correct form.

- 1) South Korea qualified for the finals when they beat Italy 6-1. ✓
- 2) I am trying to get into shape because I want to run a marathon this summer. ✓
- 3) The school arranged ski lessons at the nearest ski resort. ✓
- 4) Most teenagers like to eat unhealthy food such as chips, sweets, and fizzy drinks. ✓
- 5) The new year is a perfect time to think ahead and make plans for the future. ✓

5 / 5 pts ↑

4. READING COMPREHENSION: Read the article. Match sentences A-H with gaps 1-6 in the text. You can find the sentences in the box on the right. There are two extra sentences.

Healthy body, healthy mind?

We all sometimes feel sad or depressed – life can be stressful and there are often lots of challenges with study, work and relationships. But did you realize that you have more power to change your mood than you think? Here are some suggestions on how to beat the blues!

Healthy snacks

It is well known that eating lots of fruit and vegetables is good for your physical health, but the latest research suggests that it might be good for mental health too. Scientists in Australia have found that the more fruit and vegetables you eat, the better you feel. **1 D** In both studies, researchers measured people's sense of life satisfaction. The results suggest that one way to improve your mental health could be something as simple as having a salad with a meal every day. **2 F** How you feel inside has a direct effect on mood and concentration. So a quick change in what you snack on is an easy way to start feeling better!

This sporting life

Sports and fitness activities are a great way to get in shape, build your muscles, and feel stronger. They are also very important in improving mood. Team games have a powerful impact on well-being, as they are social as well as physical activities. **3 A** This is because you tend to work together towards shared goals. But don't worry, if you like being on your own when you do sports, you can still get that feel-good effect. **4 H** People who climb on climbing walls use a lot of concentration – they have to decide where to put their hands and feet to be safe. Although this sounds mentally challenging, this detailed focus on a physical activity actually makes you relax! Studies show that training programmes where you pay attention to your movements can be as calming as yoga! Many people, however, prefer to be on the move. **5 C** But you don't need an athletics track to train regularly. In fact, trail running on uneven ground such as hills or woodland has a big effect on how you feel mentally. There's a bit more challenge running somewhere where you might trip, sprain an ankle or wrist or even break a leg. **6 B** This can help you forget other worries in life and clear your mind.

So remember, if you're concerned about your mood, think about following a healthier diet, or putting on some trainers. You might just start to feel a bit better.

- ☒ A When you belong to a group and do sports together you often become more confident around others.
- ☒ B Because of this, you have to focus on the route ahead, concentrating hard and looking at every risk.
- ☒ C Running fast, and getting out of breath, will do you the world of good physically and the different chemicals and hormones released into your body improve your mood.
- ☒ D This has been confirmed by UK research which involved more than 40,000 participants.
- ☐ E It proves that taking part in team games helps improve your speed and strength.
- ☒ F This is because fruit and vegetables contain many nutrients which are good for the bacteria living in your stomach.
- ☐ G However, there is an increased risk of injury during this kind of activity which limits the benefits.
- ☒ H How about climbing?

6 / 6 pts

5. How should schools help students to form healthy eating habits? Give 2 ideas in full sentences.

They should encourage healthy eating with ~~classes~~ healthy lessons about healthy ~~and~~ nutrition in P.E. classes. They could make ~~snacks~~ snacks healthier as well. ✓

C: 2 G: 1 V: 1

4 / 4 pts

6. Complete the sentences with the correct forms of the verbs in brackets. Use Past Simple, Past Continuous or Past Perfect.

Last night at 9 p.m. I (1) was (be) at home. I (2) was watching (watch) television when suddenly I (3) heard (hear) a noise. I went to check and it turned out that someone (4) had broken (break) a window at the back of the house! I (5) tried (try) to phone the police, but the burglar (6) had cut (cut) the phone line so I couldn't get through. I (7) ran (run) upstairs and (8) phoned (phone) the police on my mobile. The burglar heard me and while I (9) was speaking (speak) to the police, he (10) escaped (escape) through the back door. It was a frightening experience.

10 / 10 pts

7. Past Simple or Present Perfect Simple? Circle the correct answer.

- 1) Mum was / has been ill all week so she's going to the doctor today. ✓
- 2) Yesterday we went / have gone to the new museum for the first time. ✓
- 3) Have you ever fed / did you ever feed the lions at the zoo? ✓
- 4) Amy has just been / was just at the art gallery, she doesn't want to go again. ✓
- 5) Have you had / Did you have a mobile phone when you were younger? ✗

4 / 5 pts

8. Complete the text with the correct forms of verbs in the box. Use *used to*, *would*, or *past simple*. If it is possible, you must use *used to* or *would*. There are two verbs too many.

love take try not get solve want have borrow find

When I was younger, I 1 would have reading stories about crime. My father 2 would take me to the library every Friday and I 3 would borrow two or three books every week and read them. While I was reading the stories, I 4 would try to imagine who had committed the crimes. I 5 wouldn't get the answer right every time, but most times I was right. I remember one time I 6 found a really difficult crime. It's not surprising I 7 used to want to be a policewoman!

5 / 7 pts

9. Rewrite these questions as polite indirect questions.

1) When did they get married?

I was wondering when they got married?

2) Does she have any free tickets?

Could you please tell me if she has any free tickets?

3) Is this the right train?

I'd like to know if this is the right train?

4) Which countries did Jack visit?

Have you got any idea which countries Jack visited??

4 / 4 pts

10. Infinitive or -ing? Complete the sentences with the correct form of the verbs in brackets.

1) I hope to do (do) some space travel one day, when it becomes possible.

2) You seem to be (be) tired. Are you getting enough sleep?

3) I can't imagine actually going (go) to work in a remote control vehicle.

4) I must remember to buy (buy) printer paper when I go shopping later.

5) Have you tried restarting (restart) your computer? That might fix it.

6) I think I'll take (take) a short rest now.

???

6 / 6 pts

I know

11. Explain the difference in meaning between the two sentences. Focus on structures in bold.

A) I **regret to say** that your sister won't come to our wedding.

B) I **regret saying** that your sister can't come to our wedding.

In example A you regret having to inform someone - you have brought some bad news. In example B you regret that you said that. You wish you hadn't said that.

2 / 2 pts

12. BONUS QUESTION: What is your comfort food? sushi

1 / +1 pts