



Unit 2 Test

Name _____

(____/50)

Vocabulary

1 Circle the correct answer a, b or c.

(____/5)

1. You use it to cool an injured part of your body.

a. bandage

b. burn gel

c. ice pack

2. You put medicines, creams and bandages in it.

a. ice pack

b. burn gel

c. first-aid kit

3. This is something used to prevent infections.

a. antiseptic spray

b. bandage

c. thermometer

4. It is made of cloth or plastic. You use it to cover an injury.

a. medicine

b. burn gel

c. bandage

5. A doctor can prescribe this to treat an illness.

a. antiseptic spray

b. medicine

c. thermometer

6. This is what a doctor uses to check your temperature.

a. medicine

b. thermometer

c. bandage

2 Match the illnesses or injuries with the pictures.

(____/6)

1. sunburn



2. bruise



3. cut



4. temperature



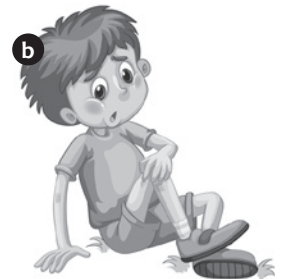
5. headache



6. runny nose



7. stomachache



Grammar

1 Read and give the best advice. Write complete sentences using *should* or *shouldn't*. (____ /7)

Use the recommendations from the box.

✓	✗
apply antiseptic spray and put on a bandage	drink cold drinks
take some medicine and rest	eat junk food every day
brush your teeth after every meal	buy food from street vendors
exercise regularly	
apply burn gel to your sunburn	

1. I have got a toothache!

You should brush your teeth after every meal.

2. I have got a sore throat and I can't stop coughing.

3. I've cut my finger. It's bleeding!

4. I have got a terrible headache.

5. I feel stressed!

6. I think I'm gaining weight. What should I do?

7. I've spent too much time in the sun. My skin hurts!

8. I have got a bad stomachache!

2 Read and underline the part of the sentence that expresses the consequences. (____ /5)

1. If you go to bed late, you don't feel rested in the morning.

4. When you sleep well, you feel happier.

2. If people don't eat, they feel hungry.

5. I don't sleep well if I watch too much TV.

3. I haven't got time for breakfast when I get up late.

6. When I exercise, I feel full of energy.

3 Write complete conditional sentences, using *if* or *when*. Add a comma when necessary. (____ /5)

1. you use mosquito repellent / you prevent mosquito bites.

When / If you use mosquito repellent, you prevent mosquito bites.

2. you play computer games before bedtime / you have got trouble sleeping

3. you don't drink water / you feel thirsty

4. you have got stomach problems / you eat out every day

5. you exercise every day / you lose weight faster

6. you don't feel well in the morning / you go to bed late

Listening and Reading

1 Listen and tick (✓) the correct answer, a or b.

(____ /5)

1. a. Eating a healthy diet may help you deal with stress.
- b. Eating a healthy diet may help you deal with routines.
2. a. When you're a teenager, you have got more freedom to choose what you eat.
- b. When you're a teenager, you haven't got freedom to choose what you eat.
3. a. You should try to do at least 30 minutes of physical activity a day.
- b. You should try to do at least 60 minutes of physical activity a day.
4. a. You should also do exercises like push-ups and jumping jacks.
- b. You shouldn't do exercises like push-ups and jumping jacks.
5. a. You can consider walking or cycling to school as part of your daily activity routine.
- b. You shouldn't consider walking or cycling to school as part of your daily activity routine.
6. a. Team sports can be an opportunity to meet old friends.
- b. Team sports can be an opportunity to make new friends.



2 Read and write T (True) or F (False) after each statement.

(____ /7)

Effects of Technology

Scientific researchers believe that modern technology is affecting our sleep, especially when technology is used by young adults. Scientists from a famous university conducted some studies to find out the effects of heavy computer and mobile phone use on the sleep quality, stress levels and general mental health of young adults. Some of the findings revealed that:

- Heavy mobile phone use was associated with an increase in sleep disorders.
- Frequent use of a computer without breaks, and regular late-night computer use was associated with sleep disorders and stress in both men and women.

What can you do to protect your health from the negative impact of this technology?

- When you are on the computer for a long time, take more

frequent breaks and limit the amount of time you spend online. The world will wait patiently for another post or text from you!

- Don't sleep with your mobile phone on or your tablet next to your bed.
- Turn off your TV, video game console or computer at least one hour before you go to sleep.
- Before going to bed, do activities that make you feel relaxed and sleepy, such as taking a warm bath or reading a book or magazine.
- Exercise regularly, but not too late in the afternoon. Exercise helps regulate sleep, but be careful! Too much exercise can have a stimulant effect and keep you awake longer at night.

Make technology your friend, not your enemy!

1. Turn off your TV or computer one hour before going to bed. T
2. If people use mobile phones in excess, they can have trouble sleeping.
3. Sitting at your computer for short periods of time and taking breaks can cause sleep disorders and stress.
4. You should limit the time you spend on the Internet to protect your health.
5. Leaving your mobile phone on at night does not affect your sleep.
6. Reading before going to sleep can be relaxing.
7. Exercising hard just before going to bed is usually a good idea.
8. According to the article, modern technology has always got a negative impact on people's health.

Speaking and Writing

(____/10)

- 1 Work in pairs. Read the information in the table. Take turns practising a short conversation between a patient telling a doctor about his / her symptoms or injuries and a doctor prescribing some medicine and giving other recommendations or home remedies.

Patient's symptoms / injuries	Doctor's prescription	Home remedies
Sore throat	Some medicine Take one pill every six hours.	Drink tea with honey.
Sunburn	Burn gel Apply three times a day.	Apply sun block.
Bad cut	Antiseptic spray Apply twice a day.	Wash the cut with mild soap.
Stomachache	Some medicine Take two tablets before every meal.	Drink plenty of liquids.
Bruise	Some medicine Take one tablet every twelve hours.	Apply an ice pack to the injury twice a day.
Headache	Some medicine Take one tablet every eight hours.	Sleep eight hours a day. Do not skip breakfast.

- 2 Look at some common problems of modern life. Write some advice to help solve each of the five problems below. Try to use the grammar you have learned in this unit (*should / shouldn't*, conditional sentences type 0)

A Guide to Protect Yourself from Modern Life

Stress

Being overweight

Sleep disorders (You don't sleep well.)

Bad nutrition

Sedentary lifestyle (You spend a lot of time sitting down and don't get much exercise.)
