

READING

Read the information about Paula 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 tea 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,...

Paula and Gary wake up Isla.

Gary wakes up Paula and Isla.

Isla wakes up Paula and Gary.

2 While Paula has her morning run, Gary...

takes Isla to nursery.

cycles next to her.

goes to work.

3 After training, Paula...

has lunch, bathes, then collects her daughter.

bathes, collects her daughter, then has lunch.

collects her daughter, bathes, then has lunch.

4 After lunch, Gary looks after Isla while Paula...

trains.

sleeps.

eats.

5 Paula...

eats large meals but never eats snacks.

eats large meals and often eats snacks.

eats small meals but often eats snacks.

6 Every two days, Paula

goes for a long run.

runs 145 miles.

trains extra hard.

7 While Paula does her exercises, her daughter...

has dinner.

climbs on her.

plays with Gary.

8 In the evening,...

Gary bathes Isla, then Gary and Paula eat, then Isla goes to bed.

Gary bathes Isla, then Isla goes to bed, then Gary and Paula eat.

Gary and Paul eat, then Gary bathes Isla, then Isla goes to bed.

9 Paula does exercises to strengthen her legs while she...

cooks dinner.

brushes her teeth.

watches TV.

10 Now Paula has a daughter, she rarely...

reads.

watches TV.

spends time with Gary.

GRAMMAR

1. Which sentence is correct?

- Actors in this film are very talented.
- The actors in this film are very talented.
- Actor in this film is very talented.

2. Mr Townsend always works _____.

- carefully
- fastly
- lately

3. My wife is more intelligent ____ me.

- to
- from
- than

4 If you _____ careful, you will have an accident.

- aren't
- won't be
- won't

5 What will you do if _____?

- everything will go wrong?
- everything goes wrong?
- everything might go wrong?

6 In which sentence can you write: having?

- I stopped work _____ a cup of coffee.
- _____ children will change your life.
- Fiona decided _____ a shower after dinner.

7 In which sentence can you write: to go?

- I'm interested in _____ to the flower show.
- _____ to the gym will keep you fit.
- I would prefer _____ to the theatre than to the cinema.

8 We're going to Chicago ____ my uncle.

for visit
to visit
visit

9 Which question is correct?

Where they staying?
What you were doing?
Where was she living?

10 Which sentence has the same meaning? - I got into the bath, and then the phone rang.

I was having a bath when the phone rang.
I had a bath because the phone was ringing.
I was having a bath when the phone was ringing.

11 Which sentence is correct?

We didn't go out last night.
Tom didn't met Anna.
Sally didn't got my email.

12 Which is the correct reply? - Where's James?

He's working in his office.
He works in his office.
He is work in his office.

13 Which sentence does NOT use the present perfect in the correct way?

My children have been to France twice.
Maria has worked here for many years.
William has gone to the doctor last week.

14 How can you complete this question correctly? - Have you seen Karen ____?

yesterday
last week
today

15 Which sentence is NOT correct?

That was the most hardest exam ever!
This is the best bar in the city.
She's the worst volleyball player in the school.

16 Which word can go in the space? - There isn't _____ bread left.

many
much
some

17 Complete the sentence. - There are _____ students here today.

any
a lot of
much

18 Which word CANNOT go in the space? - I'm sorry, I can't help you. I don't have _____ free time.

many
any
much

19 Complete the sentence.- I _____ leave at half past three.

has to
must to
have to

20 Complete the question. - _____ to go to the meeting?

Has Laura
Does Laura have
Does Laura has

VOCABULARY

1 Can I have a _____ ticket to Oxford, please, coming back today?

return
double
long
round

2 Can I help you _____ your homework?

work
do
turn
make

3 They live on the top floor of a big block of _____ .

houses
rooms
homes
flats

4 I stopped gardening when the rain started. I didn't want to get _____ .

warm
dry
windy
wet

5 You must be _____ in the library.

quiet
quietly
quite
quietness

6 Don't _____ to post my letters for me.

forget
remember
mind
matter

7 My grandfather _____ me to swim.

learnt
taught
made
showed

8 Mark _____ a lot of great photos on his holiday.

took
put
had
did

9 Could you _____ the situation to me again?

- tell
- explain
- talk
- excuse

10 We're going back home the day after _____ .

- tomorrow
- yesterday
- tonight
- today

11 Jack's not well I think we should call an _____ .

- ambulance
- illness
- accident
- engine

12 This maths problem is too _____ for me.

- heavy
- hard
- noisy
- empty

13 I'd like to make _____ with the dentist, please.

- a reservation
- an appointment
- booking
- a meeting

14 All the children at that school have to _____ a uniform.

- use
- wear
- carry
- put

15 Are you ready to _____ your meal now, sir?

- ask for
- demand
- order
- explain

16 Could you tell me the _____ to Piccadilly Circus, please?

- way
- road
- path
- street

17 When I went through customs, nobody _____ my passport.

- controlled
- looked
- checked
- watched

18 Be careful not to _____ your passport.

- lose
- loose
- loss
- lost

19 I _____ on well with all my siblings.

- get
- take
- do
- make

20 I _____ forward to seeing you again.

- watch
- look
- take
- get

READING

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

GRAMMAR

1b 2a 3c 4a 5b 6b 7c 8b 9c 10c 11a 12a 13c 14c 15a 16b 17b 18a 19c 20b

VOCABULARY

1a 2b 3d 4d 5a 6a 7b 8a 9b 10a 11a 12b 13b 14b 15c 16a 17c 18a 19a 20b