

PROGRESS REVIEW 3

MY EVALUATION Check your progress. Do the exercises and then complete your own evaluation.

☐ ☐ ☐ ☐ I need to try this again.
 ☐ ☐ ☐ ☐ I am happy with this.
 ☐ ☐ ☐ ☐ I can do this very well.

VOCABULARY Food

1 Complete the words in the texts.

What's your favourite food?

My favourite meal is breakfast. Like all the different food you can have I often have an "e" with some "b" and usually drink some milk. I usually eat that. A good breakfast is the best start to the day.

I like healthy food. I love eating "f" for example grapes or a nice "a" for lunch. I often have a "a" with cucumber and a lot of other things in it. I'll make a pizza. I put a lot of "a" in it and there isn't too much of it. I don't like unhealthy fast food such as "a" and "a".

I can talk about food I like and dislike. **MY EVALUATION** ☐ ☐ ☐ ☐

READING: Same style

2 Complete the text with the words.

boards, desserts, disk, enormous, train, vitamins

Japanese sumo wrestlers have a very different lifestyle to most people. Many sumo wrestlers are "a" some of them weigh around 150 kilos! They also have to get up very early and "a" a lot. They always eat a special "a" it's called chanko. They often eat it on a special "a" of it in one meal! It's quite healthy because there are a lot of "a" in it and there isn't too much of it. They don't only eat chanko - they have different things such as eggs, salads and "a" too.

I can summarise a text. **MY EVALUATION** ☐ ☐ ☐ ☐

LANGUAGE FOCUS: some, any, much, many and a lot of + countable and uncountable nouns

3 Choose the correct words.

1 There aren't _____ sweets in this bag.
a. some b. much c. many

2 I haven't got _____ off with my burger.
a. any b. some c. many

3 My sister eats _____ healthy snacks.
a. much b. a lot of c. any

4 There isn't _____ soap in your bowl.
a. some b. much c. many

5 Are there _____ rice dishes on the menu?
a. any b. much c. a lot

6 We've got _____ nice black grapes.
a. some b. any c. much

I can talk about food and meals. **MY EVALUATION** ☐ ☐ ☐ ☐

VOCABULARY AND LISTENING: Adjectives: Health

4 ☐ Listen and draw lines from names 1-7 to people in the pictures.

1 Dad 2 David 3 Helen 4 Kate

5 Paul 6 Sarah 7 Tom

I can understand specific information. **MY EVALUATION** ☐ ☐ ☐ ☐

PROGRESS REVIEW 3

LANGUAGE FOCUS: Verb + -ing

5 Write sentences using the verbs.

1 My sister _____ in the park. (play)

2 Artem always _____ at 6 a.m. (wake get up)

3 Nuran and Osman _____ at home. (be)

4 I _____ in the centre of town. (don't mind, live)

5 We _____ for the bus. (not like, wait)

6 For lunch, Amy _____ sandwiches. (prefer, eat)

7 Freddie _____ in cold water. (not like, swim)

8 I _____ homework. (don't mind, do)

I can talk about likes and dislikes. **MY EVALUATION** ☐ ☐ ☐ ☐

SPEAKING: In a café

6 Put the dialogue in the correct order. Number the sentences.

a. [] Waitress: Would you like chips or salad with your burger?
b. [] Ellen: Here you are.
c. [] Waitress: Hi there. Can I help you?
d. [] Ellen: Er... salad, please.
e. [] Waitress: OK. That's seven pounds, please.
f. [] Ellen: Yes, I'll have a cola, please.
g. [] Waitress: Thank you. Yes, can I have a lamb burger, please?
h. [] Ellen: Anything else?
i. [] Waitress: Anything else?

I can order food and drink in a café. **MY EVALUATION** ☐ ☐ ☐ ☐

WRITING: A food blog

7 Choose the correct words and complete the text.

Hi. Here are some new ideas for an Indian menu.

1. _____ I've got some small Indian snacks. They're really nice and "a".

2. _____ that, there's an Indian yoghurt and cucumber dish - it's called *raita*. You can have it with bread. I love making this and it's easy.

Next is the main course. Today, it's a hot vegetable curry with rice. It looks good and it's easy.

3. _____ my favourite - dessert! It's Indian ice cream - *laddu* - with fruit. This is easy because it hasn't got "a".

4. _____ ingredients. Chop some fruit and serve with the ice cream. Mmm! Delicious!

5. _____ your meal! Join me next week for another great menu.

1 a. Then b. Next c. First
2 a. terrible b. tasty c. horrible
3 a. Next b. First c. After
4 a. to make b. making c. make
5 a. fun b. great c. difficult
6 a. After b. First c. Finally
7 a. any b. many c. some
8 a. enjoy b. like c. have

I can write a food blog using sequencing words. **MY EVALUATION** ☐ ☐ ☐ ☐

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VOCABULARY Sports

8 Complete the words.

1 There are eleven players on a "a" team.

2 The 100 metres and 200 metres races are "a" events.

3 Manchester United is a famous football "a".

4 The "a" Games take place every four years.

5 The Tour de France is a famous "a" race.

6 Wimbledon is a famous tennis "a" in London.

7 "a" is a good sport to do in the mountains when it's snowing.

8 The World Cup is a famous "a" competition.

I can talk about different sports. **MY EVALUATION** ☐ ☐ ☐ ☐

READING: The Olympics then and now

9 Complete the sentences with the correct form of the words.

1 He's got a gold medal. He was a "a" at the last Olympic Games. (medal)

2 She was the first person in the marathon. She was the "a" (win)

3 I wasn't in the race. I was only a "a" (spectate)

4 Usain Bolt was the most famous "a" in the Olympics 100 metres race. (compete)

5 She's the best "a" in Australia. (swim)

I can read for specific information. **MY EVALUATION** ☐ ☐ ☐ ☐

LANGUAGE FOCUS: there was(n't), there were(n't) / was(n't), were(n't)

10 Complete the sentences with the words.

There was _____ There wasn't _____ There were _____ There weren't _____ were weren't

1 Saturday _____ many fans at the match on TV last night.

2 They don't like sport so they _____ interested in the game on TV last night.

3 My favourite football player at the World Cup _____ Messi. (be)

4 _____ five hundred runners in the marathon.

5 _____ really exciting film at the cinema last week.

6 We _____ very happy on our fantastic holiday in August.

7 _____ a train station in this town 300 years ago.

8 James was ill so he _____ in the race.

I can talk about past events. **MY EVALUATION** ☐ ☐ ☐ ☐

VOCABULARY AND LISTENING: X Games

11 ☐ Listen and write True or False.

Hannah Burton ...

1 won the silver medal last night.

2 did an very difficult trick last night.

3 started to snowboard at the age of fifteen.

4 became interested in the sport on holiday.

5 learned to snowboard in two months.

6 did gymnastics when she was younger.

I can understand a programme about the X Games. **MY EVALUATION** ☐ ☐ ☐ ☐

PROGRESS REVIEW 3

LANGUAGE FOCUS: Past simple: affirmative + Past time expressions

12 Complete the sentences using the past simple form of the verbs.

become compete score swim travel watch

1 I _____ that TV programme about the New York Marathon last night.

2 We _____ in the sea yesterday.

3 I was cold _____ to Japan last year.

4 That tennis player first _____ famous two years ago.

5 You _____ goal yesterday! That's great!

6 I _____ in a tennis competition last year.

I can talk about events in the past. **MY EVALUATION** ☐ ☐ ☐ ☐

SPEAKING: Last weekend

13 Complete the dialogue with the words. There are four extra words.

bad don't good go hello how news not was went were when with

Jamie: Hi Luke. _____ are things?
Luke: Hey, Jamie. Great, thanks. How _____ your weekend?
Jamie: It was brilliant, thanks. I _____ to an ice hockey match on Sunday.
Luke: Really? Was it _____?
Jamie: Yes, it was amazing. There _____ a lot of goals.
Luke: Brighton Tigers won 2-1 in the end. That's good. _____? Who were you _____?
Jamie: My dad. Why _____ you come next time?
Luke: Yes. Why not? Text me _____ you're going.

I can talk about what I did at the weekend. **MY EVALUATION** ☐ ☐ ☐ ☐

WRITING: A sports star

14 Order the words to make sentences.

1 name / Andy Murray / is / a / Scotland / from
Andy Murray's _____

2 player / tennis / he's / a / Scotland / from
He's _____

3 born / he / 15th May 1987 / was / on
He _____

4 first / Murray / competed / in / tennis matches / when / at / he / school / was
Murray _____

5 age / seventeen / at / of / won / the Junior US Open / he / the
At _____

6 won / medal / gold / a / he / the Olympics / at
He _____

7 one / the / successful / most / British / players / tennis / he's / of
He's _____

I can write a profile of a sports star for a website. **MY EVALUATION** ☐ ☐ ☐ ☐

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- 1 1 egg 2 bacon 3 juice
4 fruit 5 apple 6 salad
7 vegetables 8 cheese
9 burgers 10 chips
- 2 1 enormous 2 train 3 dish
4 bowls 5 vitamins 6 desserts
- 3 1 c many 2 a any 3 b a lot of
4 b much 5 a any 6 a some
4 1 a 2 e 3 c 4 g 5 b 6 f
7 d
- 5 1 loves playing 2 hates getting up
3 like helping 4 don't mind living
5 don't like running
6 prefers eating 7 doesn't like swimming
8 don't mind doing
- 6 a 3 b 8 c 1 d 4 e 7 f 6
g 9 h 2 i 5
- 7 1 c First 2 b tasty 3 c After
4 a to make 5 b great 6 c Finally
7 b many 8 a Enjoy

- 8 1 hockey 2 athletics
3 team 4 Olympic 5 cycling
6 championship 7 Skiing
8 football
- 9 1 medallist 2 winner
3 spectator 4 competitor
5 swimmer
- 10
1 There weren't 2 weren't
3 was 4 There were
5 There was 6 were
7 There wasn't 8 wasn't
- 11
1 False 2 False 3 True
4 True 5 False 6 True
- 12
1 watched 2 swam
3 travelled 4 became
5 scored 6 competed