GRADE 7

READING :

II. Choose A, B, C or D to complete the passages :

We need calories or (1).....to do the things every day. For example, when we walk to school or (2) .....a bike to school we spend a certain amount of calories and even when we sleep, we also use them. But how many calories should we (3) .....a day to stay in shape? It's difficult (4).....us to calculate. If people want to keep (5) ....., they should remember that everyone should have between 1600 and 2500 calories a day.
We get calories from the food we eat. If we get too many food and don't take part in any activities, we can get fat quickly. So besides studying, we should do some (6)....., play sports or do the housework, such as cleaning the floor, cooking etc. Otherwise, we don't eat enough, we will be tired and weak.

1. A. food	B. energy	C. drink	D. time
2. A. ride	B. come	C. drive	D. fly
3. A. do	B. spend	C. have	D. take
4. A. for	B. with	C. in	D. of
5. A. health	B. fit	C. active	D. shape
6. A. exercises	B. activities	C. health	D.places

LIVEWORKSHEETS