

UNIT 10 TEST

Name: _____

Class: _____ Date: _____

1. **VOCABULARY:** Fill in the boxes with either healthy or unhealthy activities from the list below. (___/8)

Smoking, cycling, getting enough sleep, sunbathing, eating sugar, watching lots of T.V,
drinking water, balanced diet,

Healthy

Unhealthy

_____	_____
_____	_____

2. **VOCABULARY:** Write the correct words in the gaps using the words in the box below. (___/8)

good shape, works out, junk food, balanced diet, lots of sugar, healthy, lifestyle, bad
shape

Alicia has a _____ lifestyle. She's in _____ because she _____ at the gym every day. She eats healthy food, like fresh fruits and vegetables. She has a good _____. Robert doesn't have a good _____. He's in very _____ because he never goes to the gym. He eats lots of _____ with _____ in the food, so he's over weight.

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4. GRAMMAR: Give advice using modal verbs for the situations below. Could !, should/ought to !!, Must/have to!!! (__6)

1. Your brother is overweight. !!

2. You want your friend to not smoke. !!!

3. Your mother doesn't sleep enough. !

4. Your sister wants to pass her exam. !

5. You want to win the science competition. !!

6. Your friend is playing on the computer too much. !

5. GRAMMAR. Write the correct modal verb into the sentences below. (__/10)

1. We _____ go to the cinema yesterday, because we were too busy.

2. You _____ do more exercise, if you want to lose a little weight.

3. We _____ invite Dane to our party, he is a very nice guy.

4. My sister _____ quit smoking. She has a lot of breathing problems.

5. We missed the bus again today. We _____ be more responsible.

6. I told my younger sister she _____ watch too much T.V. It's bad for her eyes.

7. Sunbathing is very bad. We _____ spend any time in the sun without sunscreen.

8. Arata works too much. She _____ take more rest.

9. Jamie wants to win an Olympic gold medal. I said he _____ train every day.

10. I _____ drink too much coffee. It gives me a headache.

6. **WRITING.** Write about your lifestyle. Are you healthy? How often do you do exercise? What sorts of foods do you eat? Do you get enough sleep? What are some good habits of yours? What are some bad habits of yours? How can you improve your lifestyle? (___/10)

[illegible]