Quarter III Examination

Student's name:..... Teacher's name: .....

Sex: Male ○ Female ○ Date: ...../...../.....

Class:...../Grade: **Family and Friend 5** Time allowance: 60 mn

40

Reading

Passage 1

1. The Royal National Lifeboat Institution (RNLI) is a charity that looks after people in the sea around the UK and Ireland. The RNLI has more than 300 lifeboats and works on more than 100 beaches. The lifeboat can travel very fast and have lots of first aid equipment on them. Last year they rescued over 10000 people who were in danger at sea.
2. RNLI lifeguards work on Britain's beaches. They watch the beaches and make sure everyone can enjoy them safely. Sometime they use special cars to travel faster. The RNLI trains the lifeguards to give first aid and to rescue people who are in danger. They also give people information about how to stay safe on the beach.
3. If a boat gets into a dangerous situation at sea, the RNLI sends a lifeboat out to help them. RNLI crew are all volunteers. They are normal people with jobs, but when alarm goes, they stop what they are doing to go and help people in danger. If a boat is lost at sea, they work with the coastguard to find it.
4. The RNLI flood teams go all over the world to help people in places where there have been big floods. They use their special boats to go to sites that other organizations cannot go to, and get people out of danger.

Read the text and match the paragraph title. (...../4 marks)

1. Paragraph 1____
2. Paragraph 2____
3. Paragraph 3____
4. Paragraph 4____

a. Safety at sea
b. Sea Rescue Charity
c. Safety on the beach
d. Disaster areas

Read the text and correct the words in bold. (...../6 marks)

5. The RNLI works to keep people safe in the **mountain**. _____
6. Last **month** they rescued over 10,000 people. _____
7. Lifeguards work on **roads** around Britain. _____
8. They give first aid and make sure people are **crowded** on the beaches._____
9. The RNLI sends **an ambulance** to help people in danger on the sea. _____
10. The RNLI flood teams work all over the **country.** _____

LIVEWORKSHEETS

Passage 2

Be fit! Be clever! Be healthy!

We all know that we need energy for sport. Did you know it's important for school too? You need to have a healthy diet if you want to do well at school. It's important to eat the right food, get enough sleep and drink plenty of water, as well as studying hard.

Avoid junk food and sweet or salty snacks. Your body uses the energy in food in different ways. Food with lots of sugar gives you lots of energy very fast. But when the energy is gone, you can suddenly feel tired. It's better to eat food that gives you energy more slowly, so you can work and play for longer. Fruit, potatoes, bread and cereals are good sources of slow energy, so try to eat lots of these.

Salty food makes you thirsty. If you don't drink enough water, being thirsty can make you feel tired or ill. Drink lots of water to keep your body and brain fresh. Try not to drink too many drinks that are full of sugar.

A healthy diet with lots of fruit and vegetables also gives you lots of vitamins. You need vitamins to keep your body and brain working properly. Raw vegetables and fresh fruit are great brain food, and they taste great and look very colorful!

Read and write True or False. (...../6 marks)

11. You don't need energy to learn. .....
12. Sleeping is important for health. .....
13. It's good to eat sweet and salty snacks. .....
14. Our bodies use sugar very slowly. .....
15. Drinking lots of water is good for you. .....
16. Vitamins help your brain work well. .....

Passage 3

THE ROMANS IN BRITAIN

The Romans invaded Britain nearly 2000 years ago. When they arrived, they built big towns and lots of good roads. Archaeologists have found Roman ruins in many of the towns they built. London was called Londinium, but in Roman times it wasn't the most important city in England.

Roman Towns were bigger and more modern than the towns that were there before. Rich Romans lived in big houses or beautiful palaces. They decorated the courtyards with pictures of animals and people. Most of these are ruins now. They thought Britain was very cold, so they invented central heating to keep their houses warm.

The Romans were great engineers and they brought many new ideas to Britain. They built big bridges to cross rivers. They also built aqueducts to supply their bath houses, which were very important to them. Roman men with women spent several hours there with their friends every day.

The most famous Roman ruins in Britain are at Hadrain's Wall. It's in the north of England and goes the whole way across the country. The Romans built it as a border between England and Scotland. It was a strong wall, with lots of fortresses to protect the Roman towns in England. You can still visit it today, but it isn't the border between the two countries any more.

Match the words to the definitions. (...../6 marks)

Maze	palace	slanted	explorer	ancient	fortress

17. _____ ***Adj*** very old, from a long time ago.
18. _____ ***Noun*** a building which has very strong walls so that it is difficult to attack.
19. _____ ***Noun*** A big building were a king or a president lives.
20. _____ ***Noun*** A lot of paths that you have to walk around and find a way out.
21. _____ ***Noun*** A person who travels to parts of the world that people don't know about.
22. _____ ***Adj*** Something that is not straight up or across.

LIVEWORKSHEETS

Read and answer the questions. (Write no more than 3 words) (……../6marks)

23. When did the Romans arrive in Britain?_____
24. What was the Roman name for London?_____
25. Where did rich Romans live?_____
26. What did the Romans invent to make their houses comfortable?_____
27. What did the Romans need water for?_____
28. Where is Hadrian's Wall?_____

Passage 4

JUST BREATHE

The movement of your blood through your heat and around your body is called circulation. The process of circulation is fast! It takes less than a minute to pump blood to every part of your body.

1. When you breathe in, oxygen goes into your lungs.
2. Blood from your lungs fills with oxygen and moves into the left side of your heart.
3. The left side of you heart pumps the blood with oxygen in it out through tubes called arteries. Arteries carry blood away from your heart to your body.
4. Your body takes the oxygen out of the blood and use it to stay healthy and strong. We need oxygen for everything we do: moving, growing, specking, and thinking. If we do not have oxygen, we cannot live.
5. When your body uses the oxygen from your blood, it makes carbon dioxide. Your body doesn't need this carbon dioxide, so the blood takes it away. Other tubes, called veins, carry the blood with carbon dioxide in it back to your heart.
6. The blood from your body goes into the right side of your heart.
7. The right side of your heart pumps this blood into your lungs. Your lungs remove the carbon dioxide from the blood.
8. When you breathe out, the carbon dioxide goes back into the air. Remember, all this happens in about a minute, and all you have to do it breathe!

Read and write the answers (Yes, No Question) (……../5 marks)

29. Is circulation slow? _____
30. Does blood from your lungs go into the right side of your heart?_____
31. Do veins carry blood back to your heart? _____
32. Do your lungs remove carbon dioxide from your blood? _____
33. Does oxygen go into the air when you breathe out? _____

Use the under words from the text to match with the definitions (……../7marks)

34. _____Something natural that happens in the body.
35. _____The gas that we need to live.
36. _____To take air in and out of your body through your nose and mouth.
37. _____Two part inside the top half of your body that you use to breathe.
38. _____To make a liquid move to another place by pushing it.
39. _____The part inside your chest that makes blood go around your body.
40. _____One of the thick tubes that carry blood from the heart to other parts of the body.

LIVEWORKSHEETS