Reading Quiz

I. Read and complete the sentences. (5 points)

Why do you need to exercise?

Children get a lot of exercise without even noticing. When you run, jump, climb, ride your bike, dance, kick, throw and swim, your body is getting the benefits of the exercise. But what exactly are these benefits?

Your heart is an important muscle in your body. If you do aerobic exercise, like swimming or jumping rope, your heart will get stronger. if your heart is strong, it will pump blood faster. So more oxygen will reach your brain and other parts of your body.

Exercise also strengthens other muscles in your body. For example, if you ride your bike up a hill, your leg muscles will get stronger.

When you exercise, your body becomes more flexible. This means you can move your arms and your legs easily, so activities like touching your toes don´t cause any pain.

Exercising also helps to burn off excess calories. If you are active, your body weight will be healthy. In general, exercise makes you feel good because your body is strong, flexible and fit. But exercising also helps you feel happier because your brain releases more endorphins.

Important muscle	strengthens	exercise	happier	Will pump

1. Children get a lot of _____ without even noticing.
2. Your heart is an _____ in your body.
3. If your heart is strong, it _____ blood faster.
4. Exercise also _____ other muscles in your body.
5. Exercising helps you feel _____ because your brain releases endorphins.

II. Read the text again and write **YES** or **NO** to the sentences (5 points)

1. If you do aerobic exercise, your heart will get stronger. _____
2. If your heart is strong, it will get weak. _____

3. If you ride your bike, your muscles will get stronger. _____

4. When you exercise, your body becomes more flexible. _____

5. Exercising makes you feel sad and angry. _____

III. Read the sentences and choose the correct answer. (5 points)

Living in Space

Astronauts at the International Space Station start their day with a wake – up call from Houston, Texas. They step out of their sleeping bags and go to bathe. To do that, they use a soapy cloth and a wet towel to rub their body, and a special dry shampoo for their hair.

Astronauts can now eat most of the dishes that we eat on Earth. For breakfast they eat fruit, and possibly eggs and toast. Their food comes dehydrated in plastic containers. Astronauts just need to add water to it. To drink liquids, they need to use a straw. They have three meals a day, plus nuts and candy for snacks.

Astronauts spend most of their day doing experiments, cleaning the spacecraft and repairing it. They are in constant communication with Earth. Some of them go outside into space, but most of them stay inside the ship.

Because there is no gravity in space, astronauts´ muscles and bones become weak. Every day they need to spend about two hours exercising.

When it´s time to go to sleep, astronauts climb into their compartments and sleeping bags. They also need to use straps. This way they don´t float away at night and injure themselves.

1. The astronauts take a bathe with...

b) shampoo c) water c) dry shampoo

2. Astronauts food is...

a) dehydrated b) hydrated c) liquid

3. Astronauts spend their day...

a) watching planets b) doing experiments c) sleeping

4. Because there´s no gravity in space, the astronauts...

a) sink b) float c) pull

5. Because there´s no gravity in space, astronauts´ muscles become ...

a) dehydrated b) weak c) strong