

ENGLISH FORMATIVE TEST – YEAR 7 / LEVEL 3 READING COMPREHENSION AND USE OF ENGLISH

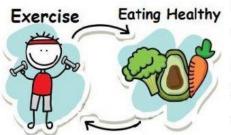


GRUPAMENTO DE ESCOLA

NAME:	CLASS	No.	_

READING COMPREHENSION

A Healthy Lifestyle



As time goes by, doctors and scientists are finding a strong relationship between the mind and the body. It's becoming clear that how you feel mentally and emotionally is very important for the way you feel physically. Have you ever thought that once you passed the age of 20 you start to die?

Of course, that is generally a slow process, but you can't escape from it. Teenagers find it difficult – if not impossible- to imagine themselves as middle-aged or old people. That's because they are young, fit and strong; however, if they don't get into the habit of taking regular exercise early in life to keep like that as long as possible, they will have lots of problems when they are older. One of the easiest ways to keep fit is to stick to a healthy diet, that is to say, to eat fruit, fresh vegetables and food containing fibre, regularly. Smoking is something you must give up if you want to be healthy. Also, try to reduce your alcohol consumption and avoid being too fat.

A. Circle T (True) or F (False).

1	There is a relationship between mind & body.	Т	F
2	Our bodies start to die slowly after our twenties.	T	F
3	Teenagers know how old people feel.	T	F
4	Exercising early in life is important.	T	F
5	You will not get any health problems with exercise.	T	F
6	We should keep a healthy diet.	T	F
7	Being fat is ok.	T	F
8	Alcohol is very had for you	Т	F



2.	It is a slow process	
3.	If teens don't do regula	ar exercise,
4.	Teens should avoid	
SE C	OF ENGLISH	
		with the correct form of should and the verb in brackets: buld ou shouldn't. Não te esqueças do verbo principal!]
1.	. We	so much food. (eat)
		a balance diet. (have)
		in and out slowly when you do yoga. (breathe)
4.	I'm tired this morning	because I stayed up late last night. You
	late at night.(stay up)	
5.	. When you're studying	g youso you don't get too tired.
	ite sentences using <u>sh</u>	nould or <mark>shouldn't</mark> . [Escreve as frases. Não te esqueças da pontuaça
1.	ite sentences using <u>sh</u>	nould or shouldn't. [Escreve as frases. Não te esqueças da pontuaça
1. 2.	ite sentences using sh You / walk ✓ You / eat chocolate ✗	
1. 2. 3.	ite sentences using sh You / walk ✓ You / eat chocolate X You / wear a seatbelt	
1. 2. 3. 4.	You / walk ✓You / eat chocolate ✗ You / wear a seatbelt You / drink a lot of juic	/
1. 2. 3. 4. 5.	You / walk ✓ You / eat chocolate X You / wear a seatbelt You / drink a lot of juic You / fly tomorrow X	e Xe questions. [Escreve as frases. Não te esqueças da pontuação]
1. 2. 3. 4. 5.	You / walk ✓ You / eat chocolate X You / wear a seatbelt You / drink a lot of juic You / fly tomorrow X The der the words to make	e Xe questions. [Escreve as frases. Não te esqueças da pontuação] uld / we / ?
1. 2. 3. 4. 5. Or 1. to 22. sh	You / walk ✓ You / eat chocolate X You / wear a seatbelt You / drink a lot of juic You / fly tomorrow X You / the words to make You / bed / go / sho	e X e questions. [Escreve as frases. Não te esqueças da pontuação] uld / we / ?
1. 2. 3. 4. 5. Or 1. to 22. sh	You / walk ✓ You / eat chocolate X You / wear a seatbelt You / drink a lot of juic You / fly tomorrow X rder the words to make o / When / bed / go / sho hould / go / I / Where / ?	e Xe questions. [Escreve as frases. Não te esqueças da pontuação] uld / we / ?

B. Complete the sentences according to the text: [Escolhe a opção correta]
 1. The way you feel mentally and emotionally



structions. (some are not necessary – Be careful!	
– Be careful!– Don't make a noise!	
- Don't enter!	
- Don't smoke!	







Click Finish and choose email.



Fill in the form. Don't forget to write your teacher's

Email my answers to my teacher

