

Name: _____

Date: _____

UNIT TEST

Unit 5 Art and Health

- **Unscramble the words. Then match them with the correct pictures.**

	relax	healthy	draw	sure	discuss	feeling
1.	r e u s			•	• a.	
2.	e a x l r			•	• b.	
3.	e l n i g f e			•	• c.	
4.	w d a r			•	• d.	
5.	l e h t a h y			•	• e.	
6.	s u d c s s i			•	• f.	

- **Complete the sentence. One is extra.**

healthy	dream	brain	sure
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7. Your _____ is a delicate organ.

8. I didn't sleep well because I had a bad _____.

9. To stay _____, you need to get enough sleep.

▪ Read the passage. Then choose the correct answer.

How do you stay healthy? Do you exercise? Do you eat healthy food? Do you make art?

Making art is good for you. It helps your brain. It helps you relax.

Doctors often use art to help people. For example, people sometimes have bad dreams. And they're not sure why. The doctor can ask them to draw the dreams. Then they discuss the pictures. This helps people understand their feelings. Then they feel better.

10. The story is about _____.

- a. exercise b. sleep c. staying healthy

11. Making _____ helps your brain.

- a. dreams b. art c. feelings

12. What can art help people do?

- a. relax b. sleep c. exercise

13. Why do doctors ask people to draw their dreams?

- a. It helps people to select healthy food.
b. They are very interesting to look at.
c. It helps people talk about their feelings.

14. What is NOT true?

- a. Bad dreams are caused when people don't make art.
b. Doctors often use art to help people.
c. People feel better when they understand their feelings.