TEST FOR UNIT N.1

I. VOCABULARY AND GRAMMAR.

Choose the option (A, B, or C) that best completes each of the following sentences. (15 points)

Question 1. John's eaten a lot of food but he's still.....

A. tired **B.** sick **C.** hungry

Question 2. John …….. a headache and the doctor has given him some medicine.

A. has **B.** is **C.** gets

Question 3. ……... such as bees help the flowers make seeds.

A. Insects **B.** Animals **C.** Plants

Question 4. 1 can't eat this fruit. It's ……

A. sweet **B.** delicious **C.** bitter

Question 5. Going in the sun for two hours, I felt……..and had to sit down.

A. energetic **B.** dizzy **C.** fit

Question 6. Teenagers.....go to bed early. It's good for them.

A. should **B.** may **C.** can

Question 7. Remember not to add too.....salt to the soup.

A. many **B.** much **C.** more

Question 8. Jack is too busy and he doesn't have.....time for relaxation.

A. some **B.** any **C.** no

Question 9. You.....run so fast at first. It's better to start by jogging slowly.

A. should not **B.** need not **C.** cannot

Question 10. Peter and John.....about ten hours a day.

A. are sleeping **B.** have slept **C.** sleep

Question 11. .....his lack of sleep, he cannot work well.

A. Instead of **B.** In spite of **C.** Because of

Question 12. What does the sign say? Choose the best option.

A. You have to wear a mask to enter our place.

B. You do not need a mask al our place.

C. You should wear a mask Io go ahead

Question 13. What does the sign say? Choose the best option.

A. You must not lock the door here.

B. You must not leave the door open.

C. You must not enter through this door.

LIVEWORKSHEETS

Choose the option whose underlined port is pronounced differently from that of the others.

Question 14.

A. apple<u>s</u> **B.** carrot<u>s</u> **C.** potatoe<u>s</u>

Question 15.

A. f<u>i</u>t **B.** l<u>i</u>fe **C.** n<u>i</u>ght

II. WORD FORMATION

Supply the correct forms of the given words. (10 points)

1. It is _____ for young children to eat too much candy. (HEALTH)

2. John practices English with his brother _____. (NIGHT)

3. Do you know what this flower _____? (SYMBOL)

4. She's going to hospital for a _____ check-up. (MEDICINE)

5. John's _____ does not prevent him from attending the lecture. (SICK)

WRITING

1. Read the following passage and decide whether each of the statements 1 -5 is TRUE or FALSE. (5 points)

Nothing is as precious as good health. Following are some guidelines to being fit and healthy:

- Eat a healthful diet. You should eat a variety of food. You should not eat too much sugar or fat.

A diet without sugar or fat is not good, either. Eat a lot of vegetables. Avoid junk food and soft drinks. Remember to drink a lot of water.

- Exercise regularly. You can play a sport three or four times a week. You can even give up your bikes and cars and walk.
- Maintain a daily routine. This routine should balance between life and work. Being under great stress can destroy your health very quickly.

Good health is what everyone wishes for. It is neither difficult nor easy to stay fit. You need to be determined to do good things for your health.

	True	**False**
1. A healthful diet is important to your health.		
2. You should never eat sugar or fat.		
3. Walking is also a form of exercise.		
4. Feeling stressed is bad for your health.		
5. The passage gives reasons why we have to be healthy.		

LIVEWORKSHEETS

2. Choose the option (A, B, or C) that best completes each numbered blank in the passage. (10 points)

Sleep is of great importance to our life. It provides our body time for relaxation. (6).....a good sleep at night, we wake up to be energetic and (7).....for a day of work or school. For a teenager, sleep means

the time for the body to (8).....Experts advise sleeping 8 to 10 hours a night and (9).....a one-hour nap in the middle of the day. Continual lack of sleep causes bad health problems and (10)..... a child's growth.

6. A. Before B. During C. After
7. A. keen B. willing C. ready
8. A. grow B. improve C. lengthen
9. A. taking B. sleeping C. making
10. A. improves B. delays C. affects

3. Fill in each blank with ONE suitable word. (10 points)

The apple is a popular fruit around the world. It can (11).....delicious juice, sauce and many kinds of desserts. In fact, the apple is one of the (12).....grown tree fruits in the world. The apple trees have pink or white flowers and apples are (13).....in autumn. Apples provide a lot of vitamin C, antioxidants, and fiber. Westerners believe that "an apple a day (14).....the doctor away." Scientists and doctors say it is (15).....

LISTENING

Listen to a talk about healthy eating

Task 1. Listen and complete the table. Write ONE WORD or NUMBER in each blank. (10 points)

Percentage of a meal		**Benefits**
Vegetables & fruits	(1) _____%	Provide (2) _____, minerals and fiber
Protein foods	(3) _____%	Build your (4) _____ muscles and skins
Whole grain foods	(5) _____%	

Task 2. Listen and decide whether each of the following statements is TRUE or FALSE. (10 points)

LIVEWORKSHEETS

		True	False
6.	With a healthy diet, your risk of heart attacks is lower.		
7.	Eggs belong to the protein food group.		
8.	The speaker suggests eating as much meat as possible.		
9.	Rice is an example of a whole grain food.		
10.	You should only eat a few kinds of foods.		

SPEAKING:

Fill in each blank with an appropriate response from the list. There are TWO EXTRA responses. (10 points)

a.	I played computer games.
b.	I went to bed very early.
c.	I'm afraid not.
d.	I have a headache.
e.	Two o'clock.
f.	I ate nothing.
g.	I ate a big sandwich, and I drank milk.

Dr. Black: What's the matter, Tom?
Tom: (1).....I can't stand it.
Dr. Black: When did it start?
Tom: When I woke up this morning. It's getting worse and worse.
Dr. Black: Have you eaten breakfast?
Tom: Yes. (2).....
Dr. Black: That's good. Did you have a good sleep last night?
Tom: (3).....
Dr. Black: Oh. What time did you go to bed?
Tom: Err. (4).....
Dr. Black: Did you have lots of homework? What did you do?
Tom: (5).....
Dr. Black: I see. You didn't have enough sleep. Take this medicine to feel better first. Then make sure you go to bed early every night.
Tom: Thank you, doctor.

******End – Of – Test N.1******