

# TEST UNIT 1 SAVVY 2

Student name \_\_\_\_\_

Group/Class \_\_\_\_\_

Date \_\_\_\_\_ Score \_\_\_\_\_

## LISTENING

### 1 Listen and tick.

 HTG6\_U1\_A1

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Score: / 6

2 Listen to two friends talking about staying healthy. Circle the best answer, A, B or C.  HTG6\_U1\_A3

1 Dan doesn't usually eat \_\_\_\_\_.

A junk food    B fruit    C healthy snacks

2 Dan plays basketball \_\_\_\_\_.

A once a week    B three times a week    C five times a week

3 This Sunday Dan is \_\_\_\_\_.

A playing tennis    B swimming    C playing football

4 Penny is sometimes tired because she \_\_\_\_\_.

A goes to bed early    B misses breakfast    C goes to bed late

5 Today Penny's snack is \_\_\_\_\_.

A fruit    B vegetables    C a chocolate bar

6 At break Penny usually \_\_\_\_\_.

A plays games outside    B chats to her friends

C spends time on the computer

Score:    / 6

#### READING

3 Read and circle T for True or F for False.

1 Eating lots of junk food like hamburgers, pizza or chocolate is healthy. T / F

2 It's healthy to play outside and get fresh air. T / F

3 It isn't important to have regular check-ups with the dentist. T / F

4 It's better to eat healthy snacks than to eat junk food. T / F

5 Having fizzy drinks can make your teeth unhealthy. T / F

6 It's important to get enough sleep to be healthy. T / F

7 Going to school by car is healthier than walking to school. T / F

8 To stay healthy when it's hot, wear sun cream and drink enough water. T / F

Score:    / 8

4 What do they usually do? Read, look and tick (✓) or cross (X).



Hi. My name is Theo and I live in Australia. I think that my life is quite healthy. I never miss breakfast. I usually have cereal and juice before I go to school. I always take fruit to school because healthy snacks are important. I don't usually eat junk food. I try to do exercise to keep healthy, too. I don't usually spend much time on the computer – I prefer to play outside with my friends. At the weekend, I often go to the beach with my family. I love surfing here in Australia! My sister loves surfing, too. She's super healthy and she doesn't eat junk food or go to bed late. We don't usually go to bed late, either.

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Score: / 8

WRITING

**5 Write the best answer (A, B or C) to complete the email.**

Hi Freddie,

How are you? I'm very well. It's Health and Fitness Week at school and we're

(1) \_\_\_\_\_ lots of exercise this week. We can choose which sports we do. I'm doing yoga and playing basketball and tennis. I'm not going to (2) \_\_\_\_\_ so much time on the computer this week. We're eating healthy food, too. We (3) \_\_\_\_\_ eating unhealthy snacks like sweets or hamburgers. My friend Kate (4) \_\_\_\_\_ eat junk food at all. She's very healthy. She usually brings (5) \_\_\_\_\_ or vegetables for her snacks. She never (6) \_\_\_\_\_ fizzy drinks. Today we're running an obstacle race – just for fun! You need to go (7) \_\_\_\_\_ a tunnel, climb over a high wall and crawl under a net. You need to run (8) \_\_\_\_\_, too. It's a fun way to keep healthy!

Bye,

Amy

- |   |          |         |            |
|---|----------|---------|------------|
| 1 | A do     | B does  | C doing    |
| 2 | A have   | B spend | C pass     |
| 3 | A aren't | B are   | C isn't    |
| 4 | A does   | B don't | C doesn't  |
| 5 | A pizza  | B fruit | C biscuits |
| 6 | A has    | B have  | C hasn't   |
| 7 | A onto   | B off   | C into     |
| 8 | A slowly | B fast  | C badly    |

Score:    / 8