

Grade 7 General Term 2 (2020-21) **READING SKILLS CHECK 2**

Read the text and choose the right answer

Hi Samir,

Yesterday, while I was at my football training, I felt unwell. I was running very (1) _____ and I felt tired. So, while others (2) _____, my brother took me to the hospital. At the hospital, the doctor (3) _____ about how important it is to stay hydrated, have (4) _____ nutrients and eat a balanced diet. Now, I understand that I need to drink (5) _____ water, so my blood can carry nutrients around the body.

My brother was always excellent at sports. He had (6) _____ achievements and I always wanted to be like him. Last week, while he was getting ready for his training, he gave me (7) _____ advice. He told me how having a balanced diet is (8) _____. He explained that doctors say that a balanced diet means getting enough carbohydrates, vitamins and fats. To have enough energy we need to eat (9) _____ protein. He explained the importance of (10) _____ hydration and getting a good night's sleep. These are especially important for concentration.

Your Cousin

Yasir

Choose the correct answer:

Question 1

(1) _____

easily

lightly

slowly

Question 2

(2) _____

were running

was running

were run

Question 3

(3) _____

were saying

was talking

was talked

Question 4

(4) _____

lots of
a few
several

Question 5

(5) _____

a little amount of
several
plenty of

Question 6

(6) _____

amazed
amazing
amaze

Question 7

(7) _____

a lot of
several
a large

Question 8

(8) _____

much useful
very important
really practical

Question 9

(9) _____

a lot of
a few
a large

Question 10

(10) _____

great
nice
good



My best wishes of success

