

I/ Read the recipe for a chef's salad and fill in the gaps with the words given.

pour

slice

add

remove

mix

boil

Instructions

- (35) _____ the eggs for 10 minutes.
- Wash the lettuce leaves and put them into a salad bowl.
- Cut the cheese and the ham into small pieces and add them to the bowl.
- (36) _____ the cucumber and cut the tomato into pieces, then add them to the bowl.
- (37) _____ the shell from the eggs, slice them and put them on top of the salad.

For the dressing

- (38) _____ the mayonnaise, tomato ketchup, olive oil and vinegar into a small bowl and (39) _____ them well.
- (40) _____ salt and pepper.

Chef's Salad

Ingredients

- 2 eggs
- 8 lettuce leaves
- 150g Edam cheese
- 4 slices ham
- 1 small cucumber
- 1 large tomato

Dressing

- 2 tablespoons mayonnaise
- 1 tablespoon tomato ketchup
- 1 tablespoon vinegar
- 1 tablespoon olive oil
- Salt and pepper

II/ Free-Time Activities

In our busy lives, free time is important because it allows us to relax and do the things we enjoy. Many people have different hobbies and activities they like to do during their free time. Some people enjoy playing sports such as football, basketball, or swimming. These activities are not only fun but also help keep us healthy and

strong. Others prefer more relaxing activities like reading books, watching movies, or listening to music.

For example, reading books is a great way to escape into a different world. Books can take us on adventures, teach us new things, and help us understand other people's experiences. Watching movies is another popular activity. People love to watch movies with family or friends to enjoy a story together.

Some people enjoy creative activities like drawing, painting, or playing a musical instrument. These activities allow people to express themselves and create something unique. No matter what you like to do, free time is important because it helps us recharge and stay happy.

Comprehension Questions:

1. What are some activities people enjoy in their free time?

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2. Why is free time important?

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3. How does reading books help people?

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4. What are two creative activities mentioned in the passage?

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5. What is the main idea of the passage?

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III/ Fill in the blanks with one suitable given word:

nutrients	healthy	junk	sometimes	mood	fruits	fats
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Eating the right kinds of food is important for staying **(1)**_____. Healthy foods, such as **(2)**_____, vegetables, and whole grains, provide our bodies with the **(3)**_____ and energy we need. These foods help us stay strong, improve our **(4)**_____, and give us enough energy to do our daily activities. On the other hand, eating too much **(5)**_____ food, like chips, candy, and fast food, can be bad for our health. These foods are often high in sugar, salt, and unhealthy **(6)**_____, which can lead to weight gain and other health problems. It's important to enjoy unhealthy foods **(7)**_____ and choose healthy options most of the time.