Name: _____ No. ____ M. 4/5 Date: _____

Part 1: Multiple Choice (Items 1-20)

Directions: Choose the best answer (A, B, C, or D).

1. The salad was very _____ because it contained many fresh green vegetables.

a. yummy b. leafy

c. scary d. frightening

2. Our body needs _____ such as calcium and iron to stay strong and healthy.

a. minerals b. vitamins

c. nutrients d. vegetables

3. Eating fruits and vegetables provides our body with important _____.

a. iron b. proteins

c. vitamins d. minerals

4. The _____ protects the body by fighting harmful germs and diseases.

a. immune system b. nervous system

c. digestive system d. excretory system

5. Which meal is the best example of a _____?

a. local tradition b. balanced diet

c. healthy exercise d. leafy green vegetables

6. The students decorated the classroom door with a beautiful _____ made from flowers and leaves.

a. grains b. wreath

c. garland d. bouquet

7. Food, clothing, beliefs, and customs are important parts of a country's _____.

a. culture b. festival

c. tradition d. celebration

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8. Songkran is an important Thai _____ that people celebrate every year.

a. culture b. festival

c. tradition d. celebration

9. She put the birthday card inside an _____ before sending it to her friend.

a. postcard b. brochure

c. notebook d. envelope

10. A person who has an extreme fear of something may have a _____.

a. phobia b. vertigo

c. anxiety d. depression

11. Farmers collect their crops during the _____ season.

a. farming b. growing

c. storing d. harvesting

12. After getting off the roller coaster, Tom experienced _____ and felt that the room was moving.

a. fear b. vertigo

c. headache d. nervousness

13. When people see something dangerous, they may experience _____.

a. fear b. curiosity

c. happiness d. excitement

14. A person who has a strong fear of beards may have _____.

a. pogonophobia b. claustrophobia

c. triskaidekaphobia d. koumpounophobia

15. Wearing traditional clothes during an annual cultural event is an example of a _____.

a. culture b. carnival

c. costume d. tradition

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16. Families often _____ important events such as birthdays and weddings.

a. prepare b. organize

c. remember d. celebrate

17. Which person most likely has koumpounophobia?

a. A person who fears beards b. A person who fears buttons

c. A person who fears spiders d. A person who fears heights

18. A person with triskaidekaphobia may feel uncomfortable when they see _____.

a. the number 7 b. the number 10

c. the number 13 d. the number 20

19. Before giving a speech in front of many students, Jane felt _____ because she was worried about making mistakes.

a. curious b. nervous

c. excited d. confident

20. Which sentence uses culture correctly?

a. Thai culture includes many dangerous fears and phobias.

b. Thai culture includes many healthy vitamins and minerals.

c. Thai culture includes many unique traditions and festivals.

d. Thai culture includes many spinning feelings and dizziness.

Fill In The Blank (Items 21-25)

Directions: Complete each sentence with the correct phrasal verb from the box.

look for	look after	go on	eat out	go off	pick up

21. We usually _____ at a restaurant when we don't have time to cook at home.

22. My mother asked me to _____ my little brother while she was at work.

23. I can't find my keys. Can you help me _____ them?

24. The alarm clock will _____ at 6:00 a.m. tomorrow morning.

25. The teacher told the students to _____ with their project after lunch.

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Part 2: Reading Comprehension (Items 26 - 35)

Directions: Read and answer the questions based on the reading text.

Vitamins and minerals are important for keeping our bodies strong and healthy. Vitamin A helps us see well and keeps our eyes healthy. We can get it from milk, cheese, carrots, sweet potatoes, and spinach. Vitamin B helps keep our skin and hair healthy. We can get it from brown rice, watermelon, and green vegetables. Vitamin C helps our body fight sickness and colds. It is found in oranges, limes, strawberries, and tomatoes.

Calcium makes our bones and teeth strong. We can get it from milk, yoghurt, cheese, and some fish. Iron gives us energy to run, jump, and play. It is found in red meat, beans, and seeds.

To stay healthy, we should eat different colourful fruits and vegetables every day. A balanced diet gives our body the vitamins and minerals it needs.

26. What does Vitamin A do for our body?

_____

27. Which vitamin helps keep our skin and hair healthy?

_____

28. How does Vitamin C help our body?

_____

29. Why does our body need calcium and iron?

_____

30. What should we eat every day to help keep our body healthy?

_____

LIVEWORKSHEETS

People around the world celebrate many different festivals. Festivals are special times when people come together to enjoy food, music, traditions, and activities.

In Thailand, people celebrate Songkran, the Thai New Year. People splash water on each other and visit family and temples. In India, Diwali is known as the Festival of Lights. People light candles and lamps, decorate their homes, and spend time with their families.

In Brazil, people celebrate Carnival with colorful costumes, music, dancing, and large parades. In Japan, Hanami is a spring tradition. People enjoy looking at beautiful cherry blossoms and have picnics with family and friends.

Although festivals are different, they all give people a chance to celebrate, share traditions, and enjoy time together.

31. What do people usually do during festivals?

_____

32. How do people celebrate Songkran in Thailand?

_____

33. Why is Diwali called the Festival of Lights?

_____

34. What activities can people enjoy during Carnival in Brazil?

_____

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35. What do festivals around the world have in common?

_____

Part 3: Writing (Items 36-40)

Directions: Answer the following questions in a complete sentence.

36. What is your favorite festival?

_____

_____

37. How do you celebrate it?

_____

_____

38. Why should people eat a balanced diet?

_____

_____

39. Name 5 things that you are afraid of.

_____

_____

40. How do you overcome your fears?

_____

_____

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