

1

Choose the correct answer

Choose the best answer A, B, C, or D.

- My brother enjoys _____ stamps in his free time.
A. collect B. collecting C. collected D. collects
- You should drink more water because it is _____ for your health.
A. harmful B. healthy C. junk D. lazy
- We often _____ litter in the park on Sundays.
A. pick up B. picks up C. picked up D. picking up
- Lan loves _____ photos of flowers.
A. take B. takes C. taking D. took
- They _____ books and clothes to poor children last week.
A. donate B. donates C. donated D. donating



Good choices
brighter
future!



2

Match and complete

Match the beginnings (1-5) with the endings (A-E).

- My favourite hobby is
- We should eat
- My class cleaned up
- The students donated
- You should wash

- your hands before meals.
- old books to children in need.
- collecting coins.
- the playground yesterday.
- more vegetables every day.

Your answers:

- _____
- _____
- _____
- _____
- _____



3

Complete the sentences

Use the words in the box.

exercise hobby planted donated clean helpful water

- My favourite _____ is reading books.
- Yesterday, we _____ trees in the schoolyard.
- My family _____ clothes to poor children last month.
- Drinking enough _____ is good for your body.
- We should do more _____ to stay fit.
- Students can do many _____ activities in their neighbourhood.



4

Rearrange the words

Put the words in the correct order to make sentences.

- enjoy / I / reading / books / . _____
- should / you / exercise / more / . _____
- planted / trees / we / last weekend / . _____
- help / elderly people / can / we / . _____
- hobby / what / is / your / favourite / ? _____



Practice
today
Progress
tomorrow!

5

Find and correct the mistake

Underline the mistake and write the correct word.

- She like taking photos of nature. _____
- We should eating more fruit and vegetables. _____
- They donates books to the library yesterday. _____
- My hobby are collecting dolls. _____
- He don't do morning exercise every day. _____



Small
actions
make a
BIG
difference!

6

Fill in each blank in the following email with a suitable word. (1.0 pt)

Dear Anna,

Thanks for your email. Now I'll tell you about my favourite (1) _____.
 I have some hobbies, but my favourite is making greeting cards.
 I (2) _____ this hobby two years ago. Now I can make different
 kinds of cards (3) _____ my family, teachers, and friends. It's an easy
 hobby. I just need some coloured paper, coloured pencils, and some glue.
 Making cards (4) _____ me more patient and creative. I enjoy it so much.
 I'm sending you a card next week (5) _____ your birthday. I hope you'll
 like it.

Love,
 Mi



7

Read the text and tick (✓) the appropriate boxes. (1.0 pt)

STUDENT VOLUNTEERS NEEDED!

We are looking for some student volunteers for our school projects.

1. Helping the elderly at the Good Care Nursing Home (GC project)

Every Saturday morning, we go to the Good Care Nursing Home in our neighbourhood.

Here are the things we do:

- read books to the elderly
- talk with the elderly
- water flowers and vegetables in the garden



2. Helping children at the New Hope Centre (NH project)

Every Sunday morning, we help the children at the New Hope Centre.

Volunteers can:

- tutor small children in maths, literature, or English
- organise games for them
- plant vegetables in the garden



You can join one of these two projects. Interested students should speak to your form teacher.
 You must have written permission from a parent.

Tick (✓) the correct boxes.

No.	Statements	Yes	No
1	The GC project takes place every Saturday morning.	☐	☐
2	Volunteers in the GC project read books to the elderly.	☐	☐
3	The NH project helps children at the New Hope Centre.	☐	☐
4	Students can join both projects at the same time.	☐	☐
5	Students need written permission from a parent.	☐	☐

7. Read and Tick the Correct Project

Tick (✓) the correct column.

In which project, volunteers ...?		GC project	NH project
1.	do activities on Sunday mornings		
2.	water flowers		
3.	read books		
4.	help with school subjects		
5.	talk with people		

8. Complete the Sentences

Choose the correct word or phrase from the box to complete each sentence. (2.0 pts)

help

exercise

ride

drink

eat

sleep

stay

recharge

healthy

positive

1 Exercise every day to keep your body _____.

2 You should _____ enough water every day.

3 I can _____ my bike in the park.

4 Children should _____ fruit and vegetables.

5 We need to _____ for about eight hours at night.

6 These tips can _____ you keep fit.

7 Doing sports is a good way to _____ every day.

8 Sleep helps your body _____ after a long day.

9 It is important to _____ active and happy.

10 Thinking in a good way helps you stay _____.