

## Grade 5. Test 5. Food and Health.

### 1 Listen to Ann and David's conversation. Write true or false.

- 1 David loves cycling. \_\_\_\_\_
- 2 David eats a lot of sweets. \_\_\_\_\_
- 3 David has a healthy lifestyle. \_\_\_\_\_
- 4 Ann is very lazy. \_\_\_\_\_
- 5 There are some swimming pools in Ann's city. \_\_\_\_\_

### 2 Listen again. Choose the correct answers.

- 1 David \_\_\_\_ playing tennis.  
a doesn't like b loves c doesn't mind
- 2 David usually eats \_\_\_\_ when he wants a snack.  
a crisps b vegetables c nuts
- 3 David \_\_\_\_ fruit.  
a eats a lot of b doesn't eat much c never eats
- 4 Ann likes \_\_\_\_.  
a playing volleyball b all sports c swimming
- 5 Ann's favourite place for swimming is \_\_\_\_.  
a the swimming pool b the sea c the river

### 3 Read the definitions. Write the words.

- 1 This fruit can be red, green or yellow. \_\_\_\_\_
- 2 You can make this snack with two pieces of bread and some cheese or meat. \_\_\_\_\_
- 3 This is the most common drink in the world. It's usually free! \_\_\_\_\_
- 4 We get this food from the sea. \_\_\_\_\_
- 5 There's a lot of sugar in these. They're an unhealthy snack. \_\_\_\_\_

### 4 Complete the sentences.

- 1 Are you t\_\_\_\_\_? Would you like a drink?
- 2 Alan can't come to school today. He's i\_\_\_\_\_.
- 3 Sara exercises every day. She's very a\_\_\_\_\_.
- 4 You go to bed late. You're always t\_\_\_\_\_!
- 5 Fruit and nuts are h\_\_\_\_\_ snacks.
- 6 I want to eat now. I'm h\_\_\_\_\_!
- 7 Anna runs and swims a lot. She's f\_\_\_\_\_.
- 8 Sweets and fizzy drinks are u\_\_\_\_\_ foods.
- 9 How are you today? Are you w\_\_\_\_\_?
- 10 Tom sits on the sofa all evening. He's l\_\_\_\_\_!

### 5 Complete the sentences using the -ing form of the verbs in the box.

go swim help chat eat <del>run</del> play get up do wait sit
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- I love running. It's my favourite sport.
- 1 Mary hates \_\_\_\_\_ early in the morning.
  - 2 Do you prefer \_\_\_\_\_ video games or watching TV?
  - 3 We don't mind \_\_\_\_\_ for the bus.
  - 4 My brother likes \_\_\_\_\_ pizza.
  - 5 Do you like \_\_\_\_\_ in the sea?
  - 6 Tina doesn't like \_\_\_\_\_ her maths homework.
  - 7 I like \_\_\_\_\_ next to my friend Max in class.
  - 8 I hate \_\_\_\_\_ to the shopping centre.
  - 9 I don't mind \_\_\_\_\_ my mum in the kitchen.
  - 10 Watching TV is OK, but I prefer \_\_\_\_\_ to friends.

**6 Choose the correct words.**

- 1 There isn't **some / a / any** juice in the fridge.
- 2 Is there **many / much / a** cheese on that pizza?
- 3 I eat **any / a lot of / much** pasta when I'm hungry.
- 4 Would you like **an / any / a** apple?
- 5 How **much / any / many** sweets do you want?

**7 Complete the dialogue with the words in the box.**

else would I'll ~~can~~ please have

- Waiter** Hi. Can I help you?  
**Jane** Yes, can I <sup>1</sup> \_\_\_\_\_ a burger, please?  
**Waiter** Sure. <sup>2</sup> \_\_\_\_\_ you like salad or chips with that?  
**Jane** Salad, <sup>3</sup> \_\_\_\_\_.  
**Waiter** Anything <sup>4</sup> \_\_\_\_\_?  
**Jane** <sup>5</sup> \_\_\_\_\_ have some juice, please.  
**Waiter** OK. That's £4.50, please.

**8 Complete the interview with phrases a–k. Write the correct letters in the gaps.**

Hi, Rita. What's your a?

I love <sup>1</sup> \_\_\_\_! I run in the London Marathon every year, and I sometimes run in the New York Marathon.

Really? A marathon is <sup>2</sup> \_\_\_\_ forty kilometres, right?

Yes. It's a very long race. I can run a marathon in about three hours. My <sup>3</sup> \_\_\_\_ is two hours and fifty minutes.

That's fast! Are you <sup>4</sup> \_\_\_\_?

Yes, I am. I train a lot. I run in the park every day, even in winter. I <sup>5</sup> \_\_\_\_ running in the cold or the rain.

How do you prepare for a marathon?

It's important to get a <sup>6</sup> \_\_\_\_ the night before the marathon. I always have a good meal, too – I usually have a <sup>7</sup> \_\_\_\_\_. I don't drink any fizzy drinks, but I drink a lot of water.

I want to run a marathon. What advice <sup>8</sup> \_\_\_\_ me?

Don't run a marathon <sup>9</sup> \_\_\_\_! It can be dangerous. Start with shorter races – maybe five or ten kilometres. Eat <sup>10</sup> \_\_\_\_\_. Walk or run a few kilometres every day. Don't be lazy!

- ~~a favourite sport~~
- b really fit
- c bowl of pasta
- d more than
- e without training
- f lot of sleep
- g running marathons
- h can you give
- i don't mind
- j healthy food
- k best time