



Full Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Date: \_\_\_\_\_

1. Listen to the following audio and complete the text with the words in the box.



intelligent lower unsaturated higher  
richer better expensive

Almonds and nuts are very nutritious. Almonds have \_\_\_\_\_ protein content than nuts do. They are \_\_\_\_\_ that nuts in minerals, magnesium, potassium and especially calcium. They are higher in mono – \_\_\_\_\_ fat than nuts. This fat helps to \_\_\_\_\_ cholesterol, specially, the bad cholesterol. They have a higher degree of oleic acid than any other type of nuts. It protects against heart disease. So almonds are a \_\_\_\_\_ source of protein than any other nut and they are not more \_\_\_\_\_. This is a more \_\_\_\_\_ way of protecting our health just by eating nuts.

2. Listen to the audio and complete the sentences



Mike: Hello! \_\_\_\_\_?

Albert: Hi! I've got great news! We're organizing a Halloween party!

Mike: Halloween party? But I'm \_\_\_\_\_ my English Day Project at that time! I'm \_\_\_\_\_ lots of things! I'm afraid I won't be able to help you out.

Albert: But it's mandatory. The art teacher \_\_\_\_\_ us with that.

Mike: \_\_\_\_\_ he \_\_\_\_\_ us like that?

Albert: Yes, we \_\_\_\_\_ the description of the organization and he \_\_\_\_\_ our essays.

Mike: I guess I've got no choice! So, when \_\_\_\_\_ we \_\_\_\_\_?

Albert: Next week!



3. Listen to the audio and organize the following text in chronological order.

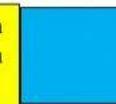
Sometimes we forget to keep clearing products away from our children who can drink them. If a child drinks a toxic liquid, you will have to take the child to a hospital immediately. If you take the liquid with you, the doctor will know what treatment to give him or her; you will help the doctor.



Welcome to the city hospital, Let me give you some brief information about common accidents people have at home. Burns are typical injuries, if you burn a finger or an arm, you should use water. If you put the burn under cold water, it won't swell!



In the kitchen, cuts are quite common. If you cut a finger, you can stop the bleeding with water. If your finger keeps bleeding, you may use pressure to help stop the bleeding. You will need to wash your finger with soap and water if you want to avoid an infection.





4. Listen to the audio and select the appropriate option

Why should we play sports?

Sports are a great source of a physical activity, a way to handle energy, and a good opportunity to compete while having some fun. We can think of sports as a means of recreation involving physical activity for pleasure or for health purposes.

- ✓ We do yoga \_\_\_\_\_ we can have a physical and mental balance.
  - a. so that
  - b. in order to
- ✓ Teenagers body build \_\_\_\_\_ have strong arms and legs.
  - a. so that
  - b. in order to
- ✓ People usually jog to fit or \_\_\_\_\_ lose weight.
  - a. To
  - b. For
- ✓ Some women do Pilates \_\_\_\_\_ shape their bodies.
  - a. In order to
  - b. so as to
- ✓ And many people go for cross fit \_\_\_\_\_ as not to lose muscle tone!
  - a. So
  - b. To