

Name: \_\_\_\_\_

1. Read and choose the correct picture (8 points in total):

1) I wake up in the morning.

A



B



C



2) I get dressed.

A



B



C



3) I go to school.

A



B

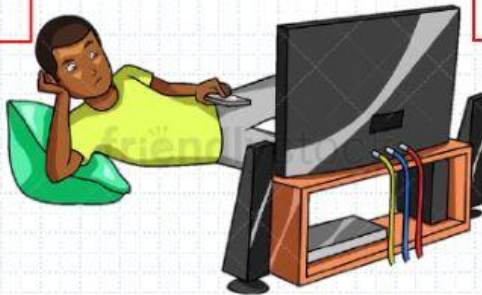


C



4) I watch TV.

A



B



C





2. Complete the sentences (12 points in total):

1) I have \_\_\_\_\_ in the morning.

2) I \_\_\_\_\_ a shower every day.

3) I \_\_\_\_\_ my hands before eating.

4) I \_\_\_\_\_ after classes.

5) I have \_\_\_\_\_ in the afternoon.

6) I \_\_\_\_\_ my teeth after eating.

7) I \_\_\_\_\_ tennis in the weekends.

8) I have \_\_\_\_\_ in the evening.

9) I \_\_\_\_\_ at least 8 hours.

10) I \_\_\_\_\_ my hair after showering.

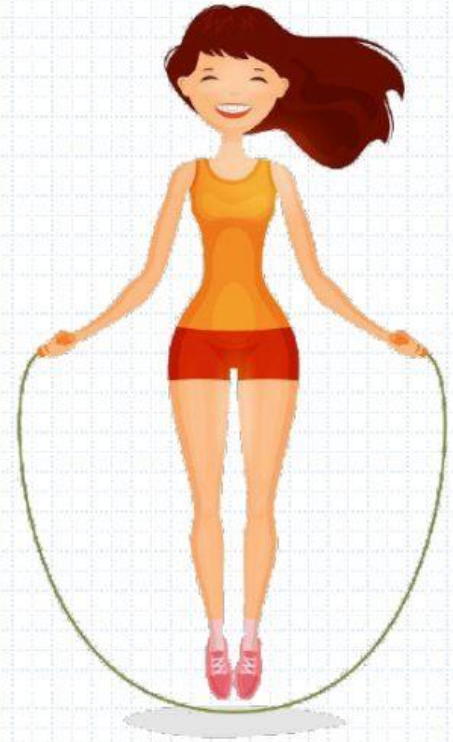
11) Healthy food is \_\_\_\_\_ in sugar, salt and fat.

12) Unhealthy food is \_\_\_\_\_ in sugar, salt and fat.



3. Read the text:

Lily is 16 years old and she is a student. She usually wakes up at 7 o'clock in the morning, she takes a shower and get dressed. After that, she has breakfast, she usually drinks a glass of milk and eat a slice of bread with eggs. At 8 o'clock, her online classes start. In the afternoon, she has lunch, today she ate rice and fish. At 4:30 p.m., she does her homework and then she exercises, she loves to jump the rope. In the evening, she has dinner and she always washes her hands before eating. Finally, at 10 p.m. she goes to sleep.



Choose true or false according to the text (10 points in total)

- |   |                     |
|---|---------------------|
| a) She wakes up at 9 o'clock.           | <b>TRUE / FALSE</b> |
| b) She always washes her hands.         | <b>TRUE / FALSE</b> |
| c) She eats the three meals of the day. | <b>TRUE / FALSE</b> |
| d) She doesn't exercise.                | <b>TRUE / FALSE</b> |
| e) She eats healthy.                    | <b>TRUE / FALSE</b> |



# EXTRA POINTS

Write 3 things you do to stay healthy (5 points): **Example: I drink water.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_