



Quarter Examination

Student's name:

Sex: Male ☐ Female ☐

Class:...../Grade: 4

Teacher's name:

Date:/...../.....

Time allowance: 60 mn

40

The daily routines of a sportswoman

Janet is an athlete, and she wakes up at 4:30 am every weekday morning. She spends the first 30 minutes reading and then 15 minutes meditating. At 5:15 am Janet checks her email for only 30 minutes and then goes for her first run of the day. She runs for an hour and a half along the lake near her house. After running, Janet has a shower and then prepares breakfast, which is usually cereal and fruit. However, she occasionally has a less healthy breakfast.

She usually finishes breakfast at around 8 am. If it is a weekday, she always leaves the house at 8:20 and goes to training. Her training starts at 9 am, and she needs 30 minutes to drive to the gym. She trains for 3 hours with her team and then goes home for lunch. She always eats a very big and healthy lunch. As soon as she finishes lunch, she has a nap for one hour.

After her nap, she likes to go for a walk around the lake and look at nature. She sometimes reads or meditates at the lake in the afternoon. In the evening, during the week, she meets up with friends. Most of her friends are athletes too, so they have a lot to talk about.

She typically goes to bed at 9 pm because she prefers to be awake in the morning than at night. She sometimes falls asleep listening to music, but she never watches the television or reads anything on her tablet. She always makes

sure her alarm is set and is almost always asleep by 9:45 pm.

I. Choose the correct answer

1 What time does she finish checking her emails?

a. 5:30 am.

b. 5:45 am.

c. 6:00 am.

2 How long does she run for in the morning?

a. 45 minutes.

b. 60 minutes.

c. 90 minutes.

3 Janet _____ has a healthy breakfast.

a. always

b. occasionally

c. usually

4 How often does she meditate?

a. Once or twice a day.

b. Once a day.

c. Rarely.

5 What does Janet do to help her get to sleep?

a. listen to music

b. read on her tablet

c. watch TV

6 What is the last thing she does before going to sleep?

- a. She reads.
- b. She sets her alarm.
- c. She checks the time.

Thanksgiving

Thanksgiving is celebrated in the USA on the 4th Thursday of November. The tradition comes from the first people to arrive from England to North America. The Native Americans taught them to grow food and hunt, and the pilgrims invited the Native Americans for a dinner after the harvest. This was the first Thanksgiving in common folklore.

Nowadays, Thanksgiving is the country's largest secular holiday and represents a time when friends and family get together for a large turkey dinner. Traditionally people make stuffing, mashed potatoes, cranberry sauce, sweet potatoes, and pumpkin pie to go with the huge roast turkey.

In the morning, there is a massive parade in NYC called the Macy's Thanksgiving Day parade, which has a lot of giant balloons, famous people, and marching bands. In the afternoon, people watch American football games. There is usually one game in the afternoon and one in the evening.

Thanksgiving also marks the unofficial beginning of the Holiday season in America. The Friday after Thanksgiving, which is the following day, is black Friday and has a lot of crazy sales. Also, it is traditional to start putting up Christmas decorations after Thanksgiving if your family celebrates Christmas.

II. Choose true for the correct answer and false for the incorrect answer

7 The first Thanksgiving was a way to say thank you from the English to the Native Americans.

- a.True
- b.False

8 Native Americans and Pilgrims ate together at the first Thanksgiving.

- a.True
- b.False

9 The first Thanksgiving was in New York City.

- a.True
- b.False

10 People enjoy playing football after eating.

- a.True
- b.False

11 You can find big sales the Friday before Thanksgiving.

- a.True
- b.False

12 You aren't supposed to decorate for the holidays before Thanksgiving.

- a.True
- b.False

Famous people's first jobs

Not all famous people were born into famous families. A lot of them had normal lives before becoming famous. They also had jobs like the rest of us. Here are just a few:

Former President Obama worked at an ice-cream parlour selling ice-cream cones. He was in high school in Honolulu, Hawaii and said it was quite hard. He also said that the job taught him about

responsibility, hard work and how to spend time with work, friends and family.

Brad Pitt had a weird job when he was younger. He worked as a chicken! That's right. He worked at a restaurant called El Pollo Loco in Hollywood, and his job was to dress up like a chicken and wave at the cars on the road. In fact, if you go on a "See the Stars" tour in Hollywood, many of them will take you past the same restaurant where Brad used to work.

Maybe the strangest path in life was that of Pope Francis. When he was young in Argentina, he worked several jobs before joining the Jesuits and dedicating his life to religion. He worked as a cleaner sweeping floors, a chemical tester at a laboratory and as a bouncer at a bar! Yes, the pope was the person responsible for security at a bar in case anything wrong happened. Can you imagine?!

III. Choose the correct answer (a,b,c)

13 Who helped protect people?

- a.President Obama
- b.Brad Pitt
- c.Pope Francis

14 Who pretended to be an animal?

- a.President Obama
- b.Brad Pitt
- c.Pope Francis

15 Who learned a lot from their first job?

- a.President Obama
- b.Brad Pitt
- c.Pope Francis

16 Who worked in advertising?

- a.President Obama
- b.Brad Pitt
- c.Pope Francis

17 Who thought the job was difficult?

- a.President Obama
- b.Brad Pitt
- c.Pope Francis

18 Who had a couple of different jobs?

- a.President Obama
- b.Brad Pitt
- c.Pope Francis

My neighborhood

My neighborhood is very peaceful and quiet. It is a new neighborhood, and there are a lot of big houses and some apartment buildings. The streets are very clean, and there aren't many cars. My school is near my house. I can walk there in 10 minutes.

There's also a park, which has a small playground for children and a large field. I like to play baseball there with my friends after school. All of the houses have a small front yard but big back yards. Most of my neighbors have a swimming pool, and some even have a trampoline!

Everyone has a flower garden, and in the spring, it is very beautiful. My road is called Maple Road. It is not in the city. It's in the suburbs. There aren't any restaurants, bars or cinemas on my road. But, if you go to Main street, you can find a lot of things to do. My favorite store is there. It's called Knick-Knack, and they sell everything you can imagine.

I like my neighborhood because it is very safe. There is no crime, and all of my neighbors take care of each other. The police station is next to the school, which is very nice. However, the hospital is quite far. It is in the city, and we have to drive 30 minutes to get there.

My friends live near me, and we often meet up to play or just talk. We love playing hockey in the street because there isn't any traffic. I think I am lucky to live in my neighborhood.

IV. Choose true or false for the correct answer

19 It's a busy neighborhood with lots of activity.

- a. True
- b. False

20 There are only a few cars on the streets.

- a. True
- b. False

21 He enjoys playing in the playground near his home.

- a. True
- b. False

22 People decorate their flower gardens in the fall to make them beautiful.

- a. True
- b. False

23 He lives in the city.

- a. True
- b. False

24 He lives on Main Street.

- a. True
- b. False

25 He lives beside the police station.

- a. True
- b. False

26 He's very happy with his neighborhood.

- a. True

b. False

The man with the most world records

Ashrita Furman is a record-breaking record-breaker: He has set more records than anyone else in the world! In the last 40 years, he has established more than 600 records!

As a child, Ashrita loved reading the Guinness Book of World Records. He wanted to be in it too. But he thought people had to be good at sports to be in the book. He wasn't a good athlete. He felt his dream would never come true.

But later in life, Ashrita learned meditation, and with this, he learned that nothing is impossible. He tested this idea in 1978 by entering a 24-hour bike race in New York. Without any training, Ashrita came third! After that, he started thinking about breaking records again.

First, he tried to break the record for the most jumping jacks. He failed at first, but, remembering that 'anything is possible', he trained, meditated and tried again. This time, he did 27,000 jumping jacks in 6 hours 45 minutes and became the new record holder. His achievement appeared in the 1980 Guinness Book of Records.

Today, Ashrita has a long list of records, including: walking the furthest distance with a bike on his chin, cycling the longest distance with a bottle on his head and lighting the most candles on a birthday cake. He says: "I choose ideas which are challenging, fun and childish! I enjoy practising and seeing my progress."

He says his favourite record was "the longest distance on a pogo stick". While he was on holiday in Japan, he saw Mount Fuji and thought it was beautiful, so he decided to try to break a record there. He did 11.5 miles. The most difficult record was "the most forward rolls". In 10

hours, 30 minutes, he did 8,341 of them, travelling 12 miles!

If you want to break a world record too, Ashrita gives this advice. "Choose something you enjoy because you will need to practice. And don't give up. Your mind will tell you that something is impossible, but it isn't. If someone else has done something, and you work hard, you can do it too!

V. Choose the correct answer

27 When Ashrita was a child, he...

- a. was good at sports.
- b. dreamed of being in the Guinness Book of Records.
- c. achieved his first world record.
- d. met a record-breaking athlete.

28 When he was a child, he thought that...

- a. one day he would achieve his dream.
- b. everything is possible.
- c. only good athletes could break records.
- d. he would become a good athlete one day.

29 When Ashrita did the 24-hour bike race, he learned that...

- a. training is important.
- b. breaking records is easy.
- c. anything is possible.
- d. meditation is unnecessary.

30 Which activity did Ashrita do for his first world record?

- a. meditating
- b. cycling
- c. jumping jacks
- d. using a pogo stick

31 Which of these sentences is NOT true about Ashrita?

- a. He failed his first record-breaking attempt.
- b. His record-breaking activities are childish.
- c. In one record, he carried a bottle on his head while cycling.
- d. He doesn't enjoy training for records.

32 Which sentence might Ashrita say?

- a. "You don't have to practice much to break records."
- b. "Doing the most forward rolls was easy!"
- c. "Do what your mind tells you to do."
- d. "Anyone can break records."

Tips for travelling alone

Travelling alone seems scary if it's the first time you are going to leave the comfort of home. You will probably think about the potential risks or difficult situations. What happens if I get ill, or have an accident? Isn't it dangerous to go out alone at night? What happens if I get attacked? Isn't it strange to eat at restaurants alone all the time?

Most travellers have these worries and more before their first trip alone, but all these fears disappear when they see all the benefits of this great experience. Here I'm going to give you 3 tips on how to travel alone and have a good time.

Speak the language

Humans are sociable creatures. We all need to talk to other people. If you are travelling alone, it's a good idea to go somewhere you speak the language.

Sleep with the locals

Hotels are comfortable but very lonely, and hostels are perfect for people who

travel alone, but you will only speak with other tourists. Try to rent a room in an apartment. This will give you a connection with local residents and they can give you a lot of tips on what you can do.

Don't be shy

Don't be afraid of asking. Ask for directions in the street, or ask about the place, the culture or the customs to the local people that you find in bars, parks, etc. You will be surprised how much people like to talk about their town or their culture. Remember you are alone. Asking can be an effective way to start a conversation and meet new people.

VI. Choose the correct answer

33 The writer thinks that travelling alone is...

- a. worse than staying at your comfortable home.
- b. dangerous.
- c. a good idea.

34 The writer wants to...

- a. help people who want to travel alone.
- b. talk about the possible risks of travelling alone.
- c. talk about his or her experiences travelling.

35 If you travel alone, it's a good idea...

- a. to learn the language of the place before you go there.
- b. to go to a place where you can speak their language.

c. to speak to other tourists.

36 The writer thinks that if you travel alone, hostels are...

- a. the best option.
- b. very good but not the best option.
- c. worse than hotels.

37 The local residents can help you...

- a. to find a good hotel or hostel.
- b. giving you ideas for your trip.
- c. to find a cheap room that you can rent.

38 The best thing about asking is that...

- a. you get the information you need.
- b. you can find the places where you are going.
- c. you can talk to the local people.

39 Traveling alone you should ...the place where you were

- a. ask people the direction
- b. not ask the direction
- c. call to the police

40 If people travelling alone they might be face to

- a. difficult situation
- b. happy
- c. stranger

