



DATE:	FORM:	TEACHER:
STUDENT:		DIRECTOR OF STUDIES:
MARK:	PARENT:	
TEACHER'S COMMENT:		

5th form  
3rd Term Test

**LISTENING**

1 Listen to different kids talking about their health and number the pictures. (Track 100)



\_\_\_\_ / 3

2 Listen again and now write T (True) or F (false) next to the sentences.

- Joe feels tired when he gets to school. \_\_\_\_\_
- Sarah is healthier now. \_\_\_\_\_
- Ella doesn't like fizzy drinks. \_\_\_\_\_
- Peter never eats sweets. \_\_\_\_\_

\_\_\_\_ / 4

**VOCABULARY**

3 Ella had an earache, so she went to the hospital. When she arrived, she saw many children feeling unwell. Complete the following vocabulary items related to health.

1



earache

2



C

3



S

4



T

5



T

6



F



- 4 After the doctor's appointment, Ella went to the park in front of the hospital. She saw lots of things related to nature. Match the definitions to the correct vocabulary item.

- |   |                  |
|---|------------------|
| 1. Where cows eat grass. <u>f</u>                     | a. nest          |
| 2. Birds build this for their eggs. ____              | b. stream        |
| 3. You use this for cooking when you go camping. ____ | c. shooting star |
| 4. A small river. ____                                | d. branch        |
| 5. This moves across the sky at night. ____           | e. campfire      |
| 6. A part of a tree. ____                             | f. field         |

\_\_\_\_ / 5

## GRAMMAR

- 5 Ella has a cousin who is failing at school. She decides to give him some good pieces of advice. Read the sentences and choose between should or shouldn't.

- On school days, you SHOULD / ~~SHOULDN'T~~ get up early.
- You ~~SHOULD~~ / ~~SHOULDN'T~~ get dressed quickly.
- You ~~SHOULD~~ / ~~SHOULDN'T~~ be late for school.
- You ~~SHOULD~~ / ~~SHOULDN'T~~ run in the classroom.
- You ~~SHOULD~~ / ~~SHOULDN'T~~ listen to your teacher.
- You ~~SHOULD~~ / ~~SHOULDN'T~~ talk when the teacher is explaining an activity.
- You ~~SHOULD~~ / ~~SHOULDN'T~~ always try your hardest to learn.



\_\_\_\_ / 6

- 6 Ella is talking with a friend and she has to tell her what her family was doing yesterday at five o'clock. Look at the pictures and complete the sentences with the correct Past Continuous form of the verbs.

What were your friends and family doing yesterday at five o'clock?



My mum (x, fill) wasn't filling the dishwasher.  
She (✓, empty) was emptying it.

My friends (x, play) \_\_\_\_\_ football.  
They (✓, have) \_\_\_\_\_ a picnic.

My dad (x, watch) \_\_\_\_\_ TV.  
He (✓, cook) \_\_\_\_\_ dinner.

My brother (x, do) \_\_\_\_\_ his homework.  
He (✓, climb) \_\_\_\_\_ a tree.

My cousins (x, listen) \_\_\_\_\_ to music.





- 7 Ella is telling a friend what she was doing last Saturday. Write questions for each answer. Use who, where, why.

1. ...WHAT WERE YOU DOING?... I was playing tennis.
2. \_\_\_\_\_? I was playing tennis at the sports club.
3. \_\_\_\_\_? I was playing with my brother.
4. \_\_\_\_\_? I was playing tennis because I was practising for the competition.

\_\_\_\_ / 6

## READING

- 8 Read the text and then, complete the sentences with the missing information.

# How to stay healthy

We all want to be fit and healthy, so here are some tips to help.



**Take lots of exercise**

Watching TV or playing computer games won't make you fit, but playing sports will. You can join a club or play with your friends in a park. If you don't like team sports, you can walk to school, go swimming or try skating instead. Regular exercise makes you feel stronger and gives you more energy.

**Eat a healthy diet**

Sweets, chocolate and crisps are fun to eat sometimes, but it is not good to eat them every day. These foods contain too much sugar, fat or salt. Make sure you eat vegetables, such as cabbage, with every meal, and plenty of fruit, too. Fruit and vegetables help you stay healthy and grow strong.

**Drink lots of water and milk**

Water or juices are better for you than fizzy drinks because fizzy drinks contain lots of sugar. Eating a lot of sugar is bad for your teeth. One can of cola contains about nine teaspoons of sugar! Milk is good because it contains lots of calcium. You need calcium to help your 206 bones to grow and keep your teeth strong.

**There is this much calcium in a serving of ...**



- 1 a glass of milk
- 2 two sardines
- 3 cabbage
- 4 cheese
- 5 yogurt
- 6 beans

**Example:** Walking and skating are types of exercise.

1. You should eat \_\_\_\_\_ with your meal.
2. There is a lot of \_\_\_\_\_ in fizzy drinks.
3. \_\_\_\_\_ has got a lot of calcium.
4. Vegetables help you to stay \_\_\_\_\_.
5. Calcium keeps your \_\_\_\_\_ strong.

\_\_\_\_ / 5



## WRITING

- 9 a. Read Alina's letter.

*Dear Dr Orlov,*

My name is Alina. I'm worried because I can't sleep well at night. Also, I'm exhausted during the day and I want to be fit. What should I do? Thank you for your help.

*Best wishes,*

*Alina*

- b. Now, imagine you are Dr Orlov. What advice would you give to Alina?

★ Remember to:

- Start the letter with a greeting
- End the letter with a closing sentence and the name of the person who wrote the letter

★ Also, remember to give advice about:

- Food and drink
- Exercise
- Rest

Dear .....,

..... for your letter.

First, it's important to ..... You should .....

.....

You can .....

You also should ..... You should .....

but you shouldn't .....

Finally, it's important to ..... because .....

.....

You should .....

.....,

.....

