

		5,000	
DATE:	FORM:	TEACHER:	
STUDENT:		DIRECTOR OF STUDIES:	
MARK:		PARENT:	
TEACHER'S COMMENT:			

5th form 3rd Term Test

LISTENING

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









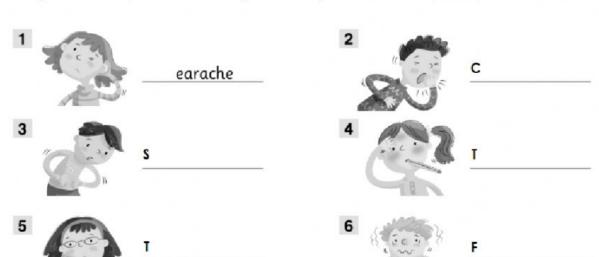
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- Listen again and now write T (True) or F (false) next to the sentences.
 - a. Joe feels tired when he gets to school. _____
 - b. Sarah is healthier now._____
 - c. Ella doesn't like fizzy drinks. _____
 - d. Peter never eats sweets.

___/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 <u>health</u>.



	ent, Ella went to the park in front of the hose tch the definitions to the correct vocabulary	
1. Where cows eat grass. <u>f</u>		a. nest
2. Birds build this for their eggs	s	b. stream
3. You use this for cooking when	n 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 faili advice. Read the sentences and	ng at school. She decides to give him some choose between <i>should</i> or <i>shouldn't</i> .	good pieces of
7. You should / shouldn't always always always a should is talking with a friend a	late for school. In the classroom. en to your teacher. when the teacher is explaining an activity.	oing yesterday at five
	ur friends and family y at five o'clock?	
	My mum (x, fill) <u>wasn't filling</u> the dished She (√, empty) <u>was emptying</u> it.	washer.
2	My friends (x, play) footb They (✓, have) a picnic.	pall.
3	My dad (x, watch) TV. He (√, cook) dinner.	
4	My brother (x, do) his ho He (√, climb) a tree.	mework.

My cousins (x, listen) ______ to music.

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

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

____/6

READING

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



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 ...



- a glass of milk
- 2 two sardines
- cabbage
- cheese
- g yogurt
- **6** beans

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

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

/ 5

WRITING



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 can	
	. You should
but you shouldn't	
Finally, it's important to	because
•	

