6th grade

Name: class:

Avivim School

Cool unit 3 test

1. match the numbers to the words.

point	for example
group	to change
as well	something
first	of course
wonderful	important
heart	smell

1.חשוב 2.משהו 3.נפלא 4.לשנות 5.קבוצה 6.מעניין 7.כמובן
8.ראשון 9.להריח 10.גם-כן 11.מיוחד 12.לדוגמה 13.לב 14.צמא 15.נקודה

2. Match A to B

1. weekend	everybody
2. meals	of course!
3. everyone	breakfast, lunch and supper
4. have to	ask a friend to come
5. habit	Friday and Saturday
6. healthy	something you always do
7. I'm sure	wrong
8. everything	all the things
9. invite	good for you
10.mistake	must

LIVEWORKSHEETS

3. Complete the sentences. There are more words than you need.

Second	taste	believe	change	recipe
enough	smell	fresh	better	
vegetables	thirsty	heart		

1. I can't buy a new phone because I don't have _____ money.

2. Monday is the _____day of the week.

3. We use our eyes to see and our mouth to _____.

4. Some animals can _____ their color. For example, Goby fish can be white or red.

5. My dad goes to the supermarket every week to buy fruit and _____.

LIVEWORKSHEETS

Reading



Sleep Better

Do you want to sleep better? Doctors say that these tips can help you:

You need to sleep eight to nine hours every night.

You should buy a good bed and pillow. If you have a comfortable bed and a good pillow*, you will sleep better.

Don't drink coffee in the afternoon or at night. It's okay to drink some coffee in the morning. But drinking coffee later in the day can make it hard for you to sleep at night.

Don't sleep a lot in the afternoon. Don't sleep more than fifteen or twenty minutes in the afternoon. If you sleep more, you will have problems to sleep at night.

Don't eat a lot at night. Eat a small meal at night, for example, salad or sandwich. Stop eating an hour before you go to bed.

Turn off your phone and computer. The light from your phone and computer is bad for sleep. Turn them off an hour before you go to sleep. Relax.

Before you go to sleep, take a bath, listen to quiet music, or read a calming* book. Don't think about your problems.

Remember! it is important to sleep well, but you also need to do sports and eat healthy food.

*pillow =כרית

*calming=מרגיע

*relax=להירגע

LIVEWORKSHEETS

Answer

1. Who says that you sleep better with a good pillow?

_____

2. What should you eat at night?

_____

3. If you go to sleep at 11:00 **what time** should you stop eating?

_____

4. Why isn't it good to use a computer late at night?

_____

5. How can you relax before going to sleep? Give **two** examples.

a._____

b._____

true or false?

1. It is enough to sleep six hours at night.

2. It is hard to sleep after you drink coffee.

3. It is good to sleep 15 - 20 minutes in the afternoon.

4. Eating a large meal in the evening can help you sleep better.

5. The light from your phone or computer is bad for your sleep.

6. It is a good habit to listen to rap music before you sleep.

LIVEWORKSHEETS

Fill in the sentences. Use the words below.

in the morning - fifteen - hour - bath - read -
or-better - doctors - hard - meal

1. You will sleep better after a _____.

2. Listen to the tips _____ give you if you want to sleep better.

3. Don't _____ an adventure book before you go to sleep.

4. You will sleep _____ if you buy a good bed and pillow.

5.Eat a small _____ at night.

6. Turn off your phone an _____ before you go to bed.

7. If you want to relax, listen to quiet music _____ take a bath.

8. It's _____ to sleep at night if you sleep a lot in the afternoon.

9. It's not a problem to drink some coffee _____.

LIVEWORKSHEETS

Writing

Look at the picture.



כתבו חמישה דברים שאתם רואים בתמונה.

.....

.....

.....

.....

.....

Write 4 sentences.

כתבו ארבעה משפטים על הדברים המוזרים שבתמונה.

1.

2.

3.

4.

LIVEWORKSHEETS