LEVEL 7 - TEST

Theme 3: Healthy Living

Full name: ..... **School:** . ..... **Class:**	**Mark**

Reading

Part 1

- 2 questions -

Which notice (A-E) says this (1-2)?
For questions 1-2, mark the correct letter A-E on your answer sheet.

0. You shouldn't play soccer when you feel sick. *Answer:* 0 | A | B | C | D | E

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1. Teenagers should sleep for more than 6 hours per night.

2. Students shouldn't watch lots of TV.

A

People from 6-19 years old need at least 8 hours of sleep to live long and stay healthy!

B

Watching too much TV can make it harder to sleep.

C

Can't sleep? 6 ways to sleep 8 hours per night!

D

Youth Sports Center
Stop playing if you feel dizzy!

E

NOTICE
Do not play soccer here!

LIVEWORKSHEETS

Part 2

- 2 questions -

Read the sentences about Adam's lifestyle.
Choose the best word (A, B or C) for each space.
For questions 1-2, mark A, B or C on your answer sheet.

Example:

0. Adam …… do lots of exercise every day.
A. don't **B.** doesn't **C.** did

Answer:

0	A	B	C

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1. He …… a lot of sleep.
A. gets **B.** take **C.** does

2. He …… computer games every day.
A. played **B.** playing **C.** plays

Part 3

- 2 questions -

Complete the two conversations. For questions 1-2, mark A, B, or C on your answer sheet.

Example:

0. How much exercise do you do every week?

A. I do some exercise every week.
B. I like it very much.
C. I have a headache.

Answer:

0	A	B	C

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1. How do you feel today?

A. I drink a lot of soda.
B. Do you feel dizzy?
C. I have a headache.

2. What time does Julius go to bed?

A. He's very healthy.
B. He goes to bed at 9 p.m.
C. She goes to bed earlier than Tony.

LIVEWORKSHEETS

Part 4

- 2 questions -

Read the descriptions of some parts of plants. What is the word for each one? The first letter is already there. There is one space for each other letter in the word. For questions 1-2, write the words on your answer sheet.

0. It carries food and water to the leaves. s __ __ __

Answer: **0** stem

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1. They grow into new plants. s __ __ __ __

2. They're often green and make food using sunlight. l __ __ __ __ __

Part 5

- 4 questions -

Complete the paragraph about Flora's habits.
Write ONE word for each space.
For questions 1- 4, write the words on your answer sheet.

I like fruit, so I (0) <u>eat</u> lots of it every day. My brother, Jack, likes fast food. He eats a (1) ..... of hamburgers and fries. He also (2) ..... computer games every day. I like playing sports in (3) ..... free time. I go to (4) ..... at 10 p.m., and Jack goes to bed at 11 p.m. I think I'm healthier than him.

LIVEWORKSHEETS

Part 6

Your brother, Mason, has to stay at home because he's sick today. He feels dizzy and has a headache. He drinks lots of soda and eats lots of fast food. Write a note to your brother.

Say:
- What he should eat or drink
- What he should do
- What he shouldn't do

Write 25-35 words.
Write your note on your answer sheet.

LIVEWORKSHEETS