

Name.....

**Trial Class Test 1**

Class

**LISTENING 1 (Items 1–5)**

**(5 marks)**

You are going to hear five people speaking. Who are they talking to? Listen and for each item, shade in the bubble under the correct option.

students   Farmer   fisherman   teacher   doctor   policeman

1                 

2                 

3                 

4                 

5

**READING 2 (Items 6–10)****(5 marks)****Read the text. Then complete the task.**

Everyone knows that fruit is good for you. However, according to some researchers, children who watch a lot of television are likely to eat more food that is high in fat, salt and sugar and eat less fruit and vegetables. Experts say that children should eat two serves of fruit each day.

Many parents are worried about their children in the school because of the snacks they buy from the canteens. They know that fruit and fruit juices are a healthy energy choice. They are full of important vitamins, minerals and fiber, which help children grow and develop. However, many children eat snacks that full of fat and sugar. This type of food can cause some diseases including Type 2 diabetes and a wide variety of cancers.

Most school listened to parents opinions about the food that they sell to the pupils. Now, the canteens have stopped selling junk food including sweets and soft drinks because they are unhealthy. Schools and canteens have been encouraging students to eat fruit. Some schools are even introducing fruit for children to get them eat fruit regularly

## READING 2 (continued)

For each question, write a short answer (not more than FOUR WORDS).

6. children should eat two serves of fruit \_\_\_\_\_

every week  every day  every month

7. Fruit are full of \_\_\_\_\_

vitamins  Proteins  salt

8. Many children eat snacks that full of fat and \_\_\_\_\_

fiber  calcium  sugar

9. Bad snacks can cause some \_\_\_\_\_

activities  diseases  actions

10. Now schools encourage the students to eat \_\_\_\_\_ .

snacks  fruit  ice cream