

Full name:

Class: 7/.....

**REVIEW
MID-TERM TEST (SEMESTER 1)**

TASK 2

Listen and complete the student's note. Write ONE WORD in each blank. You will listen TWICE.

Student's note

SIMPLE WAYS TO KEEP FIT

- Eat different (1) _____.
- Choose healthy drinks such as water, (2) _____ and fruit juice.
- Do not drink much (3) _____ drinks because they have lots of added sugar.
- Avoid using (4) _____ too much.
- Have an (5) _____ lifestyle.