

## FOURTH MONTHLY EVALUATION

B1

77 TOTAL POINTS

### I. WRITE ON THE BLANK THE NAME OF THE BODY PART. (5 POINTS)

1. You brush and comb this body part \_\_\_\_\_
2. You use these ones to see \_\_\_\_\_
3. The body part between your head and your shoulders \_\_\_\_\_
4. The body part that has the femur \_\_\_\_\_
5. You use this body part to breath \_\_\_\_\_

### I. USCRAMBLE THE LETTERS TO FIND THE BODY PARTS OUT. (6 POINTS)

1. INHS	_____	4. TSIAW	_____
2. NKLEA	_____	5. CFLA	_____
3. CTHSE	_____	6. NSEKE	_____

### II. READ ANA'S DESCRIPTION AND COMPLETE WITH THE CORRECT BODY PARTS. (6 POINTS)

Hello. My name is Ana. I am a 19-year-old student. I live in Guadalajara and I love doing sports. First time in the morning, before going training, I wash my \_\_\_\_\_ to wake up and feel freshness. I brush my \_\_\_\_\_ and wear my shorts and one of my favorites T-shirts. I never forget to put my digital smartwatch on my \_\_\_\_\_ to measure the distance I run every day to check my improvements. It's very useful because it also reminds me when to start and stop. It also notifies me about the number of calories I burn. It was a birthday gift from my mom. She wanted to give me some expensive trainers to protect my \_\_\_\_\_, but I convinced her that a device like that was much more useful to me.

After finishing, I head home and eat something healthy food that includes protein. I want to make my \_\_\_\_\_ muscles strong to run faster. Twice a week, I go to the gym to lift some weights. It helps because it strengthens \_\_\_\_\_ and joints, which can improve my race times and decrease injury risk. In the short-term future, I want to participate in a 10-kilometer marathon, so I need to work hard to achieve my goal.

### III. DRAG AND DROP THE NON-VERBAL COMMUNICATION WITH THE MESSAGE. (8 POINTS)

Snores	sneeze	clap	clench	yawns	burp	slurp	grimace
1. When someone _____ shows boredom	5. Some people from some other cultures _____ while they are eating to say the food is good.						
2. When someone _____ is having a deep sleep	6. People _____ to show disgust, pain or irony.						
3. Babies _____ to take out gas from their stomachs	7. We all _____ repeatedly to express appreciation or approval						
4. We all _____ many times when something strange gets into our noses	8. Some people _____ fists as a sign of repressed aggression						

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### IV. CHOOSE THE CORRECT WORDS TO COMPLETE THE SENTENCES. (15 POINTS)

The five main senses are \_\_\_\_\_ that is in our skin (the largest organ), the \_\_\_\_\_ that is in our ears and its internal organs, the sight that is in our \_\_\_\_\_, the taste that is in our mouth and the \_\_\_\_\_ that is in our nose. The human brain is the organ that has the ability to use input from these senses to tell us what is happening outside our body. The input is carried to the brain through the nervous system to react to preserve life. Some people lose one of those senses for accidents or sicknesses, but they can still communicate.

Babies are born with a surprisingly sensitive sense of \_\_\_\_\_. They may even have more widely distributed taste buds than adults. With them on the back of the tonsils, the back of the throat, and the tongue, newborns can tell the difference between sweet and bitter flavors. They know the world through their mouth! It can \_\_\_\_\_ disgusting for parents who worried about their children's health, but maintaining the baby's toys clean, reduce the risk to get sick. Salty food \_\_\_\_\_ disagreeable until they are 5 months old, We \_\_\_\_\_ pressure, moisture, temperature, vibration and pain through the skin. Some things \_\_\_\_\_ prickly and some others soft. We mostly use our hands to identify sensations.

Some people are blind and some others are short or long sighted. We can \_\_\_\_\_ the brightness, the colours, the size, the depth and the shape with it. This one is the most used by everyone, but unfortunately the one we less care about. When we get older, we use lenses to help it. Things \_\_\_\_\_ better this way!

It is told that we can't \_\_\_\_\_ well when we get older. Maybe that's truth. Elderly people don't perceive disagreeable odors neither at their homes nor their bodies. Therefore, they need the help from their relatives. Definitely, they will \_\_\_\_\_ better if we open their houses windows, maintain their personal hygiene, wash curtains and change the bed blankets regularly. They can also \_\_\_\_\_ gradually as they grow older, so we'd better pay attention to their needs and take them to the doctor when it starts happening. We know that it \_\_\_\_\_ easier said than doing, It is a stage of life that most people require more care and support. And, it is most certainly our responsibility to assist them in receiving such luxuries.

### V. READ THE SYMPTOMS AND IDENTIFY THE HEALTH PROBLEM. (6 POINTS)

1. Cough, runny or stuffy nose, sneezing and sore throat \_\_\_\_\_
2. Belly cramps, urgent need to go to the bathroom, loss of body fluids. \_\_\_\_\_
3. Temporary confusion, jerking movements of the arms and legs that can't be controlled, loss of consciousness or awareness. \_\_\_\_\_
4. swelling, bruising, or bleeding, intense pain, limited mobility or inability to move a limb or put weight on it. \_\_\_\_\_
5. Headaches, sensitivity to hot or cold, bad breath, swelling \_\_\_\_\_
6. Cough, problem swallowing, raspy voice, and a temperature \_\_\_\_\_

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### VI. CLASSIFY THE WORDS INTO SICKNESSES OR ACCIDENTS. (10 POINTS)

Cut      Earache      Broken Arm      Flu      Sprained Ankle      Vomit

Pulled Muscle      Bruise      Cough      Graze

SICKNESSES	ACCIDENTS

### VII. WRITE TRUE OR FALSE TO THE NEXT REMEDIES. (5 POINTS)

1. If you have a fever, cover your body with a thick blanket	T	F
2. You should rest and elevate painful area, put some ice and hot pads to reduce the pain if you have a pulled muscle	T	F
3. To reduce the pain in your back, go to the neurologist to give you some painkillers	T	F
4. You'd better go to the pharmacy to get some aspirins as soon as you have a headache.	T	F
5. If you're on an airplane or driving at high altitudes, chewing gum, can help if you have an earache	T	F

### VIII. PICK THE OPTION THAT BETTER COMPLETES THE SENTENCE. (8 POINTS)

1. Mariana is having tremors. I reckon, we \_\_\_\_\_ to take her to the hospital.
2. Who \_\_\_\_\_ I go with if I am having problems with my sight? With the ophthalmologist or with the optician? You \_\_\_\_\_ go with the second one, 'cause it will not check the inside of your eyes up.
3. They \_\_\_\_\_ go out if they have a serious respiratory sickness. Viruses spread through the mouth and breath!
4. My doctor suggested I \_\_\_\_\_ self-medicate to avoid make the bacteria and viruses stronger and resistant.
5. We are having troubles with our stomach. We \_\_\_\_\_ eat out.
6. **A:** Have you ever been in a trauma hospital? **B:** No, I haven't and to make it last, I \_\_\_\_\_ to do risky thinks.
7. It's normal for children to get skin rashes. When it happens, you \_\_\_\_\_ clean them up and rub some ointment to prevent an infection.
8. You \_\_\_\_\_ put it in plaster if you have a sprained ankle. You \_\_\_\_\_ put it in a sling instead.

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**IX. WRITE SOME ADVICE TO THESE PROBLEMS. CHECK THE PARENTHESES TO IDENTIFY THE TYPE. (3 POINTS)**

1. My brother's girlfriend's dad hit his head with a rock  
( - ) \_\_\_\_\_
2. Our children have eaten for years loads of candies and junk food.  
( + ) \_\_\_\_\_
3. The company doesn't give social security to its employees.  
\_\_\_\_\_

**X. 5 PEOPLE WROTE TO A "PROBLEMS PAGES" IN A MAGAZINE LOOKING FOR ADVICE. FIND WHO WROTE EACH LETTER BY MATCHING EACH LETTER WITH THE ADVICE. THERE IS AN EXTRA ONE. (5 POINTS)**

I never have any money and I'm always broke. As soon as I get my money pocket, I spent it the first time I go out

Some people told me my brother has some new friends who are always trouble with the police. Do you think I should tell my parents?

My parents don't like my friends. They blame them for everything that goes wrong. They say I have to stop going out with them. What should I do?

I am very overworked. I've got a full-time job and 2 children, but my wife never helps me with my household jobs and never looks after our children either. It's so unfair!

I moved here 2 months ago and still don't know anyone apart from the people I work with. I don't like discos. So, I find it very hard to meet people.

Dear writer,  
You should stop feeling sorry for yourself and do something about the problem. Why don't you invite someone from work a coffee or join to a sport club?

Dear writer,  
You should take them home so they can get to know them better. However, perhaps, they are right and those acquaintances are nothing but hassles. Think it over before you decide.

Dear writer,  
You shouldn't work that much. It's neither healthy nor convenient for your family. Having a high income is good, but you spend it with no reason. You'd better stop hanging out with your brother's friends if you don't want to become an addicted.

Dear writer,  
You should ask her to help you with housework. If it doesn't work out, you should leave the relationship at once or you'll be alone all your life.

Dear writer,  
This is a problem a lot of people have. Perhaps, you shouldn't carry it all with you. You should definitely open a bank account to start saving it up.

Dear writer,  
I wouldn't say anything about this for the moment if I were you. Perhaps what you heard is not true. You should speak first with him.