Quiz 3 (Unit 3)

NAME: _____ DATE: _____

CLASS: _____ MARK: _____ / 100

(Time: 30 minutes)

Vocabulary

A. Choose the correct answer.

1 You shouldn't _____ up late the night before a big test at school.
A get **B** stay
C socialise **D** take

2 Team sports help _____ relationships among teens.
A prevent **B** boost
C reduce **D** balance

3 Fiona wants to take up a healthy _____ like swimming to help her lose weight.
A menu **B** function
C nutrient **D** hobby

4 Don't eat too much _____ food or you will gain weight.
A dairy **B** starchy
C drinks **D** junk

5 How can I get _____ without going to the gym?
A stress **B** energy
C fit **D** body

6 Eggs are a great way to get _____ in your diet.
A dairy **B** protein
C carbs **D** minerals

7 Going to the gym is a great way to _____ stress and relax.
A reduce **B** increase
C prevent **D** take up

8 You need to eat a _____ diet to stay healthy.
A stressed **B** regular
C balanced **D** enough

9 Henry _____ three times a week at the gym.
A checks up **B** stays up
C exercises **D** surfs the Internet

10 John's doctor told him that he should include fruit and _____ in his diet.
A vegetables **B** fats
C carbs **D** water

10 x 4 = 40 marks

LIVEWORKSHEETS

Quiz 3 (Unit 3)

Grammar

B. Choose the correct answer.

1 He didn't pick _____ swimming until he was a teenager.
A up **B** out
C on **D** at

2 You _____ skip meals if you want to strengthen your body.
A can **B** mustn't
C aren't able to **D** should

3 When I was young, I _____ run long distances.
A didn't have to **B** can't
C don't have to **D** couldn't

4 If Lisa exercises more, she _____ feel more energetic.
A mustn't **B** might
C was able to **D** can't

5 The doctor told Paul that he _____ follow a healthier diet if he wanted to get fit.
A have to **B** mustn't
C had to **D** couldn't

6 On my morning runs, I always _____ out for rocks or any dangerous things on the street.
A look **B** call
C bring **D** hand

7 If you want to stay healthy, you _____ exercise regularly.
A can't **B** had to
C couldn't **D** must

8 _____ you lift heavy weights when you first started working out at the gym?
A Should **B** Can
C Could **D** Must

9 _____ exercise every morning to build muscle?
A I have to **B** Do I have to
C I must **D** Mustn't I

10 You _____ drink lots of water before and after you exercise.
A can't **B** couldn't
C should **D** were able to

10 x 4 = 40 marks

LIVEWORKSHEETS

Quiz 3 (Module 3)

Everyday English

C. Choose the correct answer.

1 A: Do you have any advice for me?
B: **a** Really?
b You're welcome.
c Sure!
d I hope it helps.

2 A: You should exercise every day.
B: **a** Yes. You shouldn't.
b How can it help?
c I really want to have a healthier lifestyle.
d It can cause some diseases.

3 A: Eating junk food can cause weight gain.
B: **a** How useful is it?
b Is there anything else I should do?
c OK.
d I see.

4 A: If you eat a balanced diet, it can help you perform better in sports.
B: **a** That's great!
b Sure!
c You shouldn't surf the Internet.
d Yes. You should exercise more.

5 A: Thanks for your advice about healthy eating.
B: **a** Sure! First, you shouldn't eat junk food.
b It can strengthen your body.
c You're welcome. I hope it helps.
d It can cause some diseases.

5 x 4 = 20 marks

LIVEWORKSHEETS