







## Progress test 1

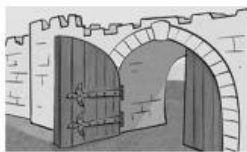
### Vocabulary

#### 1 Look and choose A, B or C.

|   |  |
|---|--|
|    | <p>1 A <input type="checkbox"/> do exercise</p> <p>B <input type="checkbox"/> wash your hands</p> <p>C <input type="checkbox"/> drink water</p>        |
|    | <p>2 A <input type="checkbox"/> mushrooms</p> <p>B <input type="checkbox"/> onions</p> <p>C <input type="checkbox"/> chillies</p>                      |
|   | <p>3 A <input type="checkbox"/> clean my room</p> <p>B <input type="checkbox"/> cook the dinner</p> <p>C <input type="checkbox"/> water the plants</p> |
|  | <p>4 A <input type="checkbox"/> bowl</p> <p>B <input type="checkbox"/> coins</p> <p>C <input type="checkbox"/> lamp</p>                                |
|  | <p>5 A <input type="checkbox"/> play outside</p> <p>B <input type="checkbox"/> eat vegetables</p> <p>C <input type="checkbox"/> do exercise</p>        |
|  | <p>6 A <input type="checkbox"/> wash the car</p> <p>B <input type="checkbox"/> cook the dinner</p> <p>C <input type="checkbox"/> clear the table</p>   |

#### 2 Look and write the words.

dress up   gate   go fishing   measure



1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

## Grammar

### 3 Read and circle.

#### Healthy Living Blog

How often do you exercise? For me the answer is <sup>1</sup> \_\_\_\_\_ (often / never): I play volleyball twice a week. I also <sup>2</sup> \_\_\_\_\_ (always / never) eat vegetables. I eat them every day. I have a special recipe for you. In this recipe, there's <sup>3</sup> \_\_\_\_\_ (some / any) rice and some chillies. There <sup>4</sup> \_\_\_\_\_ (isn't / aren't) any butter. To make it, you first have to <sup>5</sup> \_\_\_\_\_ (carefully / noisily) chop the chillies and then <sup>6</sup> \_\_\_\_\_ (quickly / easily) add the rice. It's delicious!

### 4 Complete the sentences with past tense verbs from the box.

ate   prepared   tidied up   visted



- 1 On Sunday, Karim and his parents \_\_\_\_\_ his grandparents.
- 2 His grandparents \_\_\_\_\_ the food.
- 3 Karim and his family \_\_\_\_\_ a delicious meal together.
- 4 After lunch, Karim and his parents \_\_\_\_\_.

## Reading

5 Read and complete the sentences with words from the box.



I like to be healthy. I <sup>1</sup> \_\_\_\_\_ every day at the sports centre and I eat lots of fruit and vegetables. I like sport, but I like to <sup>2</sup> \_\_\_\_\_, too. It's relaxing. My favourite food is rice with meat and <sup>3</sup> \_\_\_\_\_. It's spicy, but I like it!

Last weekend, I had to help my parents. I had to <sup>4</sup> \_\_\_\_\_ in the garden. On Saturday, I went to the <sup>5</sup> \_\_\_\_\_ with my friends to a special exhibition. We saw some ancient Roman <sup>6</sup> \_\_\_\_\_. It was great!

## Writing

6 Look, read and complete the sentences with words from the box.

chop    drink    Hoover    serve    wash    water



1 I \_\_\_\_\_ water.



2 I \_\_\_\_\_ the floor.



3 I \_\_\_\_\_ the plants.



4 I \_\_\_\_\_ my hands.



5 I \_\_\_\_\_ vegetables.



6 I \_\_\_\_\_ a meal.

## Listening

7  12 Listen and circle A or B.

1



A tomatoes



B mushrooms

2



A Hoover the floor



B wash the car

3



A tidied up



B decorated

4



A museum



B town hall