

Unit 5 Assessment

Name: _____

Part 1 (30 minutes)

Total _____ /35

Grammar and Vocabulary

1 Read and complete the text. (6 points)

Here are three tips on how to best (1) l _____ a _____
_____ yourself when you feel like you have (2) c _____ d
_____ with a cold.

- Rest, rest, rest. It is normal to feel (3) w _____ t.
- Stay in bed if you can. Don't (4) w _____ o _____,
don't even walk. The more you rest, the sooner you will
(5) g _____ o _____ it, and you will be back in the
gym in no time.
- Stay hydrated. Drink lots of lemon water or tea, and
(6) c _____ b _____ n sugary drinks.



2 Choose the best word to complete each sentence. (4 points)

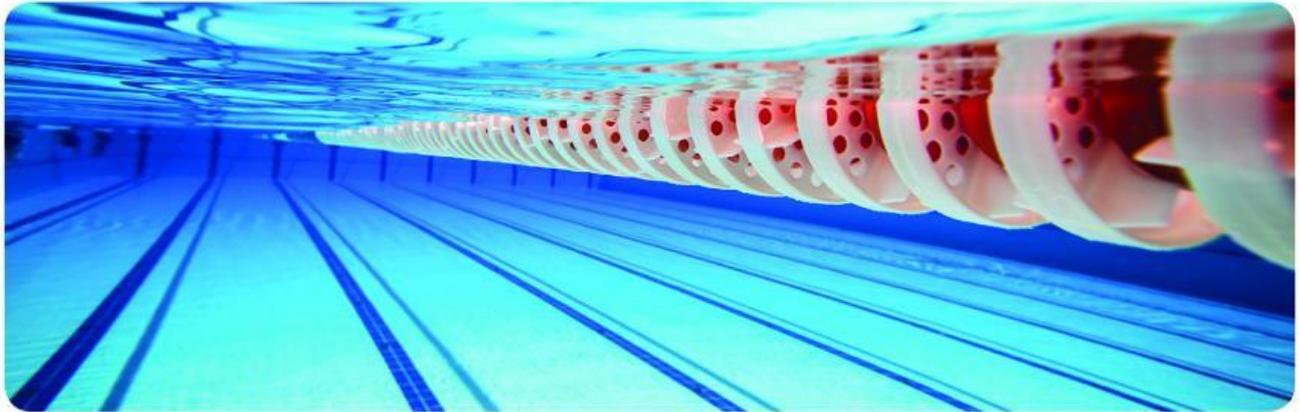
1. My friend Brenda is **disabled** / **depressed** / **enabled**. She can't use her hands in the same way that we do, but she makes amazing art.
2. There are different sports for people who can't walk and use a **chair wheel** / **wheelchair** / **housechair** to move around. Basketball is the most popular one.
3. Some elderly people are **disabled** / **homebodies** / **housebound** because they find it difficult to use public transport.
4. Roger says that he doesn't feel **lonely** / **kind** / **jealous** and that he actually likes spending time by himself at home.



3 Match the columns to make suggestions. (4 points)

- | | |
|---------------------|---|
| 1. They ought | would take a healthy lunch to school every day. |
| 2. Why don't we | to do more exercise! |
| 3. How about | trying a new hobby like walking or running with your dog? |
| 4. If I were you, I | learn to surf? |

4 Put the sentence halves below in the table. (5 points)



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-
-

to swim	swim	swimming

5 Rewrite the sentences using the words in parentheses. (6 points)

1. You need to take up a new sport. (should)

2. We could borrow her kayak. (why don't)

3. They should cut down on sugar. (ought)

4. We ought to buy special shoes. (how about)

5. I like to go to bed early. (enjoy)

6. I should go running to keep fit. (would like)



Reading

1 Read the text and choose the best heading for each paragraph. (4 points)

**(1) Move It! / Feel It!**

We have all been told that we ought to do exercise because it will help us to be fit and healthy, but did you know that exercise can also help people with their mental health?

(2) Movement for the Brain / School Movement

Exercise is especially important for children and teens because it helps the brain in its growing process. The more you practice physical skills, the better your brain becomes at judging space and controlling your movements. It also helps you to think better, to pay attention for longer and to learn more easily. So, doing an outdoor activity can help you to become a better student.

**(3) Movement for Sleep / Movement for a Better Mood**

The chemicals in our brains that make us feel good are called endorphins. When we do exercise, our brain produces more of these chemicals. They help us to feel less depressed, to have more energy and to sleep better. Experts also think that the more we enjoy the activities our bodies can do, the better we feel about them. This can help us to care less about the way we look and have a more positive body image. These are all things that make us feel self-confident or good about ourselves.

(4) Work Out for Your Future / Work Out for Childhood

Doing exercise with others can also help us feel less lonely and anxious. Joining a sports club is a great way to make new friends too! When we are more active as children, we are more likely to continue enjoying exercise for the rest of our lives. Now is the time to keep on moving and work out. What are you waiting for?

2 Complete the blanks with words from Activity 1. (6 points)

Exercise is especially important for (1) _____. Physical activity can help you improve your physical skills, lengthen your attention span and even help you to (2) _____ more easily. When we do exercise, our brains produce (3) _____ that make us feel good. These chemicals also help us to sleep better. Enjoying physical activities can make us feel more self-(4) _____ too. If you can, do exercise with (5) _____. It will make you feel less lonely, and it will help you to (6) _____ enjoying exercise for the rest of your life.