Worksheets

Super goal

Grade 9

Worksheets

Unit 1



LIVEWORKSHEETS

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مدارس ابن خلدون
Ibn Khaldun Schools

Reading

Read the following passage and answer the questions:

Food is an essential part of our lives. We all need food to survive as it provides us with energy and nutrients for healthy growth and development. Eating a well-balanced diet can also help us stay fit and strong.

There are many different types of foods. Fruits and vegetables are great for providing vitamins, minerals, and Fiber to our diets. Grains such as rice, oats, and wheat provide carbohydrates which give us energy. Protein-rich foods like eggs, beans, fish, and meat help with growth and repair of tissues in the body. Dairy products contain calcium which is needed for strong bones.

Eating a variety of foods is important to get all the essential nutrients that our bodies need. Eating a diverse selection of foods also provides us with different flavors and textures, which can make eating more enjoyable.

It is important to remember that food choices should be based on moderation and variety. Too much of any one type of food can lead to health problems.

Answer the following questions:

1- What is main idea of the reading passage?

.....

2- Why do we need food?

.....

3- What are some examples of protein-rich foods?

.....

Choose the correct answer:

4 -	According to the passage, eating a variety of foods help us to ----------			
	a. get all the essential nutrients that our bodies need	b. gain weight	c. feel bored	d. be lazy
5-	According to the passage, eating too much of any one type of food can lead to ----------			
	a. health problems	b. good future	c. good life	d. good health
6-	The underlined pronoun ' It' in paragraph 1 refers to ----------			
	a. life	b. body	c. food	d. flavor

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Vocabulary

1	I ……..time watching TV.						
	a	**stay**	b	**buy**	c	**spend**	d	**sell**
2	He comes from a poor ……						
	a	**background**	b	**backbone**	c	**backache**	d	**package**
3	The **famous** player is proud …… his family.						
	a	**off**	b	**to**	c	**by**	d	**of**
4	Ali is vegetarian. He never eats ……						
	a	**fruit**	b	**vegetables**	c	**meat**	d	**cheese**
5	Ahmed is a health food ……						
	a	**fanatic**	b	**famous**	c	**fantasy**	d	**fantastic**
6	John is an Internet addict. He is …… 5 hours a day.						
	a	**on**	b	**outline**	c	**offline**	d	**online**
7	Steve likes to……. He frequently goes to the gym.						
	a	**work out**	b	**work**	c	**shop**	d	**swim**
8	Max is a ……He usually works 7 days a week.						
	a	**nervous**	b	**workaholic**	c	**lazy**	d	**polite**
9	Someone who works out a lot means……						
	a	**exercise freak**	b	**fatty**	c	**crazy**	d	**hardworking**
10	She is……to shopping. She shops all the time.						
	a	**frightened**	b	**addicted**	c	**free**	d	**not addicted**

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Grammar

Choose the correct answer:

1	We always ..... early.							
	a	sleep	b	sleeps	c	slept	d	sleeping
2	I usually .....out with my friends at the mall.							
	a	hangs	b	hanging	c	hang	d	hanged
3	How .....do you play tennis? I play tennis once a week							
	a	many	b	much	c	often	d	long
4	He usually .....to school early.							
	a	go	b	to go	c	goes	d	went
5	I ..... watch TV on the weekend. I'm always busy.							
	a	never	b	often	c	rarely	d	usually
6	She .....eats vegetables because she is vegetarian.							
	a	never	b	often	c	always	d	sometimes
7	How often do you ..... your cell phone?							
	a	uses	b	use	c	using	d	used
8	He ..... got five friends.							
	a	have	b	has	c	having	d	to have
9	How often.....you study English?							
	a	do	b	does	c	did	d	have
10	They .....English.							
	a	teaching both	b	both teaches	c	both teach	d	both teaching

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1 - Do as shown between brackets:

1- I live in Abha. (Make wh question)

.....

2- He goes to school every day. (Use How often)

.....

3- Can you cook? (Answer)

.....

4- They goes to school by car. (Correct)

.....

2- Fill in the gaps

solving-freak-meat-tennis- effect

1- Adel always plays ..... twice a week.

2- Refaa is vegetarian. She never eats.....

3- I love ..... puzzles in magazines.

4- Fahad is a bit of an exercise .....He works out every day.

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