



Indicators of Learning:

- Uses tell and ask to talk about their plans for the weekend by writing a structured conversation.

General Instructions:

- Students

Exercise 1 – Reading Comprehension (5 pts)

Read the passage and answer the questions. Choose the best answer (a, b, c, or d).

Reading:

In recent years, people have become more aware of the connection between food and health. Nutritionists often recommend a balanced diet that includes fruits, vegetables, protein, and whole grains. However, modern lifestyles make this difficult. Many families eat processed food because it is faster and cheaper than cooking at home. While these foods save time, they often contain too much sugar, salt, or fat. In contrast, traditional diets, such as the Mediterranean diet, are based on fresh ingredients like olive oil, fish, and vegetables, and are considered healthier. Today, some schools and governments are promoting food education programs to teach students how to make better choices. The challenge is balancing convenience with long-term health.

Questions (1 pt each):

1. What do nutritionists usually recommend?
 - a) Only fruits and vegetables
 - b) Eating processed food
 - c) A balanced diet with different food groups
 - d) Avoiding all oils
2. Why do many families choose processed food?
 - a) It is healthier
 - b) It is faster and cheaper
 - c) It tastes better than fresh food
 - d) It has no sugar or salt
3. What is a characteristic of the Mediterranean diet?
 - a) It is based on processed food
 - b) It is considered unhealthy
 - c) It uses fresh ingredients like olive oil and fish
 - d) It avoids vegetables

4. What are some schools and governments promoting today?
 - a) Food education programs
 - b) More fast-food restaurants
 - c) Cheaper processed meals
 - d) Avoiding traditional diets
5. What is the main challenge described in the passage?
 - a) Choosing only fruits
 - b) Balancing convenience and health
 - c) Cooking faster at home
 - d) Avoiding traditional diets

Exercise 2 – Agreement (So / Too / Neither / Either, 10 pts)

Complete the answers. (1 pt each).

1. A: I don't like spicy food.
B: _____
2. A: I enjoy cooking pasta.
B: _____
3. A: I'm very hungry.
B: _____
4. A: I don't drink soda.
B: _____
5. A: I can eat sushi.
B: _____
6. A: I'm not tired.
B: _____
7. A: I like chocolate.
B: _____
8. A: I don't like onions.
B: _____
9. A: I'm excited for dinner.
B: _____
10. A: I don't usually eat breakfast.
B: _____

Exercise 3 – Be Going To (10 pts)

Complete the short conversation using "be going to." (1 pt each).

1. A: What are you _____ (do) after school?
B: I _____ (study) for the test.
2. A: Who are you _____ (see) tomorrow?
B: I _____ (visit) my cousin.
3. A: Are you _____ (cook) dinner tonight?
B: Yes, I _____.

4. A: What time are you _____ (leave)?
B: I _____ (leave) at 6:30 p.m.
5. A: Where are you _____ (travel) next vacation?
B: I _____ (go) to the beach.