

## SUMMATIVE EVALUATION – HEALTHY AND BODY

Student name: \_\_\_\_\_ Grade: \_\_\_\_\_ Date: \_\_\_\_\_

1. Choose the correct option.

A. Eating fruits and vegetables is a \_\_\_\_\_ habit.

- unhealthy
- healthy
- difficult

B. You should drink a lot of \_\_\_\_\_.

- sugar
- water
- salt

C. Doing exercise helps your \_\_\_\_\_.

- body
- homework
- shoes

2. Complete the sentences using the Present Simple.

A. She \_\_\_\_\_ (eat) vegetables every day.

B. \_\_\_\_\_ you \_\_\_\_\_ (exercise) in the morning?

C. My brother \_\_\_\_\_ (not drink) soda.

3. Write the correct imperative based on the idea.

A. Write a health command: \_\_\_\_\_

B. Write a command before exercising: \_\_\_\_\_

4. Read the text and answer.

Maria is a very healthy girl. She wakes up early and eats a big breakfast with fruit. She always drinks water and goes for a walk in the afternoon. She does not eat fast food, and she sleeps eight hours every night.

A. Does Maria drink water? \_\_\_\_\_

B. What time of day does she go for a walk? \_\_\_\_\_

5. Listen to the teacher and answer.

Listening text (teacher reads):

"To stay healthy, you should sleep well, eat vegetables, and avoid too much sugar. Exercising three times a week is also very important."

A. Write one healthy habit you heard: \_\_\_\_\_

B. Write another healthy habit you heard: \_\_\_\_\_

6. Write 4–5 sentences about your own healthy habits.

A. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Complete the sentences using the comparative adjective.

A. Vegetables are \_\_\_\_ than candy.

B. Exercising makes you \_\_\_\_.

C. Sleeping early is \_\_\_\_ for your body.

8. Write the name of the body part.

A. You use them to walk: \_\_\_\_\_

B. You smell with your: \_\_\_\_\_

C. You see with your: \_\_\_\_\_

9. Complete the sentences using should / shouldn't.

- A. You \_\_\_\_ eat too much sugar. (should / shouldn't)
- B. You \_\_\_\_ drink water every day. (should / shouldn't)

10. Match the sentence with the idea.

A. "Go to the doctor."	Staying clean
B. "Wash your hands."	Keeping your body active
C. "Do exercise."	When you feel sick