

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. Read the text and answer

Healthy habits are important for everyone. Eating fruits and vegetables, drinking enough water, and getting regular exercise help our bodies stay strong. It is also important to sleep well and avoid too much junk food. Small healthy choices every day can make us feel more energetic and improve our mood.

A. Write one healthy habit you found: _____

B. Write another healthy habit you identify: _____

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

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
- b. Wash your hands
- c. Do exercise

- Staying clean
- Keeping your body active
- When you feel sick

