



2 Choose the correct option (A, B or C):

1. **What happens during “Healthy Week” at Green School?**
 - a) Students stay at home.
 - b) The school organises activities and presentations about healthy habits.
 - c) Teachers give exams about sports.
2. **What time does Oliver finish school on Mondays and Wednesdays?**
 - a) At ten o'clock.
 - b) At half past four.
 - c) At eleven o'clock.
3. **Where does Oliver sometimes go at the weekend?**
 - a) To a shopping centre.
 - b) To a park near his house.
 - c) To his grandparents' house.
4. **What does Emma like doing in her free time?**
 - a) Playing basketball.
 - b) Listening to music and drawing.
 - c) Visiting the city centre.
5. **Where do Oliver and Emma's parents work?**
 - a) In a school.
 - b) In a hospital.
 - c) In a shopping centre.
6. **Why does Oliver feel ready to learn in the morning?**
 - a) Because he watches TV at night.
 - b) Because he sleeps eight hours and goes to bed at 10 o'clock.
 - c) Because he finishes school at half past four.

3 Complete the sentences with the correct words from the box.

body and mind – three times a week – 10 o'clock – too many sweets – balance – eight hours –
wash their hands

- Healthy habits are important for our _____.
- Oliver plays basketball _____.
- He goes to bed at _____.
- He sleeps _____ every night.
- Emma usually eats _____.
- The parents believe that _____ is important for a healthy life.
- They always _____ before meals.



4 Read the sentences carefully. Select **ONLY** the sentences that are **TRUE**.

- ☐ Good habits give us more energy during the day.
- ☐ Healthy habits are only about food.
- ☐ Students sometimes work in groups at school.
- ☐ Oliver is 12 years old.
- ☐ Oliver sleeps eight hours every night.
- ☐ Emma sometimes eats fruit.
- ☐ Emma uses her phone before going to bed.
- ☐ Emma always feels energetic at school.
- ☐ The parents brush their teeth twice a day.
- ☐ The parents have a shower once a week.