

Online TEST Unit 5

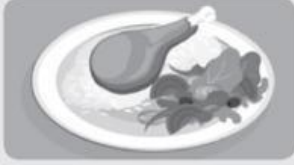
Name: _____

Use of English

1 Complete the sentences with some, any or a/an.

- 0 Drive slowly. There's some snow on the roads.
- 1 I can't pay because I haven't got _____ money.
- 2 Do you want a drink? We've got _____ orange juice in the fridge.
- 3 I haven't got _____ key, so I can't open the door.
- 4 There are _____ vegetables in the fridge. Let's make a vegetarian curry!
- 5 We can't make a cake. There isn't _____ flour.

2 Complete the menu with a list of it's ingredients for each meal.

Royal Hotel Menu	
	Breakfast
	Lunch
	Dinner

3 Choose the right option.

- 0 There aren't ____ cookies, so don't take more than one.
A any (B) many C much
- 1 He has ____ salt on his food. It isn't healthy.
A a lot of B many C much
- 2 There isn't ____ traffic this morning.
A a B many C much
- 3 She's new at this school, so she doesn't know ____ people.
A a B many C much
- 4 ____ much fruit do you eat in a day?

Reading

1 Read the blog.

Which paragraph talks about these things?

Breakfast	Snacks	Exercise
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Have a healthy morning

Be active and eat well





1

First, you need a lot of sleep. How many hours do you sleep each night? It's a good idea to sleep at least 7 hours every night. Go to bed early, and don't stay up late watching TV!

2

Then, in the morning, get up early. You can't feel relaxed when you haven't got much time, so don't stay in bed. Do some exercise before breakfast. Try doing some yoga, or just stretch your body.

3

Next, eat a healthy breakfast. Breakfast is important, and it's good to eat a lot of fruit, cereal and yoghurt, perhaps with some orange juice. But don't eat much meat, and don't eat many sweet things like chocolate.

4

Finally, make a lunchbox with a lot of healthy food in it. Take it with you when you go to work or school. Make sure there are some healthy snacks, like fruit or pieces of vegetables, and eat those when you feel hungry in the middle of the morning.

2 Complete the sentences

1. Sleeping is _____ important
2. Going to bed _____ is a bad idea.
3. Exercise a bit _____ breakfast.
4. _____ fruit and cereal is a good idea.
5. Make a lunchbox to _____ to work or school.
6. Add healthy _____ to eat when you're _____

Writing

1 How can you have a healthy afternoon? Write three creative ideas.



2 Read the questions and answer in full sentence using a lot of, not much/many, etc.

- a. How often do you eat fruit in a week?
- b. How many eggs do you eat in a day?
- c. How much exercise do you do in a day?
- d. How many sweets you have in a month?

Listening

Watch the video and complete the exercises.

1 List the ingredients.



2 Drag and drop each step in the recipe.

POUR - WHISK - SERVE - PUT - REST - HEAT - COOK -

_____ all the ingredients in a bowl.

_____ them into a smooth batter.

Let the batter _____ for thirty minutes.

_____ the pan with medium-temperature.