



# Online TEST Unit 5

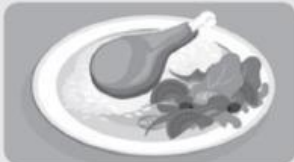
Name: \_\_\_\_\_

## 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?  
A What    B How    C Who
- 5 It's a really big shopping centre. There are \_\_\_\_ shops.  
A much    B some    C a lot of

### 4 Choose the correct answers.

- 0 In Japan, they eat a lot of fish with *jam* / ***rice*** / *cheese*.
- 1 There's lots of food in the fridge if you're *hungry* / *lazy* / *thirsty*.
- 2 I have *dinner* / *breakfast* / *lunch* every morning at about 7.30.
- 3 He eats a lot of burgers, chips and other *unfit* / *unhealthy* / *unhappy* food.
- 4 She doesn't have *milk* / *butter* / *sugar* in her coffee. She prefers it black.
- 5 We've got chickens at home. They lay *apples* / *eggs* / *oranges* every day.



# Reading

1 Read the blog.

Which paragraph talks about these things?

| Breakfast | Snacks | Exercise | Sleep |
|-----------|--------|----------|-------|
|-----------|--------|----------|-------|

**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.                    |
| _____ the batter into the pan.                            |
| _____ your pancakes for one minute on each side.          |
| _____ on a plate with fruits, cream or whatever you like. |

