

**1**

### Choose the correct answer

Choose the best answer A, B, C, or D.

- My brother enjoys \_\_\_\_\_ stamps in his free time.  
A. collect      B. collecting      C. collected      D. collects
- You should drink more water because it is \_\_\_\_\_ for your health.  
A. harmful      B. healthy      C. junk      D. lazy
- We often \_\_\_\_\_ litter in the park on Sundays.  
A. pick up      B. picks up      C. picked up      D. picking up
- Lan loves \_\_\_\_\_ photos of flowers.  
A. take      B. takes      C. taking      D. took
- They \_\_\_\_\_ books and clothes to poor children last week.  
A. donate      B. donates      C. donated      D. donating



Good choices  
brighter  
future!



**2**

### Match and complete

Match the beginnings (1-5) with the endings (A-E).

- My favourite hobby is
- We should eat
- My class cleaned up
- The students donated
- You should wash

- your hands before meals.
- old books to children in need.
- collecting coins.
- the playground yesterday.
- more vegetables every day.

Your answers:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**3**

### Complete the sentences

Use the words in the box.

exercise    hobby    planted    donated    clean    helpful    water

- My favourite \_\_\_\_\_ is reading books.
- Yesterday, we \_\_\_\_\_ trees in the schoolyard.
- My family \_\_\_\_\_ clothes to poor children last month.
- Drinking enough \_\_\_\_\_ is good for your body.
- We should do more \_\_\_\_\_ to stay fit.
- Students can do many \_\_\_\_\_ activities in their neighbourhood.



**4**

### Rearrange the words

Put the words in the correct order to make sentences.

- enjoy / I / reading / books / . \_\_\_\_\_
- should / you / exercise / more / . \_\_\_\_\_
- planted / trees / we / last weekend / . \_\_\_\_\_
- help / elderly people / can / we / . \_\_\_\_\_
- hobby / what / is / your / favourite / ? \_\_\_\_\_



Practice  
today  
Progress  
tomorrow!

**5**

### Find and correct the mistake

Underline the mistake and write the correct word.

- She like taking photos of nature. \_\_\_\_\_
- We should eating more fruit and vegetables. \_\_\_\_\_
- They donates books to the library yesterday. \_\_\_\_\_
- My hobby are collecting dolls. \_\_\_\_\_
- He don't do morning exercise every day. \_\_\_\_\_



6

Fill in each blank in the following email with a suitable word. (1.0 pt)

Dear Anna,

Thanks for your email. Now I'll tell you about my favourite (1) \_\_\_\_\_.  
 I have some hobbies, but my favourite is making greeting cards.  
 I (2) \_\_\_\_\_ this hobby two years ago. Now I can make different  
 kinds of cards (3) \_\_\_\_\_ my family, teachers, and friends. It's an easy  
 hobby. I just need some coloured paper, coloured pencils, and some glue.  
 Making cards (4) \_\_\_\_\_ me more patient and creative. I enjoy it so much.  
 I'm sending you a card next week (5) \_\_\_\_\_ your birthday. I hope you'll  
 like it.

Love,  
 Mi



7

Read the text and tick (✓) the appropriate boxes. (1.0 pt)

## STUDENT VOLUNTEERS NEEDED!

We are looking for some student volunteers for our school projects.

### 1. Helping the elderly at the Good Care Nursing Home (GC project)

Every Saturday morning, we go to the Good Care Nursing Home in our neighbourhood.

Here are the things we do:

- read books to the elderly
- talk with the elderly
- water flowers and vegetables in the garden



### 2. Helping children at the New Hope Centre (NH project)

Every Sunday morning, we help the children at the New Hope Centre.

Volunteers can:

- tutor small children in maths, literature, or English
- organise games for them
- plant vegetables in the garden



You can join one of these two projects. Interested students should speak to your form teacher.  
 You must have written permission from a parent.

Tick (✓) the correct boxes.

| No. | Statements                                              | Yes                      | No                       |
|-----|---------------------------------------------------------|--------------------------|--------------------------|
| 1   | The GC project takes place every Saturday morning.      | <input type="checkbox"/> | <input type="checkbox"/> |
| 2   | Volunteers in the GC project read books to the elderly. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3   | The NH project helps children at the New Hope Centre.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4   | Students can join both projects at the same time.       | <input type="checkbox"/> | <input type="checkbox"/> |
| 5   | Students need written permission from a parent.         | <input type="checkbox"/> | <input type="checkbox"/> |

## 7. Read and Tick the Correct Project

Tick (✓) the correct column.

| In which project, volunteers ...? |                                  | GC project | NH project |
|-----------------------------------|----------------------------------|------------|------------|
| 1.                                | do activities on Sunday mornings |            |            |
| 2.                                | water flowers                    |            |            |
| 3.                                | read books                       |            |            |
| 4.                                | help with school subjects        |            |            |
| 5.                                | talk with people                 |            |            |

## 8. Complete the Sentences

Choose the correct word or phrase from the box to complete each sentence. (2.0 pts)

help

exercise

ride

drink

eat

sleep

stay

recharge

healthy

positive

1 Exercise every day to keep your body \_\_\_\_\_.

2 You should \_\_\_\_\_ enough water every day.

3 I can \_\_\_\_\_ my bike in the park.

4 Children should \_\_\_\_\_ fruit and vegetables.

5 We need to \_\_\_\_\_ for about eight hours at night.

6 These tips can \_\_\_\_\_ you keep fit.

7 Doing sports is a good way to \_\_\_\_\_ every day.

8 Sleep helps your body \_\_\_\_\_ after a long day.

9 It is important to \_\_\_\_\_ active and happy.

10 Thinking in a good way helps you stay \_\_\_\_\_.