

Grade 5. Test 5. Food and Health.

1 Listen to Ann and David's conversation. Write true or false.

- 1 David loves cycling. _____
- 2 David eats a lot of sweets. _____
- 3 David has a healthy lifestyle. _____
- 4 Ann is very lazy. _____
- 5 There are some swimming pools in Ann's city. _____

2 Listen again. Choose the correct answers.

- 1 David ____ playing tennis.
a doesn't like b loves c doesn't mind
- 2 David usually eats ____ when he wants a snack.
a crisps b vegetables c nuts
- 3 David ____ fruit.
a eats a lot of b doesn't eat much c never eats
- 4 Ann likes ____.
a playing volleyball b all sports c swimming
- 5 Ann's favourite place for swimming is ____.
a the swimming pool b the sea c the river

3 Read the definitions. Write the words.

- 1 This fruit can be red, green or yellow. _____
- 2 You can make this snack with two pieces of bread and some cheese or meat. _____
- 3 This is the most common drink in the world. It's usually free! _____
- 4 We get this food from the sea. _____
- 5 There's a lot of sugar in these. They're an unhealthy snack. _____

4 Complete the sentences.

- 1 Are you t_____? Would you like a drink?
- 2 Alan can't come to school today. He's i_____.
- 3 Sara exercises every day. She's very a_____.
- 4 You go to bed late. You're always t_____!
- 5 Fruit and nuts are h_____ snacks.
- 6 I want to eat now. I'm h_____!
- 7 Anna runs and swims a lot. She's f_____.
- 8 Sweets and fizzy drinks are u_____ foods.
- 9 How are you today? Are you w_____?
- 10 Tom sits on the sofa all evening. He's l_____!

5 Complete the sentences using the -ing form of the verbs in the box.

go	swim	help	chat	eat	run
play	get up	do	wait	sit	

I love running. It's my favourite sport.

- 1 Mary hates _____ early in the morning.
- 2 Do you prefer _____ video games or watching TV?
- 3 We don't mind _____ for the bus.
- 4 My brother likes _____ pizza.
- 5 Do you like _____ in the sea?
- 6 Tina doesn't like _____ her maths homework.
- 7 I like _____ next to my friend Max in class.
- 8 I hate _____ to the shopping centre.
- 9 I don't mind _____ my mum in the kitchen.
- 10 Watching TV is OK, but I prefer _____ to friends.

6 Choose the correct words.

- 1 There isn't **some** / **a** / **any** juice in the fridge.
- 2 Is there **many** / **much** / **a** cheese on that pizza?
- 3 I eat **any** / **a lot of** / **much** pasta when I'm hungry.
- 4 Would you like **an** / **any** / **a** apple?
- 5 How **much** / **any** / **many** sweets do you want?

7 Complete the dialogue with the words in the box.

else would I'll ~~can~~ please have

- Waiter** Hi. Can I help you?
- Jane** Yes, can I ¹ _____ a burger, please?
- Waiter** Sure. ² _____ you like salad or chips with that?
- Jane** Salad, ³ _____.
- Waiter** Anything ⁴ _____?
- Jane** ⁵ _____ have some juice, please.
- Waiter** OK. That's £4.50, please.

8 Complete the interview with phrases a–k. Write the correct letters in the gaps.

Hi, Rita. What's your a?

I love ¹ ____! I run in the London Marathon every year, and I sometimes run in the New York Marathon.

Really? A marathon is ² ____ forty kilometres, right?

Yes. It's a very long race. I can run a marathon in about three hours. My ³ ____ is two hours and fifty minutes.

That's fast! Are you ⁴ ____?

Yes, I am. I train a lot. I run in the park every day, even in winter. I ⁵ ____ running in the cold or the rain.

How do you prepare for a marathon?

It's important to get a ⁶ ____ the night before the marathon. I always have a good meal, too – I usually have a ⁷ _____. I don't drink any fizzy drinks, but I drink a lot of water.

I want to run a marathon. What advice ⁸ ____ me?

Don't run a marathon ⁹ ____! It can be dangerous. Start with shorter races – maybe five or ten kilometres. Eat ¹⁰ _____. Walk or run a few kilometres every day. Don't be lazy!

- ~~a favourite sport~~
- b really fit**
- c bowl of pasta**
- d more than**
- e without training**
- f lot of sleep**
- g running marathons**
- h can you give**
- i don't mind**
- j healthy food**
- k best time**