

Unit 3 Test

1. Listen and number the pictures.



2. Complete the text with words from the box.

eat

do

sleep

is

lots

take

brush

It ¹ _____ important to have healthy habits. You need to ² _____
eight hours a night. You need to ³ _____ exercise every day. You need to
⁴ _____ your teeth twice a day and ⁵ _____ fruit and other
healthy food. You need to drink ⁶ _____ of water, and you need to
⁷ _____ a shower every day.

3. Join the parts of the sentences and write them.

Eating junk food

Eating too many candies

Doing exercise

is good for you because

is bad for you because

your bones grow strong.

they contain a lot of sugar.

it can make you fat.

4. Select the correct option.

- 1 How _____ hours do you sleep at night?
a) many b) much c) more
- 2 _____ watch too much TV.
a) Don't b) Is c) When
- 3 I always _____ my teeth at night.
a) do b) take c) brush
- 4 I play soccer _____ a week.
a) twice b) always c) all
- 5 How _____ do you eat sweets?
a) many b) often c) much
- 6 Don't eat too much _____ food.
a) fat b) trash c) junk
- 7 Sleeping ten hours a night is _____ for you.
a) good b) well c) nice
- 8 Calcium helps bones and teeth _____.
a) go b) grow c) grew
- 9 Eat a lot of _____ food.
a) health b) fizzy c) healthy
- 10 Soft drinks are bad for you because they _____ a lot of sugar.
a) contain b) contains c) take

Well done!