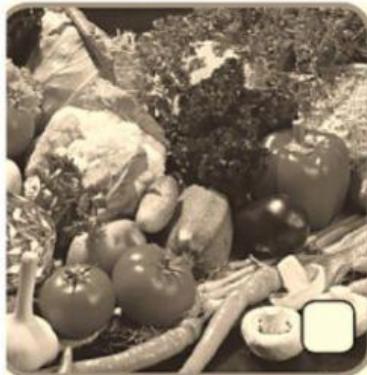


# Unit 3 Test

1. Listen and number the pictures.



2. Complete the text with words from the box.

eat      do      sleep      is      lots      take      brush

It <sup>1</sup> \_\_\_\_\_ important to have healthy habits. You need to <sup>2</sup> \_\_\_\_\_ eight hours a night. You need to <sup>3</sup> \_\_\_\_\_ exercise every day. You need to <sup>4</sup> \_\_\_\_\_ your teeth twice a day and <sup>5</sup> \_\_\_\_\_ fruit and other healthy food. You need to drink <sup>6</sup> \_\_\_\_\_ of water, and you need to <sup>7</sup> \_\_\_\_\_ 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!**