

## UNIT 10 TEST

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

Class: \_\_\_\_\_ Date: \_\_\_\_\_

1. **VOCABULARY:** Fill in the boxes with either healthy or unhealthy activities from the list below. (\_\_\_/8)

Smoking, cycling, getting enough sleep, sunbathing, eating sugar, watching lots of T.V,  
drinking water, balanced diet,

Healthy

Unhealthy

|       |       |
|-------|-------|
| _____ | _____ |
| _____ | _____ |

2. **VOCABULARY:** Write the correct words in the gaps using the words in the box below. (\_\_\_/8)

good shape, works out, junk food, balanced diet, lots of sugar, healthy, lifestyle, bad shape

Alicia has a \_\_\_\_\_ lifestyle. She's in \_\_\_\_\_ because she \_\_\_\_\_ at the gym every day. She eats healthy food, like fresh fruits and vegetables. She has a good \_\_\_\_\_. Robert doesn't have a good \_\_\_\_\_. He's in very \_\_\_\_\_ because he never goes to the gym. He eats lots of \_\_\_\_\_ with \_\_\_\_\_ in the food, so he's over weight.

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**4. GRAMMAR: Give advice using modal verbs for the situations below. Could !, should/ought to !!, Must/have to!!! ( \_\_6)**

1. Your brother is overweight. !!

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2. You want your friend to not smoke. !!!

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3. Your mother doesn't sleep enough. !

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4. Your sister wants to pass her exam. !

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5. You want to win the science competition. !!

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6. Your friend is playing on the computer too much. !

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**5. GRAMMAR. Write the correct modal verb into the sentences below. ( \_\_/10)**

1. We \_\_\_\_\_ go to the cinema yesterday, because we were too busy.

2. You \_\_\_\_\_ do more exercise, if you want to lose a little weight.

3. We \_\_\_\_\_ invite Dane to our party, he is a very nice guy.

4. My sister \_\_\_\_\_ quit smoking. She has a lot of breathing problems.

5. We missed the bus again today. We \_\_\_\_\_ be more responsible.

6. I told my younger sister she \_\_\_\_\_ watch too much T.V. It's bad for her eyes.

7. Sunbathing is very bad. We \_\_\_\_\_ spend any time in the sun without sunscreen.

8. Arata works too much. She \_\_\_\_\_ take more rest.

9. Jamie wants to win an Olympic gold medal. I said he \_\_\_\_\_ train every day.

10. I \_\_\_\_\_ drink too much coffee. It gives me a headache.

6. **WRITING.** Write about your lifestyle. Are you healthy? How often do you do exercise? What sorts of foods do you eat? Do you get enough sleep? What are some good habits of yours? What are some bad habits of yours? How can you improve your lifestyle? (\_\_\_/10)

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.