

## **Term 3 English Continuous assessment 2021-2022- Grade 5 BTS**

**Q1. Read the following text and answer the following multiple-choice questions. Each question carries 2 marks.**

What do you eat for breakfast? A good breakfast is an important part of staying healthy and active. Your body requires the energy you get from food. It uses that energy to help you grow, move, and think. When you eat a healthy breakfast, your brain works better. You can focus in class, learn more, and do better in school. A healthy breakfast also helps you to avoid feeling hungry. You can make better food choices when you eat lunch and have snacks later in the day. When you eat a healthy breakfast, you have more energy. This way you can enjoy doing more things. A healthy breakfast also helps your hands and eyes work together better, making it easier for you to play sports. So don't skip breakfast! It's a very important meal.

How many adjectives are in the following sentence: A good breakfast is an important part of staying healthy.

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- Three adjectives
- Four adjectives

From where do you get the energy for your body?

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- Market
- Food

What happens to your brain when you eat a healthy breakfast?

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- The brain works better
- The brain doesn't work

What type of image would tell a reader more about this text?

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- a picture of a calendar
- a picture of a healthy breakfast

What should you do to be a better sportsperson?

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- Don't eat breakfast
- Eat a healthy breakfast

**Q2. Fill in the blanks in the given text from the words given in the box below. Each blank carries 1 mark.**

breakfast	are	they	to	for
and	have	and	is	has

1. There \_\_\_\_\_ many healthy choices for breakfast.
2. One good choice \_\_\_\_\_ eggs.
3. Eggs \_\_\_\_\_ a lot of protein, and protein helps your body grow.
4. Protein is also important \_\_\_\_\_ making your muscles strong.
5. It helps to stop hunger, too, so you feel more satisfied \_\_\_\_\_ you eat.
6. Some people prefer fresh fruit for \_\_\_\_\_.
7. Fresh fruit is very good for you, too. For example, a banana \_\_\_\_\_ yogurt make a tasty and healthy breakfast; so does a fruit smoothie.
8. It is best \_\_\_\_\_ avoid high-fat breakfast foods such as doughnuts.
9. They are not good for you, and \_\_\_\_\_ do not really satisfy your hunger.
10. It is wiser to choose a breakfast that \_\_\_\_\_ whole grains, fruit, and protein. What will you have for breakfast tomorrow?

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