Quarter III Examination

Student's name:..... Teacher's name: .....

Sex: Male ○ Female ○ Date: ...../...../.....

Class:...../Grade: **Family and Friend 4** Time allowance: 60 mn

40

Reading

Passage 1

We all want to be fit and healthy, so here are some tips to help.

Take lots of exercise

Watching TV or playing computer games won't make you fit, but playing sports will. You can join a club or play with your friends in a park. If you don't like team sports, you can walk to school, go swimming or try skating instead. Regular exercise makes you feel stronger and gives you more energy.

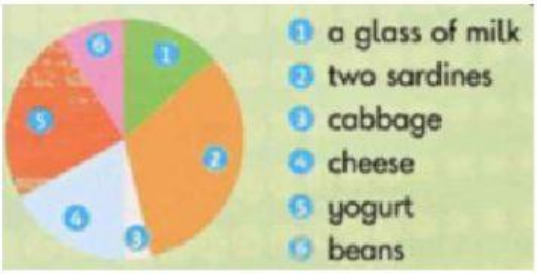
Eat a healthy diet

Sweets, chocolate and crisps are fun to eat sometimes, but it is not good to eat them every day. These foods contain too much sugar, fat or salt. Make sure you eat vegetables, such as cabbage, with every meal, and plenty of fruit, too. Fruit and vegetables help you stay healthy and grow strong.

Drink lots of water and milk

Water or juices are better for you than fizzy drinks because fizzy drinks contain lots of sugar. Eating a lot of sugar is bad for your teeth. One can of cola contains about nine teaspoons of sugar! Milk is good because it contains lots of calcium. You need calcium to help your 206 bones to grow and keep your teeth strong.

There is this much calcium in a serving of



A. Read and complete the sentence (...../7marks)

1. Walking and skating are types of_____.
2. Exercises give you more _____.
3. You should eat _____ with your meal.
4. There is a lot of _____ in fizzy drinks.
5. _____ has got a lot of calcium.
6. Vegetables help you to stay _____.
7. Calcium keeps your _____ strong.

LIVEWORKSHEETS

Passage 2

What will life be like in 200 years' time?

In 200 years' time, there will be lots more people, so it will be too crowded on Earth. I think we will have to build new cities in space. People will live in space stations in very tall flats **(a).**

There will be schools on the space stations for children **(b).** Life on the space stations will be very different, so there will be special classrooms for children to learn more about their new life **(c).** But there won't be any playgrounds. Maybe children will have robots to help them with their homework and tell them when to go to bed **(d).** I think that the way we travel around the space stations will also be different. We will all travel in mini spaceships which will be very fast **(e).** You won't be able to buy a spaceship because they will be very expensive. Instead, the spaceships will be like trains for everybody to use **(f).**

B. Read the text and write down the compound nouns(……../4marks)

8. _____
9. _____
10. _____
11. _____

C. Read the notes. Match them with the sentence a-f in the text. (……../6marks)

12. children-school- space stations _____
13. robots – homework – bed _____
14. classrooms – new life _____
15. travel – mini spaceships – fast _____
16. 200 years – crowded – cities in space – flats _____
17. spaceships – expensive – train _____

Passage 3

August 20th

14 Hilltop View Road Oxford
Oxford

Dear Dan,

How are you?

We had a really ___18___ start to our summer holiday this year. My family and I were on the train to Cornwall. It was a long ___19___ but it was comfortable and we all __20____. Suddenly, we heard the train's ___21___ and we all woke up. "Oh no, it's eight o'clock!" Mum said. "We missed our station!"

We had to get off at the next station. Dad asked the ticket seller the time of the next ___22___ back to our station. But he said, "There aren't any more trains today. The next train leaves tomorrow morning. But I can book you into a ___23___. Follow me."

On the way to the hotel, I was ___24___ because the town seemed small and unexciting. But in the town centre, we saw some ___25___ and heard some music. There was a festival and a ___26___! After we checked in to the hotel, we went and joined the festival. We had a fantastic evening and it was a ___27___ start to our holiday!

Write soon to tell me about your holiday

From,

Finn

LIVEWORKSHEETS

D. Use the words from a-j to complete the space in the letter.(Write the answer in the space provided) (……../10marks)

I. Brilliant	E. Journey	I. hotel
J. disappointed	F. whistle	J. fall asleep
K. Unusual	G. Train	
L. fireworks	H. fair	

Answer

18.	19.	20.	21.	22.	23.	24.	25.	26.	27.

E. Read and write True or False(……../7marks)

1. _____The journey was quite short.
2. _____Finn enjoyed the start of his holiday.
3. _____The family got off the train at the wrong station,
4. _____They caught a train to their station the same day.
5. _____They join the festival before they checked in to the hotel.
6. _____They had a fantastic evening.
7. _____Their holiday was brilliant!

Passage 4

Gulliver's Travels

My name is Gulliver and when I was a young man, I went travelling. I joined a ship and sailed to the islands of the South Pacific. It was a brilliant voyage at first. We sailed across the Atlantic Ocean and the Indian Ocean. But one day there was a terrible storm and I fell into the water. Finally I swam to an island. I walked on the beach and looked around me. There were no people and no houses. I was very tired, so I fell asleep on the sand.

When I woke up in the morning, I couldn't move. I was lying on my back and my arms and my legs were tired to the ground. I was very ho in the sun and I was frightened. Suddenly I saw a very small man. He was about 15cm tall and he was walking on my leg! Then I saw lots of small men on my arms and my legs. I shouted and, in surprise, the men fell off my body. Then I spoke to them in English. They didn't understand my language, but they saw that I was friendly.

I pointed at my mouth to show I was hungry and they brought me some food. Their food was normal, but it was very, very small. I ate lots of tiny loaves of bread and lots of tiny pieces of cheese and a lot of meat. I finished my meal and then hundreds of men and thousands of horses carried me to their city. It was a very long journey.

When I arrived at the city, I looked around me. The houses were smaller than my feet and I was bigger than the trees. The king and the people were kind to me, so I stayed on the island. I learnt that I was in Lilliput and I learnt their language. I played with their children and I gave them some presents such as my watch and some coins. These things were enormous for them. Eventually, I left the city and travelled again.

LIVEWORKSHEETS

F. Read and put the sentences in the correct order. (...../6marks)

8. _____He went to an island.
9. _____He had some food.
10. _____He went on a ship.
11. _____He went to a city.
12. _____He fell in the sea.
13. _____He saw some little men.

LIVEWORKSHEETS