NEW BUILDING BRIDGES 8 ■ 2019./2020.

READING TEST 2 (U5-6)- POWER FOODS- REVISION

TOTAL: 20 POINTS

R

POWER FOODS

A Sentences **a-f** have been removed from the text. Read the sentences and the text very carefully. **Choose which sentence a-f matches which paragraph.**
(Rečenice **a-f** su uklonjene iz teksta. Pažljivo pročitaj te rečenice i tekst. **Odaberi koja rečenica a-f pripada kojem odlomku.**)

6 POINTS

a) Eat them before doing sport.
b) Eat these foods before sitting down to do schoolwork, because they are full of protein and healthy fats.
c) It's never too early to start thinking about what you eat!
d) This is a mineral which helps our body stay **healthy** and fight illness.
e) You need about ten glasses every day.
f) If you have them as **snacks**, you will have a nicer smile, and you can even kiss somebody.



People, like all living organisms, need food to live. Food gives us energy for every action we do, from doing homework to running. It helps us build and **repair** things in our body, and it helps our organs function well. A good choice of food can make us healthier – and, believe it or not, more beautiful and successful as well. You may be surprised by the following list, but the food on it is really great for you. **1** _____

FOR MORE ENERGY



Pasta, potatoes and breakfast **cereal** all have a lot of carbohydrates and are real energy-givers. **2** _____ If you have them before an important football match or a swimming competition, make sure you have a full plate.



FOR STRONGER IMMUNITY

Did you know that eggs have many different vitamins and a lot of **zinc**? **3** _____ If you eat eggs, you will be healthier.

FOR BETTER CONCENTRATION

4 _____ Chicken, fish and nuts **increase** the production of dopamine in your brain, which helps you concentrate. If you eat **grilled** (not **fried**) chicken, fish and nuts, you will remember more of what you are studying.



FOR WHITER TEETH

Apples and raw carrots are similar to small toothbrushes which polish your teeth, and after eating them your mouth will smell sweet. **5** _____





FOR CLEARER SKIN

Walnuts are rich in omega-3 fatty acids, and after eating them you will have fewer **pimples**. Water is necessary for fresh, healthy-looking skin. **6** _____ If you drink a lot of it, your skin will be as beautiful as a baby's.

B Read the text again. **Match the words in colour from the text with their definitions.**
(Pročitaj tekst još jednom. **Spoji obojane riječi iz teksta s definicijama.**)

8 POINTS

1	things like a sandwich, chocolate or apple that you eat between meals	_____
2	fix something that is not working well	_____
3	small infected spots on the skin of the face	_____
4	make larger in number or amount	_____
5	physically strong and not often ill	_____
6	cooked without fat, on an open fire or in an oven	_____
7	cooked in hot fat or oil	_____
8	food made from grain, such as cornflakes or muesli	_____

C Read the text again. Write **the opposites of words 1-6** from the text.
(Pročitaj tekst još jednom. **Upiši riječi suprotnog značenja od riječi 1-6 iz teksta.**)

6 POINTS

1	cooked – _____	4	more – _____
2	empty – _____	5	poor – _____
3	forget – _____	6	uglier – _____