

E.C.E.C.

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1st Junior

Diagnostic Test

Big English Plus 3 - Units 1 to 6

DICTION

Listen to the teacher and write down the sentences.

- a) _____.
- b) _____.
- c) _____.
- d) _____.
- e) _____.

LISTENING COMPREHENSION

Listen and write "TRUE" or "FALSE".

- 1) Amy and Luke want to make breakfast for their mother.
- 2) There aren't any onions for the pizza.
- 3) Amy and Luke eat all the cheese and olives.
- 4) There isn't any turkey.
- 5) There isn't a surprise for mum.

GRAMMAR

Look at the chart. Complete the sentences with the right word.

SOMETIMES - ALWAYS - USUALLY - NEVER

Leo's chores	Mon	Tue	Wed	Thu	Fri
study for a test	✓		✓		
clean his room	✓	✓	✓		✓
make his bed	✓	✓	✓	✓	✓
do the dishes					

- 1) Leo _____ studies for a test.
- 2) He _____ cleans his room.
- 3) He _____ makes his bed.
- 4) He _____ does the dishes.

READING COMPREHENSION - Read the text and answer the questions.

www.teen_health.org

Exercise, eating and sleeping are important parts of our daily routine. Exercise every day for at least 60 minutes. Eat the correct number of calories so that you have the energy to exercise. Get the correct amount of rest. Read on to answer some simple questions.

What are calories? Are they important?

A calorie is a measure of the energy you get from food. Some foods are high in calories and other foods aren't. Your body needs a certain number of calories to do all the things you do every day. But if you eat more calories than your body needs, you put on too much weight. Lots of activity and exercise burns a lot of calories. Very little activity or exercise doesn't burn a lot of calories. For example, Michael Phelps, the Olympic Swimmer, ate 12,000 calories every day during the Olympic Games but he didn't put on weight because he burnt all the calories!



Why is being active good for us?

It helps our hearts stay healthy. It makes our bones strong and it creates muscles. Being active is really important for young and old people. Activities that use lots of energy are best. Dancing is really good for your body. Riding a bike and swimming are also good for your body. But watching TV or playing video games are bad for your health if you do them too much. That's because you sit in the same place to do them.

Is there a right amount of sleep?

Yes. Sleeping is good for your health but sleeping too much or too little is definitely bad for you. Doctors say between 9 and 10 hours of sleep is best for teenagers. When we sleep, we rest our bodies and our brains. Then we're ready for activity again the next day.

Paying attention to what exercise you do helps you stay fit. How much do you do? How much time do you spend in front of the TV or computer? How many hours a night do you sleep? Do you eat the right things? Be honest!

a) What's a calorie? _____

b) Why do people put on weight? _____

c) Why didn't Michael Phelps put on weight?

d) What does exercise or activity do for our bodies?

e) Why is watching TV or playing video games unhealthy?

WRITING

Read the questions and answer about yourself.

1) Do you like flying kites?
_____.

2) What do you eat on Sundays?
_____.

3) How many friends have you got?
_____.

4) Who cooks dinner in your house?
_____.

5) What's your grandmother's name?
_____.

6) What's your favourite game?
_____.