

## Grade 7 General Term 2 (2020-21) **READING SKILLS CHECK 2**

### Read the text and choose the right answer

Hi Samir,

Yesterday, while I was at my football training, I felt unwell. I was running very (1) \_\_\_\_\_ and I felt tired. So, while others (2) \_\_\_\_\_, my brother took me to the hospital. At the hospital, the doctor (3) \_\_\_\_\_ about how important it is to stay hydrated, have (4) \_\_\_\_\_ nutrients and eat a balanced diet. Now, I understand that I need to drink (5) \_\_\_\_\_ water, so my blood can carry nutrients around the body.

My brother was always excellent at sports. He had (6) \_\_\_\_\_ achievements and I always wanted to be like him. Last week, while he was getting ready for his training, he gave me (7) \_\_\_\_\_ advice. He told me how having a balanced diet is (8) \_\_\_\_\_. He explained that doctors say that a balanced diet means getting enough carbohydrates, vitamins and fats. To have enough energy we need to eat (9) \_\_\_\_\_ protein. He explained the importance of (10) \_\_\_\_\_ hydration and getting a good night's sleep. These are especially important for concentration.

Your Cousin

Yasir

*Choose the correct answer:*

#### Question 1

- (1) \_\_\_\_\_  
*easily*  
*lightly*  
*slowly*

#### Question 2

- (2) \_\_\_\_\_  
*were running*  
*was running*  
*were run*

#### Question 3

- (3) \_\_\_\_\_  
*were saying*  
*was talking*  
*was talked*

**Question 4**

(4) \_\_\_\_\_

*lots of*  
*a few*  
*several*

**Question 5**

(5) \_\_\_\_\_

*a little amount of*  
*several*  
*plenty of*

**Question 6**

(6) \_\_\_\_\_

*amazed*  
*amazing*  
*amaze*

**Question 7**

(7) \_\_\_\_\_

*a lot of*  
*several*  
*a large*

**Question 8**

(8) \_\_\_\_\_

*much useful*  
*very important*  
*really practical*

**Question 9**

(9) \_\_\_\_\_

*a lot of*  
*a few*  
*a large*

**Question 10**

(10) \_\_\_\_\_

*great*  
*nice*  
*good*



*My best wishes of success*

