



## 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*

