

Quiz 3 (Unit 3)

NAME: _____

DATE: _____

CLASS: _____

MARK: _____

100

(Time: 30 minutes)

Vocabulary

A. Choose the correct answer.

- 1 You shouldn't _____ up late the night before a big test at school.
A get **B** stay
C socialise **D** take
- 2 Team sports help _____ relationships among teens.
A prevent **B** boost
C reduce **D** balance
- 3 Fiona wants to take up a healthy _____ like swimming to help her lose weight.
A menu **B** function
C nutrient **D** hobby
- 4 Don't eat too much _____ food or you will gain weight.
A dairy **B** starchy
C drinks **D** junk
- 5 How can I get _____ without going to the gym?
A stress **B** energy
C fit **D** body

- 6 Eggs are a great way to get _____ in your diet.
A dairy **B** protein
C carbs **D** minerals
- 7 Going to the gym is a great way to _____ stress and relax.
A reduce **B** increase
C prevent **D** take up
- 8 You need to eat a _____ diet to stay healthy.
A stressed **B** regular
C balanced **D** enough
- 9 Henry _____ three times a week at the gym.
A checks up **B** stays up
C exercises **D** surfs the Internet
- 10 John's doctor told him that he should include fruit and _____ in his diet.
A vegetables **B** fats
C carbs **D** water

10 x 4 = 40 marks

Quiz 3 (Unit 3)

Grammar

B. Choose the correct answer.

- 1 He didn't pick _____ swimming until he was a teenager.
A up B out
C on D at
- 2 You _____ skip meals if you want to strengthen your body.
A can B mustn't
C aren't able to D should
- 3 When I was young, I _____ run long distances.
A didn't have to B can't
C don't have to D couldn't
- 4 If Lisa exercises more, she _____ feel more energetic.
A mustn't B might
C was able to D can't
- 5 The doctor told Paul that he _____ follow a healthier diet if he wanted to get fit.
A have to B mustn't
C had to D couldn't

- 6 On my morning runs, I always _____ out for rocks or any dangerous things on the street.
A look B call
C bring D hand
- 7 If you want to stay healthy, you _____ exercise regularly.
A can't B had to
C couldn't D must
- 8 _____ you lift heavy weights when you first started working out at the gym?
A Should B Can
C Could D Must
- 9 _____ exercise every morning to build muscle?
A I have to B Do I have to
C I must D Mustn't I
- 10 You _____ drink lots of water before and after you exercise.
A can't B couldn't
C should D were able to

10 x 4 = 40 marks

Quiz 3 (Module 3)

Everyday English

C. Choose the correct answer.

1 A: Do you have any advice for me?

- B: a Really?
- b You're welcome.
- c Sure!
- d I hope it helps.

2 A: You should exercise every day.

- B: a Yes. You shouldn't.
- b How can it help?
- c I really want to have a healthier lifestyle.
- d It can cause some diseases.

3 A: Eating junk food can cause weight gain.

- B: a How useful is it?
- b Is there anything else I should do?
- c OK.
- d I see.

4 A: If you eat a balanced diet, it can help you perform better in sports.

- B: a That's great!
- b Sure!
- c You shouldn't surf the Internet.
- d Yes. You should exercise more.

5 A: Thanks for your advice about healthy eating.

- B: a Sure! First, you shouldn't eat junk food.
- b It can strengthen your body.
- c You're welcome. I hope it helps.
- d It can cause some diseases.

$5 \times 4 = 20$ marks