

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 x 4 = 20 marks