

**I/ Read the recipe for a chef's salad and fill in the gaps with the words given.**

|             |              |            |               |            |             |
|-------------|--------------|------------|---------------|------------|-------------|
| <b>pour</b> | <b>slice</b> | <b>add</b> | <b>remove</b> | <b>mix</b> | <b>boil</b> |
|-------------|--------------|------------|---------------|------------|-------------|

### Instructions

- (35) \_\_\_\_\_ the eggs for 10 minutes.
- Wash the lettuce leaves and put them into a salad bowl.
- Cut the cheese and the ham into small pieces and add them to the bowl.
- (36) \_\_\_\_\_ the cucumber and cut the tomato into pieces, then add them to the bowl.
- (37) \_\_\_\_\_ the shell from the eggs, slice them and put them on top of the salad.

### For the dressing

- (38) \_\_\_\_\_ the mayonnaise, tomato ketchup, olive oil and vinegar into a small bowl and (39) \_\_\_\_\_ them well.
- (40) \_\_\_\_\_ salt and pepper.

### Chef's Salad

#### Ingredients

- 2 eggs
- 8 lettuce leaves
- 150g Edam cheese
- 4 slices ham
- 1 small cucumber
- 1 large tomato

#### Dressing

- 2 tablespoons mayonnaise
- 1 tablespoon tomato ketchup
- 1 tablespoon vinegar
- 1 tablespoon olive oil
- Salt and pepper

## II/ Free-Time Activities

In our busy lives, free time is important because it allows us to relax and do the things we enjoy. Many people have different hobbies and activities they like to do during their free time. Some people enjoy playing sports such as football, basketball, or swimming. These activities are not only fun but also help keep us healthy and

strong. Others prefer more relaxing activities like reading books, watching movies, or listening to music.

For example, reading books is a great way to escape into a different world. Books can take us on adventures, teach us new things, and help us understand other people's experiences. Watching movies is another popular activity. People love to watch movies with family or friends to enjoy a story together.

Some people enjoy creative activities like drawing, painting, or playing a musical instrument. These activities allow people to express themselves and create something unique. No matter what you like to do, free time is important because it helps us recharge and stay happy.

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### **Comprehension Questions:**

1. What are some activities people enjoy in their free time?

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2. Why is free time important?

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3. How does reading books help people?

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4. What are two creative activities mentioned in the passage?

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5. What is the main idea of the passage?

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### III/ Fill in the blanks with one suitable given word:

|                  |                |             |                  |             |               |             |
|------------------|----------------|-------------|------------------|-------------|---------------|-------------|
| <b>nutrients</b> | <b>healthy</b> | <b>junk</b> | <b>sometimes</b> | <b>mood</b> | <b>fruits</b> | <b>fats</b> |
|------------------|----------------|-------------|------------------|-------------|---------------|-------------|

Eating the right kinds of food is important for staying **(1)**\_\_\_\_\_. Healthy foods, such as **(2)**\_\_\_\_\_, vegetables, and whole grains, provide our bodies with the **(3)**\_\_\_\_\_ and energy we need. These foods help us stay strong, improve our **(4)**\_\_\_\_\_, and give us enough energy to do our daily activities. On the other hand, eating too much **(5)**\_\_\_\_\_ food, like chips, candy, and fast food, can be bad for our health. These foods are often high in sugar, salt, and unhealthy **(6)**\_\_\_\_\_, which can lead to weight gain and other health problems. It's important to enjoy unhealthy foods **(7)**\_\_\_\_\_ and choose healthy options most of the time.