

Integrated Test Unit 5 (Listening+Reading) , Grade 5, Semester 2 (A1 Level, English Plus 1)

Instructions: You have 40 minutes to finish. Total: 24 questions.

Track 2.05

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Variant 1

Part 1: Listening

Task 1: Multiple Choice

Listen to the audio and choose the correct answer.

1. What do sumo wrestlers eat for lunch?
 - a) Pasta
 - b) Chankanabe
 - c) Sandwiches
2. How much do the heaviest sumo wrestlers weigh?
 - a) 140 kilos
 - b) 190 kilos
 - c) 160 kilos
3. When do sumo wrestlers train?
 - a) From 5 a.m. to 1 p.m.
 - b) From 6 a.m. to 12 p.m.
 - c) From 7 a.m. to 2 p.m.
4. What do sumo wrestlers do after lunch?
 - a) Train
 - b) Sleep
 - c) Go for a walk
5. What type of food is chankanabe?
 - a) Dessert
 - b) Meat or fish with vegetables
 - c) Fried food
6. How many bowls of chankanabe do they sometimes eat?
 - a) Two or three
 - b) Four or five
 - c) Six or seven

Task 2: True or False

Listen to the audio and decide if the following statements are true or false.

7. Most top sumo wrestlers weigh more than 140 kilos.
 8. Sumo wrestling is considered a very healthy lifestyle.
 9. Sumo wrestlers usually eat a big breakfast.
 10. Chankanabe contains a lot of fat.
 11. Sumo wrestlers eat small portions of chankanabe.
 12. After meals, sumo wrestlers sleep instead of exercising.
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Part 2: Reading

Instructions: Read the text carefully and answer the questions in the tasks below.

Text for Reading:

In Mozambique, people enjoy a variety of meals that include both local and international dishes. A typical meal might have rice, beans, and chicken. Many people love to eat fish, which is often served with vegetables. Fresh fruit, like mangoes and bananas, is a common dessert. Snacks like nuts and crisps are also popular. In schools, students can buy food from vending machines, which offer sandwiches, drinks, and sweets. To stay healthy, it's important to eat balanced meals and avoid too many fizzy drinks or snacks high in sugar.

Task 3: Sentence Completion

Complete the sentences with the correct words.

13. In Mozambique, a typical meal includes rice, beans, and _____.
14. Fish is often served with _____.
15. For dessert, people commonly eat fresh _____ like mangoes.
16. Snacks like _____ and crisps are popular in Mozambique.
17. Vending machines in schools offer sandwiches, drinks, and _____.
18. To stay healthy, it is important to avoid too many _____ drinks.

Task 4: True or False

Decide if the following statements are true or false.

19. In Mozambique, rice is a common part of meals.
20. Fish is rarely eaten in Mozambique.
21. Mangoes are a common type of fresh fruit dessert.
22. Vending machines in schools offer only healthy food.
23. Snacks high in sugar are good for staying healthy.
24. Balanced meals are important for a healthy lifestyle.

