

Progress test 1

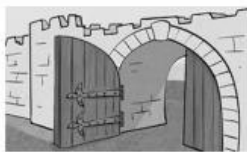
Vocabulary

1 Look and choose A, B or C.

	1 A ☐ do exercise B ☐ wash your hands C ☐ drink water
	2 A ☐ mushrooms B ☐ onions C ☐ chillies
	3 A ☐ clean my room B ☐ cook the dinner C ☐ water the plants
	4 A ☐ bowl B ☐ coins C ☐ lamp
	5 A ☐ play outside B ☐ eat vegetables C ☐ do exercise
	6 A ☐ wash the car B ☐ cook the dinner C ☐ clear the table

2 Look and write the words.

dress up gate go fishing measure



1 _____ 2 _____ 3 _____ 4 _____

Grammar

3 Read and circle.

Healthy Living Blog

How often do you exercise? For me the answer is ¹ _____ (often / never): I play volleyball twice a week. I also ² _____ (always / never) eat vegetables. I eat them every day. I have a special recipe for you. In this recipe, there's ³ _____ (some / any) rice and some chillies. There ⁴ _____ (isn't / aren't) any butter. To make it, you first have to ⁵ _____ (carefully / noisily) chop the chillies and then ⁶ _____ (quickly / easily) add the rice. It's delicious!

4 Complete the sentences with past tense verbs from the box.

ate prepared tidied up visted



- 1 On Sunday, Karim and his parents _____ his grandparents.
- 2 His grandparents _____ the food.
- 3 Karim and his family _____ a delicious meal together.
- 4 After lunch, Karim and his parents _____.

Reading

5 Read and complete the sentences with words from the box.



I like to be healthy. I ¹ _____ every day at the sports centre and I eat lots of fruit and vegetables. I like sport, but I like to ² _____, too. It's relaxing. My favourite food is rice with meat and ³ _____. It's spicy, but I like it!

Last weekend, I had to help my parents. I had to ⁴ _____ in the garden. On Saturday, I went to the ⁵ _____ with my friends to a special exhibition. We saw some ancient Roman ⁶ _____. It was great!

Writing

6 Look, read and complete the sentences with words from the box.

chop drink Hoover serve wash water



1 I _____ water.



2 I _____ the floor.



3 I _____ the plants.



4 I _____ my hands.



5 I _____ vegetables.



6 I _____ a meal.

Listening

7  12 Listen and circle A or B.

1



A tomatoes



B mushrooms

2



A Hoover the floor



B wash the car

3



A tidied up



B decorated

4



A museum



B town hall