



WRITTEN EVALUATION UNIT 3 “HEALTHY HABITS”

YEAR 7

Student´s name					Mark
Course:		Date		Percentage	
Teacher's name					
Score	51 points		Obtained Scored		
Aim: By the end of this evaluation, students will be able to: - Demonstrate reading comprehension, doing 3 reading comprehension activities. - Apply The Present Simple Tense, doing 4 activities. - Reflect upon the evaluation, responding 4 questions.					
Instrucciones generales: Work alone and quietly/ Trabaje solo y en silencio. If there is a question or doubt, rise your hand and wait for you teacher to come to your desk/ Si necesita algo o tiene una duda, levante su mano y espere a que la profesora acerque. Stay in your place, even if you have finished your test./ Permanezca en su lugar, aunque haya terminado su prueba.					

Activities

1. Look at the following pictures and respond the questions. /Mira las siguientes imágenes y responde las preguntas.

Yes or No? Healthy Lifestyle Discussion Cards Esther stays inside most of the time watching TV and playing on her computer. Is this healthy? yes no 	Yes or No? Healthy Lifestyle Discussion Cards Billy chooses fruit for pudding three times a week instead of cake. Is this healthy? yes no 
Yes or No? Healthy Lifestyle Discussion Cards Tommy does not like to try new foods and asks for chicken nuggets and chips every dinner time. Is this healthy? yes no 	Yes or No? Healthy Lifestyle Discussion Cards Amara loves playing outside with her friends. Is this healthy? yes no 

a) What activity is good for your body? 1 point.

b) From the pictures, select one unhealthy life activity and explain how you would do it different. Justify your answer. 4 points



c) From the picture of Tommy, What would you say to him about eating just nugget and chips for dinner?. Justify your respond 4 points

2. True or false. T/F. State if the sentence is true or false. / Verdadero o Falso. T/F. Señala si la oración es verdadero o falso. 2 points each

- a) ___ Amara loves playing outside.
- b) ___ Tommy asks for chicken pudding.
- c) ___ Esther most of the time is playing on her computer.
- d) ___ Billy loves playing outside.
- e) ___ Billy choses cake.

3. Select the correct word for the following expressions related to the previous pictures. / Selecciona la palabra correcta para las siguientes expresiones relacionadas con la imagen anterior. 2 points each

SELECTS – WATCHING - CHIPS

- a) Billy _____ fruit for pudding.
- b) Esther most of the time _____ on the computer.
- c) Tommy prefers _____ for diner time.



4. Read and complete the sentences with the correct form of the Present Simple Tense. / Lee y complete las oraciones con la forma correcta del Tiempo Presente Simple. 1 point each

- a) My friends _____ (Sleep) (Not) 8 hours every day.
- b) Tammy _____ (Drink) 4 litres of Water per day.
- c) Judith _____ (Eat) a lot of fruit on Sunday.
- d) Jeremy _____ (Eat) (Not) chips on Monday.

5. Multiple Choice. Select the correct alternative./ Selecciona la alternativa correcta. 2 points each

5.1 Chips contain a lot:

- a) Sugar and calories
- b) vitamins and sugar
- c) Vitamins and minerals

5.2 Junk food _____ your body:

- a) Helps
- b) Guides
- c) Harms

5.3 Junk food contain:

- a) Vitamins, proteins and sugar
- b) Fat, sugar and calories
- c) Calories, fat and minerals

5.4 Sugar drinks contain:

- a) Colourings and sugar
- b) Vitamins and proteins
- c) Proteins and minerals



5.5 An example of a nutritive breakfast is:

- a) Tea, Oats and Toasts.
- b) Biscuits, Tea and a piece of cake.
- c) Milk, piece of cake and biscuits.

6. Read and select the best word for the following sentences. Use the words below. / Lee y elige la mayor palabra para las siguientes oraciones. Usa las palabras de abajo. 1 point each

eats – don't add – doesn't – swap - chews

- a) You have to _____ biscuits and sweets for raw vegetables
- b) You _____ a lot salt to your meals.
- c) Mary _____ consume fruits.
- d) My friend _____ gum every day.
- e) Allison _____ a lot green vegetables.

7. Read, find and correct the mistake. / Lee, encuentra y corrige el error. 2 points each

- a) My cousins eats fruit on Sunday
- b) Glen doesn't has between eight and nine hours of sleep each day.
- c) Bill and Rose don't swaps sweets for fruit.



8. Write one sentence in the present simple tense related to healthy habits. Use one of the verbs below./ Escribe una oración en el tiempo presente simple relacionada con hábitos saludables. Usa uno de los dos verbos de abajo. 1 point each

Verbs: Sleep – Drink

a) _____



Final Reflection

Lee y responde las siguientes preguntas, fundamente tus respuestas.

1. ¿Cuál fue el ítem más difícil de la Evaluación? Justifica tu respuesta, entregando dos argumentos.

2. ¿Cuál ítem te habría gustado que hubiese sido diferente? ¿Por qué?

3. ¿Cómo te sentiste realizando esta Evaluación? ¿Por qué?

4. ¿Cómo sientes que fuiste preparado para esta evaluación? Justifica tu respuesta dando dos argumentos.
