

**PART B: READING****I. Read the passage and fill each blank, using the words in the box.**

eager	volunteers	and	make	dump	so
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Mr. Brown and some (1) \_\_\_\_\_ are on a very dirty beach now. Today they are ready to (2) \_\_\_\_\_ the beach a clean and beautiful place again. After listening to Mr. Brown's instructions, they are divided into three groups. Group 1 needs to walk along the beach. Group 2 should check the sand, (3) \_\_\_\_\_ group 3 has to check among the rocks. Garbage must be put into plastic bags, and the bags will be collected by Mr. Brown. He will take the bags to the garbage (4) \_\_\_\_\_. They all are (5) \_\_\_\_\_ to work hard to refresh this area.

**II. Read the passage, and then choose the correct answer.****HEALTHY DIET**

There are two important matters in eating. First is eating enough food. If people eat too little food or wrong food, they will not have enough energy. If they eat too much, they are easy to get overweight. Secondly is eating right food. It means we need to eat correct quantity of each type of food. For example, it is not good to eat too much food in high-calories group and too little fresh and vegetable. So, how do we have a right and balance diet?

Firstly, we need to reduce the amount of high-calories food. Fat in that type of food may lead you to heart disease.

Secondly, you also should not eat too much sugar. You can completely get energy from other food. Eating sugar is bad for your teeth.

Thirdly, it is good to have a rich-fibre diet. We can find fibre from rice, bread, etc. It is nutrients. It can give you lots of energy, but it does not contain much calories, so you are not afraid of getting overweight when you eat much fibre.

1. How many important matters do we need to care in eating?

→ \_\_\_\_\_

2. What will happen if we do not eat enough food?

→ \_\_\_\_\_

3. What will happen if we eat too much food?

→ \_\_\_\_\_

4. What type of food may lead us to heart disease?

→ \_\_\_\_\_

5. What type of food is harmful to our teeth?

→ \_\_\_\_\_

6. What type of food should we eat much?

→ .....

**III. Read the passage carefully, then choose the correct options.**

In 2019, Spain was the healthiest country in the world. The secret is their Mediterranean diet. This diet focuses on healthy fats and proteins. This includes cold tomato soup, plenty of seafood (especially fish), and veggies. Spanish people say that they have some of the most delicious salads in the world. Due to the Mediterranean diet, the Spanish suffer from fewer diseases than the rest of the world. Physical health is important, but mental health is important too. Eight out of ten Spanish people are happy. Why? A major reason is the weather. Spain has beautiful weather all year round. Another reason is that Spain is home to a lively and relaxing culture. The Spanish enjoy the simple pleasures of life.

1. In 2019, Spain was number \_\_\_\_\_ in health.

A. one      B. two      C. ten

2. The Mediterranean diet includes \_\_\_\_\_

A. lots of vegetables    B. red meat    C. potato soup

3. Spanish people \_\_\_\_\_

A. have more diseases than the rest of the world.

B. have fewer diseases than the rest of the world.

C. do not have diseases.

4. Beautiful \_\_\_\_\_ makes the Spanish happy.

A. beaches      B. houses      C. weather

5. The Spanish enjoy \_\_\_\_\_

A. good food      B. simple pleasures    C. good education

## PART C: WRITING:

### I. Do as directed in brackets.

1. Fast food/ my/and/ fried food/ mother/ eats/ never/ (rearrange the words to make a simple sentence)

→

2. father / going jogging/interested/My/ everyday/ keep fit /is/in/to. (Rearrange the words to make a simple sentence)

3. My sister/not use/ suncream/ winter. (Complete each the sentence using the cues given)

→

4. How/ students/your school/ do/ help/ the people/ flooded areas/ last year? (complete the sentences)

→

5. Carol is creative. Her brother is creative, too. (write into a simple sentence)

→ Both Carol and \_\_\_\_\_

6. We sing for the elderly at a nursing home. We also dance for them, too. (write into a simple sentence)

→ We \_\_\_\_\_

7. Eating too much fast food is not good for your health.

→ You shouldn't \_\_\_\_\_

8. Doing outdoor activities is good for your health.

→ You should \_\_\_\_\_

9. Having a healthy diet doing more exercise is a good idea.

→ You should \_\_\_\_\_

10. My brothers are fond of going fishing at the weekends. (Use enjoy to rewrite the sentence)

→ My brothers \_\_\_\_\_

### 11. Find and correct ONE mistakes in the following sentence:

Ann's father didn't like watching ice hockey on TV. He thinks it's boring.

A

B

C

D

→

### 12. Find and correct ONE mistakes in the following sentence:

We planted trees and donate them to the homeless children at the orphanage last year.

A

B

C

→

13. What should you do when you are putting on weight? (answer the question with "should")

→ I should \_\_\_\_\_

14. What did you do to help the people in flooded area last month? (answer the question)

→

15. Do you want to join community activities? Why? (answer the question)

→

### II. Write a short paragraph (about 60 - 80 words) about your hobby, including these ideas:

1. What the name of your hobby is. 2. When you started it.

3. Who you want to share hobby with. 4. How you think about your hobby.

5. Whether you intend to continue this hobby in the future or not.

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### III. Write a short paragraph (about 60 - 80 words) about your community activities, using the cues below:

1. What your community activities are.

2. How often you take part in these activities.

3. Who you join these activities with.

4. What the benefits of these activities are.

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The end