

SCHOOL: _____ NAME: _____
CLASS: _____ DATE: _____

ENGLISH FORM 1

Topic: **NEW YEAR, NEW YOU**

Theme: People and Self

Read the text carefully in each question. Choose the best answer A,B or C. For each question, mark the correct answer A,B or C.CEFR LEVEL



1. What is the purpose of Healthy Life Café for kids?

- A. To sell fast food
- B. To promote healthy eating
- C. To give free snacks

2. What is the special offer at the café?

- A. Buy one meal, get two free
- B. Buy two healthy meals and get a free drink
- C. Free meal on weekends



3. Which goal helps improve health?

- A. Sleep late
- B. Exercise three times a week
- C. Watch more TV

4. What can you do to be a better person?

- A. Be kind to everyone
- B. Ignore your friends
- C. Play games all day

Saving for a Better You

Tip of the Day:

A little planning goes a long way in saving money!

Make a list before shopping. Avoid buying things you don't need.

5. What should you do before shopping?

- A. Make a list
- B. Buy more snacks
- C. Forget your plan

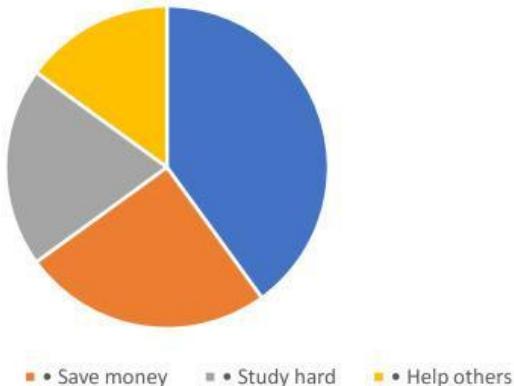
6. What is the meaning of "goes a long way"?

- A. It is useless
- B. It is very helpful
- C. It is very far

Hobbies of Students (Chart)

New Year Goals of Form 1 Students – SMK Cendana

New Year Goals of Form 1 Student -SMK Cendana



- Exercise more – 40%
- Save money – 25%
- Study hard – 20%
- Help others – 15%

7. From the chart, we know most students want to _____.

- A. play more games
- B. exercise more
- C. sleep more

8. The least popular goal is _____.

- A. help others
- B. save money
- C. study hard

Activity 2: Fill in the blanks

1. This year, I want to _____ more.
(Example: read / help / exercise)
2. I plan to _____ every weekend.
(Example: clean my room / visit my grandparents / study)
3. I want to _____ my time better.
4. I will _____ kind to my family and friend

Activity 3: Match the words Gapped Text

Read the text below. 2 sentences have been removed from the text for 1 to 2, choose from the sentences A-B to fit each gap.

My favorite subject is English; my goal this year is to speak English fluently. 1_____ it helps me communicate with people from different countries. I also enjoy reading stories and writing essays in English.

Learning English is Important because it is a global language. 2_____ knowing English will help me in my future career and when I travel to other countries. In conclusion, English is my favourite subject because it is fun, interesting and useful.

A	Many people around the world use English to talk, write, and share ideas
B	I enjoy learning English because it is very interesting and useful

Activity 4: Choose the correct sentence

- a) I will helps my mother.
- b) I will help my mother.
- c) I will helping my mother.

- a) I will study hard this year.
- b) I will studied hard this year.
- c) I studying hard this year.

Activity 5: Write your own sentence

1) Write one way you can be a better person this year.

Example: I will say thank you to my teachers.

2) Write one habit you want to start this year.

Example: I want to read one book every month
