SUMMATIVE EVALUATION – HEALTHY AND BODY

Student name: _____ Grade: _____ Date: _____

1. Choose the correct option.

A. Eating fruits and vegetables is a _____ habit.

• unhealthy

• healthy

• difficult

B. You should drink a lot of _____.

• sugar

• water

• salt

C. Doing exercise helps your _____.

• body

• homework

• shoes

2. Complete the sentences using the Present Simple.

A. She _____ (eat) vegetables every day.

B. _____ you _____ (exercise) in the morning?

C. My brother _____ (not drink) soda.

3. Write the correct imperative based on the idea.

A. Write a health command: _____

B. Write a command before exercising: _____

4. Read the text and answer.

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Maria is a very healthy girl. She wakes up early and eats a big breakfast with fruit. She always drinks water and goes for a walk in the afternoon. She does not eat fast food, and she sleeps eight hours every night.

A. Does Maria drink water? _____

B. What time of day does she go for a walk? _____

5. Listen to the teacher and answer.

Listening text (teacher reads):

"To stay healthy, you should sleep well, eat vegetables, and avoid too much sugar. Exercising three times a week is also very important."

A. Write one healthy habit you heard: _____

B. Write another healthy habit you heard: _____

6. Write 4–5 sentences about your own healthy habits.

A. _____

_____

_____

_____

7. Complete the sentences using the comparative adjective.

A. Vegetables are _____ than candy.

B. Exercising makes you _____.

C. Sleeping early is _____ for your body.

8. Write the name of the body part.

A. You use them to walk: _____

B. You smell with your: _____

C. You see with your: _____

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9. Complete the sentences using should / shouldn't.

A. You _____ eat too much sugar. (should / shouldn't)

B. You _____ drink water every day. (should / shouldn't)

10. Match the sentence with the idea.

A. "Go to the doctor."	Staying clean
B. "Wash your hands."	Keeping your body active
C. "Do exercise."	When you feel sick

LIVEWORKSHEETS