Name: ..... group: .....

Subject: ..... Date : .....

Healthy and Unhealthy Habits

Green Valley Elementary School
Receptive basic
English Assessment – Reading and Listening
Reading the text, choose the correct answer.

Tom is a student. Every day he tries to have healthy habits.
In the morning, Tom eats fruit and drinks water. He also walks to school.
In the afternoon, he plays soccer with his friends.
But sometimes Tom has unhealthy habits. He eats too much candy and watches TV for many hours.
Tom knows healthy habits help him feel strong and happy.

After reading the text, choose the correct answer.

1.What does Tom eat in the morning?

1. **Candy**
2. **Fruit**
3. **Pizza**

2.How does Tom go to school?

1. **By car**
2. **By bus**
3. **Walking**

3.What sport does Tom play?

1. **Soccer**
2. **Basketball**
3. **Tennis**

4.What unhealthy habit does Tom have?

1. **Drinking water**
2. **Eating candy**
3. **Playing sports**

5.Healthy habits help Tom feel:

1. **Strong and happy**
2. **Angry**
3. **Tired**

LIVEWORKSHEETS

Intensive Listening

1

Listen and choose the correct word.

What does the speaker drink?

a) Juice
b) Water
c) Soda

What sport does the speaker play?

a) Soccer
b) Tennis
c) Baseball

What does the speaker eat for lunch?

a) Vegetables
b) Candy
c) Pizza

What unhealthy food does the speaker eat?

a) Fruit
b) Candy
c) Rice

What does the speaker do all night?

a) Study
b) Watch TV
c) Sleep

Selective Listening

2

Listen and decide if the habit is Healthy (H) or Unhealthy (U).

1. **Eating fruit ( )**
2. **Drinking soda every day ( )**
3. **Playing outside ( )**
4. **Sleeping very late every night ( )**
5. **Drinking water ( )**

LIVEWORKSHEETS

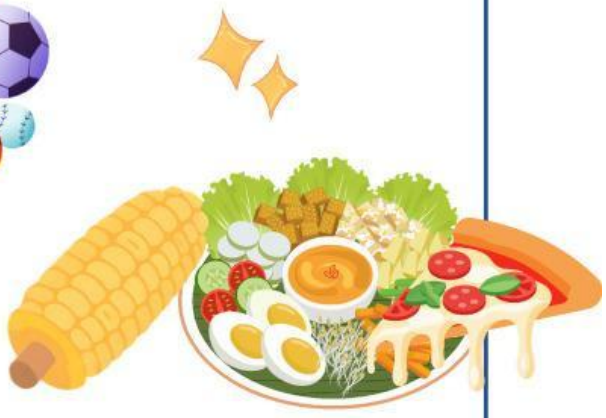
Extensive Listening

3

Listen to the conversation and answer the questions.

What does Luis eat in the morning?

What does he drink?



What sport does he play?

Does he eat junk food every day?

Is eating chips healthy or unhealthy?

LIVEWORKSHEETS

Name: ..... group: .....

Subject: ..... Date : .....

Interviews

Green Valley Elementary School
Intermediate (Adults)
English Assessment – Speaking and Writing
Topic: Interviews.

JOB INTERVIEW

1 **Instructions: Record an audio recording where you simultaneously act as the interviewer and the candidate.**

Ask all the questions.

Ask at least one follow-up question for each answer.

Questions:

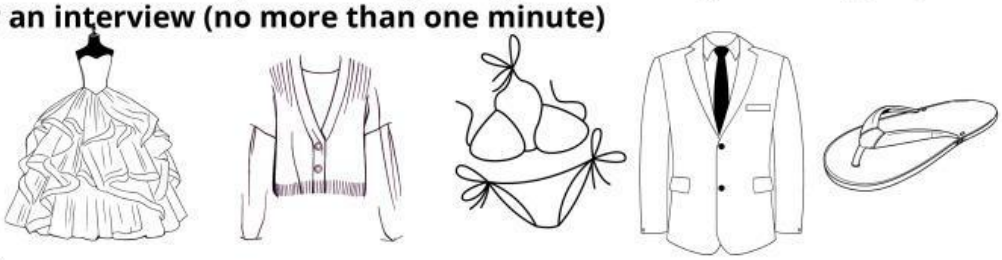
1. **Tell me about yourself.**
2. **What is your experience?**
3. **What are your strengths and weaknesses?**
4. **Why do you want this job?**
5. **Where do you see yourself in five years?**

Useful Expressions:

- **"I believe that..."**
- **"In my experience..."**
- **"Could you explain more?"**

(You can use a different voice to enhance the character.)

2 **Record an audio clip describing the type of clothing that is appropriate for an interview (no more than one minute)**



LIVEWORKSHEETS

JOB APPLICATION EMAIL

3 **Instructions:**
Write a formal email applying for a job position.

Situation:
You want to apply for a job at a company (to apply for your dream job). Write an email to the manager.

Include:

1. **Greeting**
2. **Reason for writing**
3. **Your experience and skills**
4. **Why you are a good candidate**
5. **Closing**

Length: 150–200 words

LIVEWORKSHEETS