

Dictation:

Complete the spelling of words.(1)

1) People with higher e ucation usually live l nger. 2)A balanced diet c ntains fruits and veget bles.

Vocabulary:

A) Fill in the blanks with the words given. There is one extra word. (3)

(**check-measures-depressed-improves-serving-diet-prevents**)

- 1) My sisterherself every month.
- 2) The dish has about 250 calories per
- 3) Eating fruit is an important part of a healthy
- 4) We know that eating healthy food helps us live longer anddiseases.
- 5) Every six months you shouldyour general health such as blood pressure or heartbeat.
- 6) Our healthwhen we visit our relatives and friends.

B) Match the definition in column (A) with the words in column (B). There is one extra word in column (B). (2)

- | | |
|-----------------------------|--------------|
| (A) | (B) |
| 1) relating to the emotions | a. rare |
| 2) without worry | b. emotional |
| 3) not often | c. blood |
| 4) a red liquid in our body | d. calm |

C)Choose the correct choice. (2)

- 1)Do you know sitting a lot health risks.
a) measures b) prefers c) decreases d) increases
- 2)"Why isgood for our health?" "Because it makes us happy"
a) snack b) laughter c) member d) pressure
- 3) I go out andevery morning at 6.
a) jog b) hang c) surf d) climb
- 4) David hasn't exercised for a long time and now he's fat .I think he is a real
a) paper boy b) social event c) coach potato d) healthy man

D) One odd out. Circle the different word in each group.(1)

- 1) a)harmful b)valuable c)friendly d)worthy
- 2) a)carrot b)candy c)onion d)potato

E)Match columns A and B (2)

- | | |
|----------------|----------|
| A | B |
| 1) un | a) ous |
| 2) dis | b) like |
| 3) happi | c) happy |
| 4) danger..... | d) ness |

Grammar:

A) Choose the correct choice. (3)

- 1) She always enjoys.....to the theater, but she doesn't have enough time theses days.
a)go b)going c)to go d)goes

- 2) Jack is an artist. Hemany beautiful pictures.....10 years. A
 a) drew-since b) has drawn-for c) drew-for d) has drawn-since
- 3) He has.....in the factory. Instead, he works for a big car company.
 a) quitted-workings b) quit-to work c) quit-working d) quitted-to work
- 4)helps your body keep healthy.
 a) exercise b) exercising c) has exercised d) will exercise
- 5)Itwo poem books since I moved to this city.
 a)wrote b)written c)have written d)am going to read
- 6)"NO"means that you cannot catch fish in this area.
 a)FISH b)TO FISH c)FISHED d)FISHING

B)Unscramble the following sentences.(2)

- 1) to /you / ever / travelled/ India / have /?
- 2)two hundred miles/ without / he / stopping / drove /.

C)Choose the correct one.(1)

- 1)Alice is interested (in / to) playing tennis.
 2)"Have you checked (in / to)?" "Oh, yes. I am in my room now."

Reading:

A) Cloze passage:

Choose the correct choice . (1.5)

Eating junk food makes people ...1...weight, and increases the ...2...of heartattack. Eating balanced servings of bread, fruits, protein, and other healthy food is ...3.... for everyone.

- 1)a)make b)gain c)lose d)get
 2)a)risk b)title c)plan d)belief
 3)a)dangerous b)useless c)impossible d)necessary

B)Read the following passage and answer the questions. (1.5)

One of the things that help our health is having enough sleep . Sleeping enough at the right time can help increase your mental and physical health. Studies have shown that those who sleep less may gain more weight. Adults should sleep between 7-9 hours every night. Children and teenagers need even more sleep. It helps their growth and development. Lack of sleep can damage your body and increase the risk of heart attack. It also will influence the way you think, react, work, learn, and get along with others.

1. Children need sleep less than 8 hours every night. a>true b>false
 2. Sleeping doesn't influence our work. a>true b>false
 3. Sleeping well helps our health. a>true b>false