

IN THE NAME OF THE ONE CREATOR

GRADE 11 – LESSON 2

DATE: 96 / 12 / 2

TIME: 35'

NAME :

SINA PRIVATE HIGH SCHOOL

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

hang – rarely – prefer – pressure – habits – measure – a bit

- 1. I think that you 've been fat. Don't you exercise?
2. You should give up your bad if you want to have more friends.
3. They are going to out with their friends on the weekend.
4. How do they the weight of an elephant?
5. I staying at home to going to the cinema. What about you?
6. Ramin is a quiet boy. He speaks to other people.

B) Match the definations with the words. (2)

- 1. with all parts existing in the correct amount () a. recent
2. without worry () b. decrease
3. happening a short time ago () c. balanced
4. make smaller or less () d. calm
e. emotion

C) Add a prefix or a suffix from the box to the following words to make meaningful ones. (2)

- nature -> play ->
health -> correct ->
home -> safe ->
translate -> day ->

or – re – al – in – mid – less – y – un

D) Which one is different from the others? (2)

- 1) a. carrot b. onion c. tomato d. quince
2) a. surfing b. running c. walking d. jogging
3) a. couch potato b. win c. lazy d. addiction
4) a. illness b. patient c. sickness d. disease

E) Find the synonyms or antonyms of the words given among the front column. Two extra words. (3)

- 1. gain weight # 7. stop =
2. decrease # 8. around =
3. useful # 9. such as =
4. dangerous # 10. risk =
5. order # 11. sadly =
6. asleep # 12. give up =

like harmful check out
quit nearly lose weight
prevent increase unfortunately
safe disorder look after
danger awake

F) Grammar: Write the correct form of the verbs given in the blanks. (2)

- 1. Maryam's brothers in the rain since an hour ago. (walk)
2. she fast food yet? (eat)
3. I believe that Chinese is not easy. (learn)
4. We were tired of so many dishes. (wash)

G) Grammar: Put the words in the correct order. (1)

useful – doing – is – for – exercise – us – regular.

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H) Grammar: Check the best answer. (2)

1. They have been at the same school three years.

- a. for b. from c. since d. just

2. He's a letter before. Could you post it, please?

- a. written b. writes c. to write d. writing

3. Alice is interested playing tennis.

- a. of b. in c. on d. for

4. Do you enjoy mountains in winter?

- a. to climb b. climb c. climbed d. climbing

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I) Read the passage and answer the questions.

Healthy food is good for you. You need it for shiny hair and strong bones. You need it so you can grow tall and feel good. The best part about healthy food is that it is tasty!

You can find grains in bread and rice. You should eat four servings of grains every day.

Milk , cheese , and yogurt are also important .These will give you strong bones. Meat, beans , fish and nuts give your body iron and protein.

You can also eat an egg or some peanut butter to help keep your body healthy. Fruits and vegetables are good to eat. Eat many kinds each week. Chips and cookies are tasty, but try to eat rarely. When you eat healthy food , your body will thank you!

But don't forget to exercise. " A healthy diet " without exercise doesn't have enough influence on you.

Write a complete answer for each question. (2 points)

1. Is a healthy diet without exercising effective ?

2. How many servings of grain is enough in a day ?

Choose the correct answer. (1 point)

1. Besides eating healthy food, we need to do exercise,too. (True - False)

2. You should eat cookies instead of grains. (True - False)

WITH THE BEST WISHES

Ahmadinejad

Neyriz - Fars