

LEARN AND GROW



Miss Dorra



Test



Reading comprehension



Choosing what to eat is important for our well-being. Fruits and vegetables are excellent for providing vitamins, minerals and fiber to our diets. Grains such as rice, oats and wheat provide carbohydrates which give us energy. Protein-rich foods like eggs, beans, fish and meat help with growth and repair of tissues in the body. Dairy products contain calcium which needed for strong bones.

It is important to remember that food choices should be based on moderation and variety. Too much of any one type of food can lead to health problems like obesity or malnutrition. Eating a balanced diet and getting regular physical activity helps us stay fit and healthy.



1/Write « true » or « false »:

*Excessive amounts of one food type can cause health problems.

true

*Physical exercise is unnecessary if you maintain a balanced diet.

false



2/Complete the table:

Food group	Benefits
Fruits and vegetables	providing vitamins, minerals and fiber
Carbohydrats (grains)	Energy



3/Tick the right answer:

« obesity » means :

Being slim

☐

Being unwell

☐

Extremely overweight

☒

4/How should be our food?

.....Our food should be based on moderation and variety.....



Language

1/ Circle the right alternative:

Hello, my name is Jad. I (is / am / are) ten years old and I (live / lives) in Morocco. I like (swimming / swim) and reading books. My favourite (hobby / hobbies) is playing basketball. I also like cooking and gardening (but / so) I don't like playing computer games.



2/ Correct the underline mistakes:

They don't go usually to the zoo. → They never go to the zoo.....

I never go to work in Monday. → I never go to work on Monday.....



3/Fill in the blanks with words from the list:

fizzy drinks / prefer / should / much / lonely / bully / weight / is



Hi! My name ...**is**... Adam, and I feel very sad and ...**lonely**... My friends ...**bully**...me
and make fun of my ...**weight**...every day. I weigh 100 kilos because I eat too
...**much**...junk food like sweets, chocolates, and ...**fizzy drinks**...I know I
...**should**...exercise more, but I ...**prefer**...staying at home playing video games.



4/ Match each statement with the appropriate function:



Statements	Functions
1- Let's go to the beach.	A- inviting
2- Would you like to come with me?	B- expressing likes
3- Yes, I like watching movies.	C- making suggestions

1-	C
2-	A
3-	B



Writing

1/Use the prompts to describe the pictures:



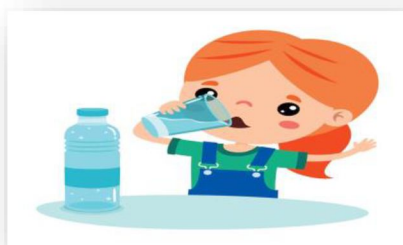
* avoid / junk / food

You should avoid junk food......



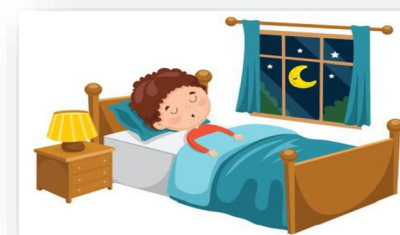
* daily routine / stay active / make

You should make daily routine to stay active......



* plenty of water/ drink

You should drink plenty of water......



* get / enough / sleep

You should get enough sleep......



2/ Reorder the words to get correct meaningful sentences:

like / I / cinema/ to / on / going / the / Saturdays

I like going to the cinema on Saturdays.

and / enjoy / her / Marry / gardening / friends

Marry and her friends enjoy gardening.

what / your / favourite /are / time / activities / free

What are your favourite free time activities?

love / because / is / it / hide and seek / interesting / playing / I

I love playing hide and seek because it is interesting.

