

GENERAL TEST (1) ON UNIT 2

A. Listening (2 Marks)

1. Listen and write (T) True or (F) False: (2M)

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|--|-------|--|
| 1. The heart is about the size of a fist. | () | |
| 2. Blood moves through tubes called blood vessels. | () | |
| 3. Blood carries oxygen and nutrients to the body. | () | |
| 4. The heart helps the body to stop moving. | () | |



B. Reading (11 Marks)

2. Choose the correct answer from a, b, c or d: (2M):

1. The parts of your body that help you move are [SB]
 a) lungs b) muscles c) eyes d) hair
2. I would like to eat orange in the morning. [SB]
 a) some b) any c) a d) an
3. Exercise and deep breathing can help reduce [AB]
 a) stress b) water c) price d) fun
4. Does she have pictures for the party? [AB]
 a) some b) a c) any d) an

3. Read and complete the text with words in the box (2M):

(fit - energy - sports - strong - reading)

Doing activities is very important for our health. Playing (1)..... helps make our bodies stronger and helps our muscles grow. Exercise also increases (2)..... and makes our heart (3)..... . To stay (4)..... and healthy, we should exercise every day. [SB]

4. Read the text and answer the questions: (7M)

The blood system is amazing. Your heart beats to pump blood around your whole body. This blood moves through blood vessels. It carries important oxygen and nutrients to every body cell to keep you alive. The blood also helps remove waste products like carbon dioxide. We must take care of our heart by eating healthy food and staying active. A healthy heart means a healthy and strong body for everyone.

A) Choose the correct answer from a, b, c or d.

1. The heart works like a to send blood around the body. [AB]
 a) tool b) machine c) pump d) fist
2. Blood carries and nutrients to body cells. [AB]
 a) stress b) oxygen c) waste d) plastic

B) Answer the following questions.

1. What do blood vessels do in our body?

.....

2. How can we take care of our hearts?

.....

3. Name one waste product that blood helps remove.

.....

C. Writing (17 Marks)

5. Read and write the correct form of the word(s) between brackets: (4 M)

1. I saw (an) bird in the tree yesterday. [AB]

2. Nadia will buy (any) fruits for her grandmother. [AB]

6. Put the words in the correct order to make sentences: (2 M)

1. healthy - stay - us - Sports - help. [AB]

.....

2. size - a - is - Your - fist - heart - the - of. [AB]

.....

7. Punctuate the following: (4 M)

1. bassem ate an apple yesterday

.....

2. what is adel's favorite snack?

.....

8. Write a paragraph of FORTY (40) words using the words below: (7 M)

"Personal Healthy Habits"

Guiding elements: healthy - fruits - sleep

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GENERAL TEST (2) ON UNIT 1

A. Listening (2 Marks)

1. Listen and write (T) True or (F) False: (2M)

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|---|-------|
| 1. Being fit is only important for our muscles. | () |
| 2. Exercise can help to reduce our stress levels. | () |
| 3. Our lungs help us to breathe in oxygen. | () |
| 4. Healthy habits help us stay active every day. | () |



B. Reading (11 Marks)

2. Choose the correct answer from a, b, c or d: (2M):

1. The organs in your chest that help you breathe are [SB]
 a) fists b) lungs c) vessels d) muscles
2. There isn't soda in the kitchen fridge. [SB]
 a) some b) an c) a d) any
3. Your health is how you feel and think. [SB]
 a) blood b) mental c) lung d) fit
4. My father likes to eat banana every day. [AB]
 a) any b) an c) a d) some

3. Read and complete the text with words in the box (2M):

(nutrients - body - medicine - blood - food)

Egypt is rich in resources that help us live. Our (1)..... carries oxygen and (2)..... to every cell. We get these nutrients from the (3)..... we eat. It is vital to have a healthy (4)..... to be able to move and play. We should always eat fertile crops like wheat. [AB]

4. Read the text and answer the questions: (7M)

Changing habits can make you feel better. In the past, Adam woke up late and watched TV all day. He ate chips and burgers, which are unhealthy. Now, Adam does some sports like football and swimming. These changes give him more energy. He also eats more fruits and vegetables to get vitamins. Healthy habits are important for our bodies and minds. Adam's family now goes for a walk every evening to stay fit.

A) Choose the correct answer from a, b, c or d.

1. The best way to stay healthy is [SB]
 a) eating chips b) watching TV c) doing sports d) waking up late
2. Adam eats more fruits to get [SB]
 a) soda b) vitamins c) chips d) burgers

B) Answer the following questions.

4. What did Adam do on weekends in the past?

.....

5. How do healthy habits help Adam now?

.....

6. When does Adam's family go for a walk?

.....

C. Writing (17 Marks)

5. Read and write the correct form of the word(s) between brackets: (4 M)

1. She wants to become (an) doctor. [AB]

2. Too much stress (can't hurt) your heart. [AB]

6. Put the words in the correct order to make sentences: (2 M)

1. weight - you - Exercise - lose - helps. [AB]

.....

2. grow - helps - muscles - Football - your. [AB]

.....

7. Punctuate the following: (4 M)

1. i don't have any food in the fridge

.....

2. are fresh fruits good for health

.....

8. Write a paragraph of FOURTY (40) words using the words below: (7M)

"Healthcare Heroes"

Guiding elements: paramedics - hospital - safe

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Test (1) Listening Material:

Your heart is a very important organ in your body. It is about the size of your fist. The heart works like a pump to send blood through your blood vessels. This blood carries oxygen and nutrients to every cell. It also helps remove waste from your body to keep you healthy and strong every day.

Test (2) Listening Material:

Being fit is important for our mental health. When you play sports like football or swimming, your heart becomes stronger and your muscles grow. Exercise helps you lose weight and reduces stress. Deep breathing helps your lungs take in more oxygen. We should all try to have healthy habits and stay active every day.

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للحصول على المزيد يرجى التكرم بالضغط على هذه الروابط أدناه

