
Staying Healthy: الامتحان الشامل على الوحدة السادسة

(Vocabulary) الجزء الأول: المفردات

1. صل الكلمة مع تعريفها الصحيح:

- a. headache
- b. balanced diet
- c. exercise
- d. rash
- e. dizzy

التعريفات:

1. Feeling that everything is spinning around you.
2. A plan of eating that includes different types of healthy food.
3. A pain in your head.
4. Physical activity to keep your body strong and healthy.
5. Red spots on your skin that may itch.

الإجابات:

- a. 3
- b. 2
- c. 4
- d. 5
- e. 1

2. أكمل الجمل بالكلمات المناسبة:

- a. I've got a _____. I can't eat anything! (toothache / headache)
- b. You should drink water if you have a _____. (cough / rash)
- c. She feels _____ because she didn't sleep well. (dizzy / healthy)
- d. Eating a _____ diet helps you stay fit. (balanced / unhealthy)

الإجابات:

- a. toothache
- b. cough
- c. dizzy
- d. balanced

(Grammar) الجزء الثاني: القواعد

1. اختر الإجابة الصحيحة:

- a. You _____ go to school if you have a high temperature. (should / shouldn't)
- b. _____ I take some medicine? (Should / Shouldn't)
- c. He _____ a stomach ache. (has got / have got)
- d. They _____ eat junk food every day. (should / shouldn't)

الإجابات:

- a. shouldn't
- b. Should
- c. has got
- d. shouldn't

2. لبيان الغرض "to" أعد كتابة الجمل باستخدام:

- a. I'm going to the park. I want to play football.
- b. She's eating vegetables. She wants to be healthy.

الإجابات:

- a. I'm going to the park to play football.
- b. She's eating vegetables to be healthy.

(Reading) الجزء الثالث: القراءة

اقرأ النص التالي وأجب على الأسئلة:

Top 5 Tips on How to Stay Healthy!

1. Eat well, feel well! Eat a balanced diet with fruits and vegetables.
2. Get out and about! Do exercise for 30 minutes every day.
3. Sleep tight! Sleep for 9–10 hours each night.
4. Drink water! Water helps your body work properly.
5. Have fun! Relax and enjoy your time with friends.

الأسئلة:

1. How many portions of fruits and vegetables should you eat every day?
2. How long should you exercise every day?
3. Why is drinking water important?
4. What is one way to relax and have fun?

الإجابات:

1. You should eat at least five portions of fruits and vegetables every day.
2. You should exercise for 30 minutes every day.
3. Drinking water is important because it helps your body work properly.
4. One way to relax and have fun is to meet friends in the park.

(Writing) الجزء الرابع: الكتابة

اكتب فقرة قصيرة (٥-٦ جمل) عن كيفية الحفاظ على صحتك. استخدم الكلمات التالية. 1.

- (exercise – balanced diet – water – sleep – relax)

نموذج إجابة:

To stay healthy, I do exercise every day. I eat a balanced diet with

fruits and vegetables. I drink plenty of water to keep my body hydrated. I sleep for 9 hours every night to feel fresh. I also relax by reading books and meeting my friends.

(Speaking) الجزء الخامس: التحدث

1. أسئلة للنقاش:

- What do you do to stay healthy?
- What should you do if you have a headache?
- Why is it important to eat a balanced diet?

نموذج إجابة:

- To stay healthy, I exercise and eat fruits and vegetables.
 - If I have a headache, I should drink water and rest.
 - It's important to eat a balanced diet because it helps our body grow strong and stay healthy.
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