

اختر الإجابة الصحيحة (Vocabulary) القسم الأول: المفردات

1. What should you do to stay healthy? a) Eat junk food  
b) Exercise regularly ✓ c) Sleep less
2. Which of the following is NOT an illness? a) A cold  
b) A headache  
c) Exercise ✓
3. A person with a sore throat should: a) Drink warm tea ✓ b) Eat ice cream  
c) Shout loudly

اكمل الجمل باستخدام الكلمة المناسبة (Grammar) القسم الثاني: القواعد

1. You \_\_\_\_\_ (should / shouldn't) go to school if you have a fever.  
✓ shouldn't
2. If you eat a lot of sweets, you \_\_\_\_\_ (will / won't) be healthy.  
✓ won't
3. We \_\_\_\_\_ (go / went) to the doctor last week.  
✓ went

اقرأ الفقرة ثم أجب عن الأسئلة (Reading Comprehension) القسم الثالث: الفهم والاستيعاب  
"Hamed was feeling dizzy at school. His friend Bo took him to the doctor. The doctor told him to rest and drink a lot of water."

1. Why did Hamed go to the doctor? ✓ Because he was feeling dizzy.
2. What did the doctor tell him to do? ✓ Rest and drink a lot of water.
3. Who took Hamed to the doctor? ✓ His friend Bo.

اكتب ٣ جمل عن كيف تحافظ على صحتك (Writing) القسم الرابع: الكتابة  
I eat a balanced diet. ✓ I exercise every day. ✓ I drink a lot of water.

أجب عن الأسئلة التالية بجملة كاملة (Speaking) القسم الخامس: المحادثة

1. What do you do when you have a headache?  
✓ I take some rest and drink water.
2. How many hours should you sleep every night?  
✓ I should sleep 9–10 hours every night.
3. What do you eat to stay healthy?  
✓ I eat fruits, vegetables, and proteins.