

READING

(5 Marks)

**Q1: Read the text and answer the following questions:**

Many primary schools in Jordan have Healthy Food Day for children of all ages. And it can happen anytime during the school year, so it's always a fun surprise! First, teachers send electronic invitations. to parents. Then, parents think of healthy foods and teachers decide what food students should bring. These usually include local fruits, vegetables or other healthy snacks, which are all easy to get in Jordan.

On Healthy Food Day, students get to be chefs. They can even wear chef hats while preparing and then enjoying their healthy lunches. But it's not just about eating. Teachers also give lessons during the day on different types of healthy food, explaining how these foods help us to grow strong and stay healthy. Some teachers even bring extra fruits and vegetables to share with their classes. The day also focuses on teamwork, with students working together, sharing meals and helping each other to prepare their lunches.

1. Who sends invitations to parents? .....
2. What kind of food do students bring? .....
3. What do students do on Healthy Food Day? .....
4. What can students wear while preparing food? .....
5. What do teachers teach on Healthy Food Day? .....
6. The event teaches teamwork and sharing besides healthy eating. T F
7. Healthy Food Day happens anytime during the school year. T F
8. The underlined pronouns refer to. 1. It: ..... 2. They: .....
9. Find in the text: A noun: (.....) An adjective: (.....)



VOCABULARY

(5 Marks)

**Q2:** Fill in the blanks with the suitable word. There's one extra word.

• rash • temperature • headache • dizzy • running

1. My head hurts. I've got a .....
2. My skin is getting red. I've got a .....
3. I must sit down or I will fall! I feel .....
4. I am ..... to be fit and healthy.
5. I feel really hot. I think I've got a .....

**Q2 B:** Circle the correct answer

1. You **should**/ **shouldn't** play sports when you're dizzy.
2. You've got a high **temperature** / **cough**. You should be at home.
3. You will feel **better** / **tired** if you get some rest.

STRUCTURE

(5 Marks)

**Q3 A:** Write the correct form of the words in brackets.

1. I feel sick. I should ..... some medicine. (**take**)
2. He's eating more fruit ..... a healthy diet. (**have**)
3. I think I'll go to the market to ..... some fish. (**buy**)



**Q3 B: Make the following words negative using a suitable prefix**

Positive	Negative
fit	
regular	
healthy	

**SPEAKING**

**(5 Marks)**

**Q4: Complete the sentences**

• stream • mountain • field • bus station • desert

1. A big hill is called a .....
2. A small river is called a .....
3. A place where you see plants on a farm is called a .....
4. A place where you see lots of buses is called a .....
5. A hot, dry place with a lot of sand is called .....

**Writing**

**(5 Marks)**

**Q5: Write a description of how you stay fit and healthy answering the following questions:**

- ✓ What exercise do you do?
- ✓ What food do you eat?
- ✓ What do you do to relax?

**Best wishes**



### READING

(5 Marks)

1. Teachers.
2. Local fruits, vegetables, and healthy snacks.
3. They prepare and eat healthy food.
4. Chef hats.
5. Lessons about different types of healthy food.
6. T
7. T
8. 1. **It**: Healthy Food Day 2. **They**: students
9. Find in the story: A noun: **food** An adjective: **healthy**

### VOCABULARY

(5 Marks)

#### Q2 A:

1. headache
2. rash
3. dizzy
4. running
5. temperature

#### Q2 B:

1. shouldn't
2. temperature
3. better

### STRUCTURE

(5 Marks)

#### Q3 A:

1. take
2. to have
3. buy

#### Q3 B:

1. unfit
2. irregular
3. unhealthy

### SPEAKING

(5 Marks)

#### Q4:

1. mountain
2. stream
3. field
4. bus station
5. desert



WRITING

(5 Marks)

Q5: Suggested answer: إجابة مقترحة

I like going for walks (especially in the evening) to stay fit. I do exercise at home (like stretching) a few times a week. I eat a balanced diet with lots of fruit and vegetables (but I sometimes enjoy a treat). To relax, I read books (fantasy books are my favorite).

