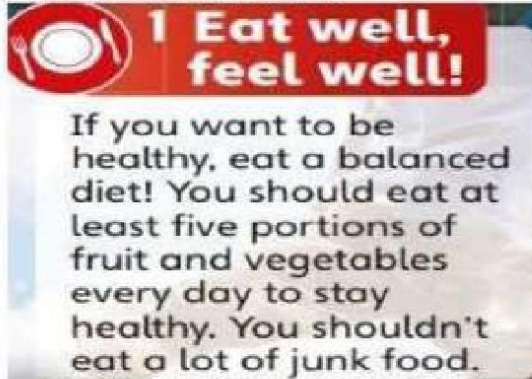


4)

marks)

Reading Comprehension : Read the passage and answer the questions.

HOW TO STAY HEALTHY!



1- What kind of food should you eat to be healthy?

2-How many portions of fruits and vegetables should you eat daily?

3-What kind of food shouldn't you eat a lot of?

4-Extract:1- noun:.....2-adjective.....

Speaking:

Vocabulary: Complete the following sentences using the suitable word (3 mark)

dizzy

desert

sleep 9-10 hours

hospital

out and about

called

1-You should _____ each night.

2-Laila feels _____so she shouldn't play football.

Grammar: -choose the correct answer:-

(2marks)

3-Ali feels sick so he should go to _____

4- A hot dry place with a lot of sand is called a _____

5- A big hill is_____ a mountain.

6- I was ill last week, so I couldn't get _____

1- My head hurts. I've got a _____

a-toothache

b-earache

c- headache

2-He went to the supermarket fruit

a-to buy

b- buy

c- buying

3-I should _____my medicine.

a-take

b- taking

c takes

4-I.....go to school when I feel dizzy.

a- Should

b- shouldn't

Writing:

A:Complete the table with opposites
(2 marks)

Irresponsible / fit / irresistible / regular / healthy /unbalanced

Positive	Negative
responsible	unfit
	irregular
	unhealthy
resistible	
balanced	

B-

(2 marks)

Tick (✓) the sentences that have extra information in the correct place.

1 a Make sure you get plenty of sleep each night (about 9-10 hours).

☐





b Make sure you get (about 9-10 hours) plenty of sleep each night.

☐

Listening: Listen and match

(5 marks)

1 Adel 2 Muna 3 Mazen 4 Lama

a  b  c  d 

should rest drink warm tea take some medicine use a hot water bottle

حلول أسئلة فهم المقروء

1. **What kind of food should you eat to be healthy?** You should eat a balanced diet.
2. **How many portions of fruits and vegetables should you eat daily?** You should eat at least five portions of fruits and vegetables every day.
3. **What kind of food shouldn't you eat a lot of?** You shouldn't eat a lot of junk food.

، حلول أسئلة المفردات

1. You should **sleep 9-10 hours** each night.
2. Laila feels **dizzy** so she shouldn't play football.

Grammar: Choose the correct answer:

1. My head hurts. I've got a **headache**.
2. He went to the supermarket **to buy** fruit.
3. I **should take** my medicine.
4. I **shouldn't** go to school when I feel dizzy.
5. A big hill is **not** a mountain.
6. I was ill last week, so I couldn't get **out**.
7. Ali feels sick so he should go to **hospital**.
8. A hot dry place with a lot of sand is called a **desert**.

Writing: Complete the table with opposites:

Positive	Negative
responsible	irresponsible
fit	unfit
resistible	irresistible
regular	irregular
healthy	unhealthy
balanced	unbalanced

Writing: Tick (✓) the sentences that have extra information in the correct place:

- ✓ a. Make sure you get plenty of sleep each night (about 9-10 hours).
- □ b. Make sure you get (about 9-10 hours) plenty of sleep each night.

بالنظر إلى الجزء الخاص بالاستماع في ورقة العمل:

- ١ Adel يجب أن يستريح (a)
- ٢ Muna يجب أن تشرب شاي دافئ (b)
- ٣ Mazen يجب أن يأخذ بعض الدواء (c)
- ٤ Lama يجب أن تستخدم قربة ماء ساخن