

Exam – Unit 3: Active and Healthy

Grade 10 – Semester 1
Jordan High Note – Unit 3

A. Vocabulary (Choose the correct answer)

1. Aaron became famous for performing a double _____ in his wheelchair.

- a. injury
- b. backflip
- c. recovery
- d. habit

✓ Answer: b

2. The athlete _____ for years before she won her first gold medal.

- a. qualified
- b. trained
- c. injured
- d. turned

✓ Answer: b

3. People should eat a balanced diet to maintain good _____.

- a. fitness
- b. accident
- c. emergency
- d. habit

✓ Answer: a

4. During the match, one of the players had a serious _____ and had to go to hospital.

- a. exercise
- b. injury
- c. routine
- d. nutrition

✓ Answer: b

B. Grammar (Past Simple – Past Continuous – Past Perfect)

Complete with the correct tense.

5. While Aaron _____ (perform) in Brazil, he jumped a fifteen-metre gap.

✓ was performing

6. They had already _____ (leave) when Aaron arrived at the skate park.

✓ had already left

7. Maha _____ (train) for months before she qualified for the competition.

✓ had trained

8. The boys _____ (practice) tricks when Brian had an idea.

✓ were practicing

C. Reading Comprehension

Read the text and answer the questions.

Text:

Healthy eating is essential for maintaining strong muscles, high energy levels, and a good immune system. A balanced diet includes fruits, vegetables, proteins, grains, and healthy fats. People who eat nutritious meals regularly feel more energetic and are less likely to get sick. However, eating too much fast food can lead to health problems such as obesity and heart disease.

9. What does the text say is essential for strong muscles and high energy?

✓ Healthy eating

10. What does a balanced diet include?

✓ Fruits, vegetables, proteins, grains, and healthy fats

11. How do people feel when they eat nutritious meals regularly?

✓ More energetic

12. What can eating too much fast food lead to?

✓ Obesity and heart disease

D. Writing

13. Write 3–4 sentences about a healthy habit you have.

Model Answer:

One healthy habit I have is exercising every day. I usually go for a walk or do simple workouts at home. This helps me stay strong and energetic. I also try to eat healthy meals to support my fitness.

E. Speaking (Teacher-assessed)

14. Talk about a sport or physical activity you enjoy and explain why you like it.

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