

Name : _____

Date : _____

UNIT EIGHT STAYING HEALTHY

I. Reading

A. Read the following passage then answer the questions below :

Close your eyes and imagine a world without the electric light. How would life different? What would you use to give light?

Thomas Edison changed our homes and cities. He invented the modern electric light bulb. Before that, people used to light their homes with candles and oil lamps. Streets used to be dark because street lamps were powered by gas. These lamps weren't bright like street lights today.

But Edison's invention changed all that, lighting up homes and cities with light that was safe, cheap and long lasting. He didn't invent the first light bulb but he improved the idea very much. He made it possible for millions of people to use electric light in the way that we use it today.

Edison was born in 1847 in the USA, when few people understood electricity. His school teachers thought he was 'difficult' because he got distracted easily. His mother was angry at his teachers' attitude and decided to teach him at home instead. She was a very good teacher. Edison grew up to be one of the most important inventors of the 20th century. Besides the modern light bulb, he created 1093 other inventions in his lifetime.

1. Choose the right word :

- The text is mainly about _____.
a. Benz ☒ b. Edison c. Ford
- Edison invented the electric _____.
a. car b. telephone ☒ c. light bulb
- In the past, people used to light homes with _____.
☒ a. candles b. light bulbs c. candles

2. Read, then mark (✓) or (X):

- Streets used to be dark in the past. (✓)
- Edison invented the light bulb only in his life time. (X)

II. Vocabulary

A. Choose the correct word from a, b or c :

- I couldn't read the words in the book properly, so mum took me for _____.
a hearing test ☒ b. an eye test c. a vaccination

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2. The doctor recommended _____ to find out if I had an infection.
 a. a vaccination **b. a blood test** c. a hearing test
3. We are taking my baby brother to have some _____ tomorrow. These will protect him from serious illnesses.
a. vaccinations b. prescriptions c. hearing tests
4. I had a very bad cough so the doctor gave me _____ for some medicine.
 a. a vaccination **b. a prescription** c. an eye test
5. My grandfather has some problems in understanding us so he is going to have _____ this week.
 a. an eye test b. a vaccination **c. a hearing test**
6. My stomach hurts and I _____ sick.
 a. have **b. feel** c. have got
7. Have you got _____?
a. a headache b. headache c. any headache
8. I can't talk because I've lost my _____.
 a. throat b. mouth **c. voice**
9. Drink _____ water if you have the flu.
a. plenty of b. many c. lot
10. Diabetes means there is _____ sugar in the blood.
 a. too many **b. too much** c. a few
11. Take _____ of this medicine. It will make you feel better.
a. some b. any c. much
12. I think I need a _____ to check if I have diabetes.
 a. vaccination b. prescription **c. blood test**
13. I had a very bad stomachache so the doctor gave me a _____ for some medicine.
a. prescription b. vaccination c. blood test
14. I have got a terrible _____. My skin is red and very itchy.
a. rash b. cough c. headache
15. He could use to make a big _____ of soup for all the villagers.
a. pot b. bag c. box
16. The woman gave him a big _____ of meat.
 a. pot b. bag **c. piece**

17. The woman gave him a _____ of carrots.

a. bunch

b. bag

c. piece

18. The woman gave him a _____ of potatoes.

a. bunch

b. sack

c. piece

19. It would be better with a _____ of salt and pepper.

a. bunch

b. sack

c. pinch

20. The girl gave him a _____ of beans.

a. bunch

b. bowl

c. pinch

21. _____ are the foods that used to make a meal.

a. Ingredients

b. Spices

c. Bowls

22. Green fruit and vegetables are very _____ your bones, teeth and eyes.

a. good of

b. good at

c. good for

23. I got a big _____ of carrots from the shop.

a. pinch

b. pot

c. bunch

24. I had a big _____ of soup for lunch.

a. bowl

b. bag

c. pinch

25. Add a _____ of salt and pepper to the soup when you are cooking it.

a. sack

b. pinch

c. bunch

26. Calcium makes our bones and _____ strong.

a. tooth

b. teeth

c. teeths

27. Pasta, rice and bread belong to the _____ food group

a. fruit and vegetables

b. dairy

c. grains

28. We should eat _____ colours from the rainbow every day.

a. four

b. five

c. six

B. Use the words with the correct phrase :

a cough - sick - a fever - a blocked nose - tired - no energy - a cold

a. I feel _____

b. He feels _____

c. She feels _____

d. He feels _____

1. I have got _____

2. He has got _____

3. She has got _____

4. He has got _____

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C. Match the food group with the picture :

(4) (1) (5) (2)
 dairy fruit and vegetables bad fats and sweets good fats and oils
 grains and cereals meat and fish
 (3) (6)



D. Categorise the food under each heading :

chocolate rice pasta eggs bread cheese oil fish nuts lettuce
 carrots chicken milk apples bananas oranges green beans onion

Proteins	Carbohydrates	Vitamins and minerals	Fats and sugars
eggs cheese chicken milk	rice pasta bread	Fish lettuce carrots apples bananas oranges	chocolate nuts

III. Grammar

A. Choose the correct answer from a, b or c:

- Try _____ some rest and you will feel better.
 a. get b. to get c. gets
- I think you should _____ and see a doctor.
a. go b. to go c. goes

3. Try (get) some rest and keep warm.

- a. get **b. to get** c. gets

4. Why don't you _____ some cream which might stop your skin feeling itchy?

- a. buy** b. to buy c. buys

5. Try _____ less fatty food.

- a. eat **b. to eat** c. eats

6. You shouldn't _____ anything that is very hot as this will make your throat feel worse.

- a. drink** b. to drink c. drinks

7. I think you should _____ more fruit and vegetables.

- a. eating b. to eat **c. eat**

8. You _____ fruit and vegetables every day.

- a. should eat** b. should to eat c. should eating

9. We _____ too many fizzy drinks.

- a. not should drink **b. shouldn't drink** c. shouldn't to drink

10. He _____ a headache.

- a. has got **b. have got** c. feels

11. She _____ tired.

- a. has got b. have got **c. feels**

12. He _____ a cough.

- a. has got** b. have got c. feels

13. You _____ a cold.

- a. has got **b. have got** c. feel

14. She _____ a sore throat.

- a. has got** b. have got c. feels

15. I _____ sick.

- a. has got b. have got **c. feel**

16. Don't do _____ exercise if you have a fever.

- a. many **b. too much**

17. Wash your hands with water and a few / a little soap.

- a. a few **b. a little**

18. You need _____ tissues if you have a cold.

a. much

b. plenty of

19. If you take _____ medicine, you will feel better.

a. any

b. some

20. How _____ days does the flu last?

a. much

b. many

21. Can I have _____ cough medicine, please?

a. some

b. any

22. Try _____ a lot of water in summer.

a. drink

b. to drink

c. drinks

23. Why don't we _____ exercise every day?

a. do

b. done

c. did

24. You should _____ lots of fruit.

a. eating

b. to eat

c. eat

B. Use quantifiers to complete these sentences:

some - a lot of - many - plenty of - too much

a. There are a lot of cases of flu in the winter.

b. You shouldn't do too much exercise, but you should drink water if you have a fever.

c. A lot of people suffer from a sore throat in the winter.

d. You should take some medicine if your temperature rises to more than 37.5 °C.

IV. Writing

A. Write five sentences giving advice for a healthy life :

You can use (should - shouldn't - try to - why don't you?)

1. Try to do exercise.

2. You should eat healthy food.

3. You shouldn't do too much exercise.

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4. Why don't you sleep enough time.
5. You should eat lots of fruit.

B. Imagine you are a doctor. Write a blog to advise for two of the health problems:

➤ You can use :

- Try to / You should / You shouldn't / Why don't you?

*Written
in
the class*



HOME

NEWS

BLOG



HOME

NEWS

BLOG

Best wishes

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