

English – grade 7 - term 2 - unit 7

Student ID _____
Student Name English _____
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The image shows a circular collage of various food items, including bread, cheese, fish, fruits, and vegetables. The collage is divided into five sections labeled A through E, each with a corresponding empty box for identification:

- A**: Bread and grains
- B**: Cheese and dairy products
- C**: Fish and seafood
- D**: Nuts and seeds
- E**: Fruits and vegetables

Additional empty boxes are present at the top left and bottom center of the page.

Part 1

Read the texts. Match the texts (A-C) to the sentences (1-6). You can use each letter more than once.

There is one example.

**When you are a student,
you use your brain a lot.
For your brain to work
well, it needs ...**

A- Good Breakfast

Experts say that breakfast is much more important than any other meal. Your brain works better when you have eaten. So don't miss breakfast – especially before an exam! But you need to eat a good breakfast – junk food won't work.

B- A REGULAR SUPPLY OF ENERGY

Your brain needs a steady supply of energy, so you need to eat carbohydrates. They're found in bread, pasta, rice and pulses. Chocolate, biscuits and sweets are not good for your brain. They work more quickly than bread and rice, so they give you a short burst of energy, but afterwards you feel more tired.

C- A CONSTANT SUPPLY OF OXYGEN

Your brain needs oxygen, which it gets from exercise. Exercise improves your memory too. You also need a good supply of iron because iron helps your blood to carry oxygen round your body.

D- WATER

Water is much better than sweet fizzy drinks. You need water because dehydration will stop your brain from working well. And remember, water isn't as expensive as fizzy drinks!

E- A GOOD NIGHT'S SLEEP

Your brain needs several hours' sleep, so it can 'update' itself, just like a computer.

Experts say that when you revise for a test or an exam, you should get some sleep as quickly as possible after you've done your revision. This helps you to remember what you've learned.

Example: To improve your memory you need to exercise .

1. Food that supply energy in a short time is not good for your health

2. Morning meal is the most essential one .

3. An advice that helps you to do well in school.

4. The best and the healthiest fluid for your body ..

5. A gas that you need continuously,

6. Do not miss this meal at all ,

/ 6

Use the underlined words in your own sentences.

1-

2-

3-

4-

5-

Read the text again and circle the correct answers **A, B or C**.

There is one example

Example: Which meal is the most important on?

- A Dinner
- B Lunch
- C Breakfast

7. Which food is not healthy if want to have a good breakfast?

- A vegetables
- B fruit
- C Junk food

8. To have a continuous energy you need to eat ----

- A vitamins
- B breakfast
- C carbohydrates

9. What helps you to remember information in exam?

- A food
- B a good sleep
- C vegetables

10. Which drink can protect you from dehydration ?

- A fizzy drink
- B water
- C breakfast

11. What stops your brain from working well ?

- A dehydration
- B fast food
- C fizzy drink

12. Which of these is not good source of energy .

- A water
- B food
- C Chocolate

-Read the following text and fill the spaces with the proper word.

FOOD for life

A- Protein is used to build our bodies and to make them strong. It can be found in meat, fish, eggs, nuts and pulses.

B- Carbohydrates give us energy and can be found in bread, pasta and rice, for example. We need fat to keep us warm and to protect us.

C- Sugar gives us quick energy, but we should try to eat it in natural products like fruit and honey.

D -Vitamins are divided into groups: A, B, C, D and E. Vitamins keep our body healthy.

E -Minerals such as iron and calcium are also important for our health. Iron is important for our blood, and calcium for our teeth and bones. It is important to get the right balance in your diet. You need to eat plenty of fruit and vegetables because they contain vitamins and minerals. You don't need to eat a large amount of protein, but you need to eat enough to keep your body strong. You need to eat carbohydrates, but you don't need to eat a large quantity.

Most people in their normal daily lives only need a little sugar and fat.

1-Fish , eggs , nuts and pulses contain -----

2- A , B , C , D and E are groups of -----

3-natural sugar is found in ----- and -----

4-Your teeth need --- ----- to be more healthy

5- In your normal life , you need a ----/---sugar and fat.

/ 6

Use the underlined words in your own sentences.

- 1- -----
- 2- -----
- 3- -----
- 4- -----
- 5- -----

- Read the text and decide if the sentences are true or false

Vegetarians are people who for many reasons don't eat meat. Some vegetarians do not eat any animals or fish. People can be vegetarians because they don't like the taste of meat or because they don't want to harm animals. It can be a problem to eat a balanced diet for some vegetarians because meat is a good source of protein and iron. We need protein to help our bodies grow. Iron is used to move oxygen around our bodies. This means that vegetarians need to find another source for these nutrients in their diets. Luckily there are lots of foods made from plants that contain protein and iron.

- 1-Vegetarians like to eat meat. -----**
- 2-Protein is available in meat only. -----**
- 3-Protein helps our body to grow.-----**
- 4-Plants do not contain proteins. -----**
- 5-Iron helps oxygen to move around our body -----**

Use the underlined words in your own sentences.

- 1- -----
- 2- -----
- 3- -----
- 4- -----
- 5- -----
- 6- -----
- 7- -----

Dehydration Danger!

It is important to drink enough, because our bodies need fluids to work well and to avoid dehydration.

The cells in our bodies need water to work. We also need water so that our blood can carry nutrients around the body. However, we lose water all the time when we breathe and sweat. If the temperature goes up or we do more activity, we lose more water.

To stay healthy, it is important to replace the water we lose. We can do this by drinking regularly. We should drink about 1.2 liters (six to eight glasses) of fluid every day so we aren't dehydrated. In hotter weather, the body needs more than this. We also need more when we exercise. We also get some fluid from the food we eat. When our bodies do not have enough water, we can become dehydrated. One of the first signs of dehydration is feeling thirsty. Check for these common signs of dehydration: headaches and lack of concentration

-Read the following text and fill the spaces with the proper word.

- 1- If you do not drink enough water, you will be ----- .
- 2- When we breathe and sweat , we lose ----- .
- 3-To avoid dehydration , you should drink ----- of water
- 4- to stay healthy , you should ----- the water you lose .
- 5-we can get fluids form water and the ----- we eat .

Use the underlined words in your own sentences.

- 1- -----
- 2- -----
- 3- -----
- 4- -----
- 5- -----

- Read the text and decide if the sentences are true or false.

Water is the best choice because it has no calories and has no sugars that can damage teeth.

Milk is a good source of calcium and is a mineral that helps keep your bones healthy. It also has vitamins and other minerals, and does not cause tooth decay.

Don't drink too many flavored milks and milkshakes because these have added sugar, which is bad for teeth.

Fruit juice and fruit smoothies have a variety of vitamins that are good for our health. Fruit juice also has sugar that can damage teeth. It is best to drink it with a meal because this can help protect teeth. When you buy fruit juice, check the labels carefully and choose 100% fruit juice with no added sugar. These drinks count as one of your five portions of fruit and vegetables a day.

Fizzy drinks and squashes have lots of sugar and very few nutrients, so don't drink too many. All the sugar could make you put on weight.

Sports drinks can be useful when you are doing endurance sports, for example running marathons, and when you need some extra energy. However, like fizzy drinks, they are high in calories and can give you problems with your teeth.

1-Water contains sugar and calories. -----

2- Pure milk contains sugar that damage our teeth .-----

3-Water is the best source of calcium .-----

4-Fizzy drinks are good for our teeth .-----

5-Suger is a cause to lose weight

7- Flavored milk is not healthy as pure milk -----

Use the underlined words in your own sentences.

1- -----

2- -----

3- -----

4- -----

5- -----

6- -----

7- -----

8- -----

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