

1. Read the following passage then answer the questions.

Fries and junk food are unhealthy. Many people like to eat them. If you like to be healthy and fit, you should eat real food **that** includes many different types like meat, fruit and vegetables. Unhealthy food makes your body weak, so you feel sick and tired quickly. To keep healthy and fit, doctors always advise people to eat real food, sleep enough and do some exercises so they can have a long happy life.

1. Read and mark the sentences true (✓) or false.(✗)

1. Unhealthy food makes your body strong .
2. To be healthy and fit you should eat one type of food .
3. Many people like to eat fries and junk food.
2. What does real food include?
3. Why do doctors advise people to eat good food and sleep well?
4. The opposite of **similar** is
5. the meaning of **includes**
- 6 **that** refers to

2. Complete the following sentences using words from your own.

1. Please hurry up! We are going to m the buss.
2. To keep healthy and f you should do exercise.
3. I have exams so I must s hard.
4. I am really hungry so I to eat.

3. What have they been doing?

1. Sara (draw)
2. Mother (cook) the food.
3. We (study) science for 7 years.

4. Correct the underlined words.

1. Nadia **have wearing** Hijab for two years. (.....)
2. I have be praying for seven years. (.....)
3. The teacher has been write for three hours. (.....)

5. Make questions with answers. Use the present perfect continuous.

1. They (play basketball) for two hours.
.....
2. Salwa and Ali (study) since 2.30.
.....

6. Do as shown in brackets.

1. walking for an hour. (make suggestion)
.....

2. Ali is ill. (give him advice)

.....

7. Answer the following questions

1. How long have you been praying?

.....

2. How long has your father been working in his job?

.....

8. Listen and circle the correct answer.

1. Healthy food includes {fruit – vegetables – fruit and vegetables }
2. Omar hasn't been playing well for {tennis – football – basketball }
3. Eating real food make you healthy and (weak – fit – rich)