

A- Listening

A- Listen to the passage carefully then answer the questions below:-

1- True OrFalse:-

1. Omar has been feeling happy for several weeks ()
2. Omar doesn't look very well ()
3. The doctor advised him to eat healthy food ()

2- Choose the correct answer:-

1. Healthy food includes..... (fruit - vegetables - fruit and vegetables)
2. Eating real food makes you healthy and (weak – fit – rich)

B- Speaking

2- Match A with B

1. What's wrong Soha ? You don't look well. () He should eat real food.
2. My young brother likes to eat only fries.() I haven't been sleeping well recently.
3. I'm going to study very late this week() Great idea. That makes us healthy and fit.
4. What about walking to school?() That's bad for you, it makes you tired.
5. What do you think I should do with() you had better to study hard.
my bad marks?

C- Reading

A- 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.

A- 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 . ()

B- Answer the following questions:

- 1- What does real food include?
- 2- Why do doctors advise people to eat good food and sleep well ?

(C) Read again and find the following in the text.

Word		Opposite
ill	X	
false	X	
strong	X	
similar	X	

(D) The underlined pronoun (that) refers to :

D- Vocabulary

A- Finish the following sentences with one of the words in the list.

getting on – just - miss -real – recently - junk food

1. Chips and fries are just and that's unhealthy.
2. We have got a problem, we haven't much time to finish work.
3. How is Salwa with her new job?
4. Please hurry up we are going to the bus.
5. We are a small family, we are four persons.
6. I read many stories during the last summer **holiday**.

E -structure

A- Fill with *since* or *for*.

1. Tamer has been living in Jenin a long time.
2. We have been learning in this school..... three months.
3. Samar has been learning Maths 2006.

B- What have they been doing?

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

C- Correct the underlined words

1. Mum has been calling you since 10 minutes . (.....)
2. Mrs. Susan has been teach English since 1998.

F. Are the underlined words verbs or nouns ?

1. What about going on a walk in this nice morning. (.....)
2. It's very healthy to walk in the morning. (.....)
3. I like to drink a cup of tea in the morning. (.....)
4. Suzan always likes to answer the phone. (.....)

G- Circle the odd one out.

1. fries- chips- burger - salad
2. apples - grapes - tomato - fig
3. start- drink - help - eat
4. fit- sick - strong- healthy

H- Do as shown between brackets.

- 1- How tall are you? I'm 14 years old. (Correct the mistake)
.....
- 2- Dad says I'd better not play computer games very much. (Give some advice).....

E- Writing

A- Fill in the information card to make a paragraph about your self:

How old are you ?years
What weight are you ?kilograms
How tall are you ?meter
How much exercise do you do every day	Aboutminutes

I'm years old , I'm kilograms and I'm
..... metre tall . I usually exercise