

Practice Test 5b

A Listening

1 Listen and choose the correct answer from a, b, or c:

- 1 You mustn't eat fruits and vegetables unless you them well.
 a cut b wash c peel
- 2 You mustn't swim in
 a canals b seas. c pools.
- 3 You mustn't eat before you wash your well.
 a hands b legs c face
- 4 Drinking water helps keep you healthy.
 a hot b cold c clean

B Language Functions

2 Complete the following dialogue:

Father: What happened to you?

Hassan: While I was coming back from school, I 1.....on the ground.

Father: Let me see.

Hassan: I 2..... my arm.

Father: Don't 3..... .You didn't 4..... it.

Hassan: Thank you.

3 Supply the missing parts in the following two mini-dialogues:

1 **Girl:** Can I make myself a cup of tea, please?

Mother:

2 **Boy:**?

Doctor: You can stop eating sweets by having fresh fruits when you're hungry.

C Reading Comprehension

4 Read the following, then answer the questions:

If you want to do better at school, you should eat a healthy diet. This means a balanced diet that contains protein, carbohydrates, fats, vitamins and calcium. You can find carbohydrates in bread and rice. These give you energy. Fats in olive oil contain vitamins. Dairy products, eggs, meat, fish, beans, lentils and nuts contain proteins. Proteins help our bodies grow strong. Calcium in milk and cheese gives us strong bones and teeth. Fruits and vegetables have vitamins and natural sugar. Exercise and sleep are important, too.

- 1 Which kind of sugar isn't bad for us?

- 2 Why do you think exercise is important?

- 3 Why should you have a healthy diet?

- 4 makes our bones strong.
 a Carbohydrates b Fats c Salt d Calcium

- 5 Our body needs enough, too, doesn't it?
 a sleep b tobacco c money d homework

D The Reader

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

- 1 Hogarth said he was sorry to the Iron Man because the Iron Man was for a long time.
 a satisfied b happy c safe d hungry
- 2 The won the test.
 a Iron Man b dragon c sun d people

b. Answer the following questions

- 1 Why was Hogarth's idea to take the Iron Man to the scrap metal yard a good idea?

- 2 Why did the Iron Man ask the dragon to sing?

E Vocabulary and Structure

6 Choose the correct answer from a, b, c or d:

- 1 The beats faster when you run.
 a back b heart c brain d skin
- 2 If you Paris, you will see the Eiffel Tower.
 a visiting b visited c visit d visits
- 3 He worked on the computer all day and now he has got a
 a headache b toothache c bilharzia d stomach-ache
- 4 At school, we be on time for our lessons.
 a would b can't c mustn't d must
- 5 It is important to cover food because are dangerous.
 a flies b planets c plants d scales
- 6 Water is safer to drink you boil it.
 a although b so c unless d if
- 7 We use oven to hold things that are hot.
 a sleeves b cookers c gloves d lids
- 8 They are nearly home. They must get the bus at the next stop.
 a at b off c of d on

7 Read and correct the underlined words:

- 1 I cannot breath under water.
- 2 A horse weighs about four-hundred grammes.....
- 3 In tomorrow's English lesson, we did writing practice.

F Writing

8 Write a paragraph of six sentences about offering help to your friend to solve some health problems that this friend has.



Tapescript

Teacher: How can you stay healthy?
 Omar: You must wash your hands before eating.
 Samy: Wash fruits and vegetables before eating.
 Ramy: Never swim in canals.
 Ahmed: Drink clean water.