

Hows Fun





with miss DORRA 🚐



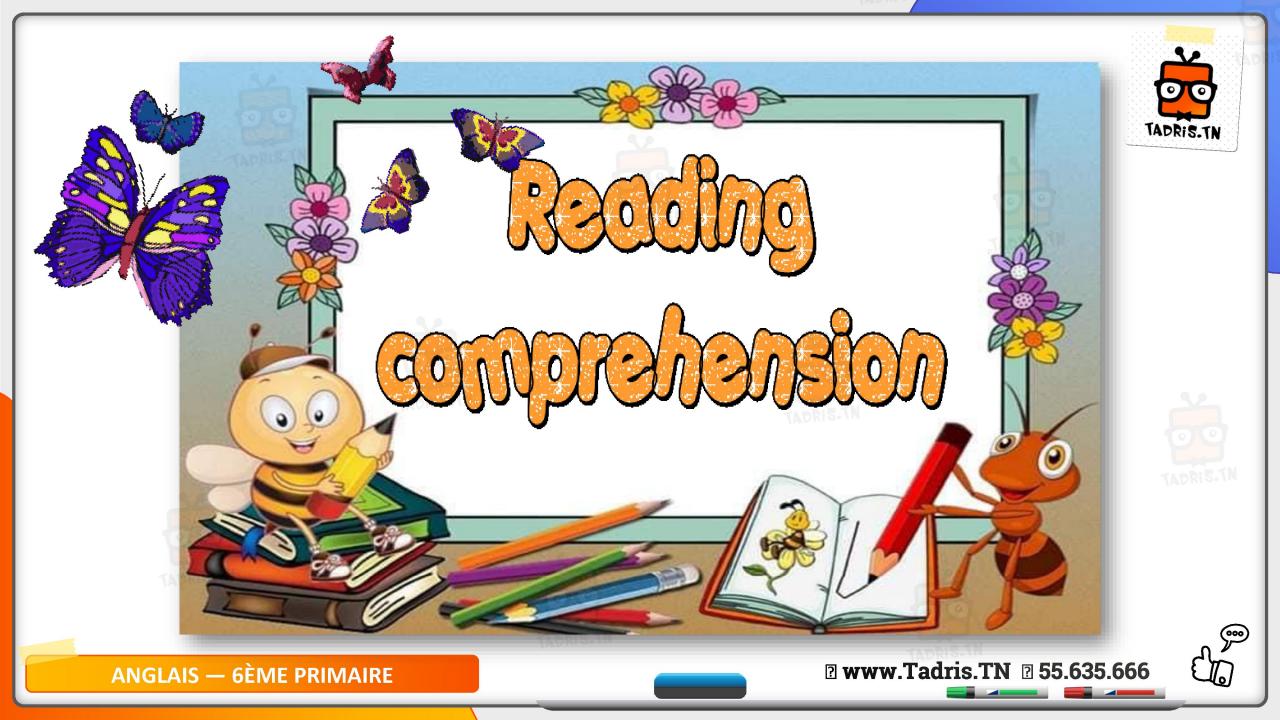






2 www.Tadris.TN 2 55.635.666





Read the text



These days I feel lazy. It's time to make some lifestyle changes! My friend Jim says that exercise and healthy eating are important. He says, "You can join the gym. You should have three healthy meals: breakfast, lunch and dinner. Cook all your food with fresh ingredients, no more fast food! Eat five portions of fruit and vegetables every day and drink lots of water. It's good to walk instead of driving." I like Jim's ideas and I want to be like him. I can watch TV less and start running, too. I should go to bed early and get eight hours' sleep every night. I can start getting fit today! I'm sure I can make it! Henry, 30





1 Tick (✓) the co	orrect box. (1 m	ark)		
A good title	for the text can	be		
a Jim's goo	d habits		O O OF THE	
b Keep fit,	stay healthy!		TADRISTIN C	A ONE TIN
c Sports an	d food for all			ADRIGOTI
2 Circle true or	false. (3 marks)			
a Henry wa	ants to change	his life.		(True / False)
b His frien	d can give him	good advi	ce.	(True / False)
c Henry st	arts this progra	amme in th	ne new year.	(True / False)
3 Write two thin	ngs that Henry s	should stop	doing. (2 marl	xs)
a				
b 1000000000000000000000000000000000000				











1 Fill in the blanks with three (3) words from the box. (3 marks)

• any • game • swimming • parks

There's a cinema and some beautiful in my town. There's a shopping centre called GoShop. But there aren't sports centres. Next

to my house, there's a pool. I often go there with my friend Mark.





2 Circle the correct answer. (2 marks)

Most people in my country are good at football, (but/so/and) I'm not. My favourite sports are basketball and cricket. I (mustn't/can't/shouldn't) play cricket well, but I'm very good at basketball. I'm in the school (group/class/team).













3 Match the parts in A with the correct parts in B to make sentences. There is one part in B which you do not need. (3 marks)

A	В	Answers
1 Mary, please tidy up	a loudly at night.	1+
2 Jack's doing his homework	b your room.	2 +
3 We don't listen to music	c the shops.	3 +
	d very carefully.	







1 Put the sentences in the correct order to make a paragraph. (2 marks)

- a I have breakfast and then I go shopping with Mum.
- b At 5 pm I meet my friends, but I don't stay out late.
- c I do my homework and go to bed.
- d On Sunday, I get up late because there is no school.
- e In the afternoon, I have swimming lessons.





2 Your British friend Sam asks you how you spend your summer holidays. Write a short email answering Sam's question. (5 lines) (4 marks)



