

عاشر

اختبارات

قصيرة

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

malnutrition - fatigue - bestow - nutrition - chemically

1. Not getting enough sleep can cause during the school day.
2. Children who do not get enough food may suffer from
3. The school will a prize on the class with the healthiest lunchboxes.
4. Good gives our bodies energy.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Listen! The doctor (talk) about healthy eating. **(Correct the verb)**
 - a) Listen! The doctor talks about healthy eating.
 - b) Listen! The doctor are talking about healthy eating.
 - c) Listen! The doctor is talking about healthy eating.
6. Omar eats breakfast before school. **(Make negative)**
 - a) Omar doesn't eat breakfast before school.
 - b) Omar don't eat breakfast before school.
 - c) Omar doesn't eats breakfast before school.
7. We saw a/an (stone / huge / ancient) castle. **(Reorder the adjectives)**
 - a) We saw an ancient stone huge castle.
 - b) We saw a huge ancient stone castle.
 - c) We saw a stone huge ancient castle.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **how healthy food can improve our physical health**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

personalised - malnutrition - still - effective - biological

- Sleep is a need for all humans.
- Personalised nutrition is a new field, so scientists are studying it.
- The doctor suggested a diet based on my needs.
- The new plan was simple but very

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Huda (not drink) fizzy drinks every day. **(Correct the verb)**
 - Huda don't drink fizzy drinks every day.
 - Huda doesn't drink fizzy drinks every day.
 - Huda doesn't drinks fizzy drinks every day.
- We are having lunch at the moment. **(Make negative)**
 - We aren't having lunch at the moment.
 - We don't having lunch at the moment.
 - We aren't have lunch at the moment.
- Rashed often stays at home at weekends. **(Make negative)**
 - Rashed didn't often stay at home at weekends.
 - Rashed isn't often staying at home at weekends.
 - Rashed doesn't often stay at home at weekends.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **how healthy food can help us think clearly and focus better**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

inactive - inflammation - consume - chemically - effective

1. The laboratory tests the water to identify harmful substances.
2. Reducing sugar is an way to protect your teeth.
3. People who sit all day may lead an lifestyle.
4. Eating too much sugar may cause in some parts of the body.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Be quiet! The students (take) a test now. (Correct the verb)
 - a) Be quiet! The students have taken a test now.
 - b) Be quiet! The students are taking a test now.
 - c) Be quiet! The students were taking a test now.
6. Mona always eats fruit after lunch. (Make negative)
 - a) Mona doesn't always eat fruit after lunch.
 - b) Mona didn't always eat fruit after lunch.
 - c) Mona hasn't always eaten fruit after lunch.
7. The students study English every day. (Make negative)
 - a) The students does not study English every day.
 - b) The students do not study English every day.
 - c) The students do not studies English every day.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **healthy habits that keep teenagers in good shape**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

urge - notable - fatigue - effective - consume

- The scientist made a discovery that attracted worldwide attention.
- Parents often their children to spend less time on their phone.
- This treatment is at relieving pain.
- Many families fresh vegetables as part of a healthy diet.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- My brother always drinks plenty of water. (Make negative)
 - My brother doesn't always drink plenty of water.
 - My brother isn't always drinking plenty of water.
 - My brother didn't always drink plenty of water.
- We choose healthy snacks. (Add: usually)
 - We choose usually healthy snacks.
 - We choose healthy usually snacks.
 - We usually choose healthy snacks.
- My mother bought a (wooden / beautiful / large) bowl. (Reorder the adjectives)
 - My mother bought a wooden large beautiful bowl.
 - My mother bought a beautiful large wooden bowl.
 - My mother bought a large wooden beautiful bowl.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of healthy food options in the school canteen and suggest some healthy alternatives.**

The Outline (1 mark)

Introductory sentence: _____

Supporting idea 1: _____

Supporting idea 2: _____

Concluding sentence: _____

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

notable - urge - attitude - still - stimulate

1. Colourful food displays can students' interest in healthy meals.
2. Even after lunch, the child is hungry.
3. There is a difference between the diet of the past and today's diet.
4. Olivia's positive helped her deal with the problem calmly.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. My brother **usually** (not eat) fast food. (Correct the verb)
 - a) My brother usually doesn't eats fast food.
 - b) My brother usually doesn't eat fast food.
 - c) My brother usually don't eat fast food.
6. Sara eats breakfast **at seven o'clock every morning**. (Ask a question)
 - a) When does Sara eat breakfast?
 - b) When do Sara eat breakfast?
 - c) When does Sara eats breakfast?
7. The students eat fast food every day. (Make negative)
 - a) The students doesn't eat fast food every day.
 - b) The students don't eats fast food every day.
 - c) The students don't eat fast food every day.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **small food swaps you can make to stay healthy**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

nutrition - process - personalised - involvement - bestow

- Factories fresh tomatoes to make tomato sauce.
- Community is necessary to make any health campaign successful.
- The school will an award on the student who wins the competition.
- Fresh food provides the body with good and energy.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Listen! The baby (cry) in the next room. **(Correct the verb)**
 - Listen! The baby cries in the next room.
 - Listen! The baby cry in the next room.
 - Listen! The baby is crying in the next room.
- At the moment, my sister (not / watch) TV; she (read) a book. **(Correct the verbs)**
 - At the moment, my sister doesn't watch TV; she reads a book.
 - At the moment, my sister isn't watching TV; she is reading a book.
 - At the moment, my sister isn't watch TV; she is read a book.
- Your father is cooking dinner. **(Make a question)**
 - Does your father cooking dinner?
 - Is your father cook dinner?
 - Is your father cooking dinner?

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the academic benefits of mindful eating**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

involvement - inactive - chemically - regulate - process

1. School rules students' behaviour.
2. Workers fresh milk before it is sold in shops.
3. Parents' in school health programmes helps children eat better.
4. Children who sit in front of screens all day long become

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Our teacher (explain) the benefits of good nutrition every Monday. **(Correct the verb)**
 - a) Our teacher explain the benefits of good nutrition every Monday.
 - b) Our teacher explains the benefits of good nutrition every Monday.
 - c) Our teacher is explaining the benefits of good nutrition every Monday.
6. Look! The baby (sleep) on the sofa. **(Correct the verb)**
 - a) Look! The baby is sleeping on the sofa.
 - b) Look! The baby sleeps on the sofa.
 - c) Look! The baby are sleeping on the sofa.
7. Khaled usually drinks fizzy drinks. **(Make a question)**
 - a) Do Khaled usually drink fizzy drinks?
 - b) Does Khaled usually drinks fizzy drinks?
 - c) Does Khaled usually drink fizzy drinks?

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the physical benefits of mindful eating**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

regulate - urge - biological - still - nutrition

1. Although fast food is unhealthy, many teenagers prefer it to home-cooked meals.
2. Every person has different needs depending on age and other factors.
3. Good helps our bodies grow strong and healthy.
4. Schools the use of mobile phones in class.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Your sister eats fruit every morning. (Ask a question)
 - a) What does your sister eat every morning?
 - b) What is your sister eating every morning?
 - c) What was your sister eating every morning?
6. My brother is at home on Fridays. (Rewrite using: always)
 - a) My brother always is at home on Fridays.
 - b) My brother is at home always on Fridays.
 - c) My brother is always at home on Fridays.
7. They live in a (white / old / small) house. (Put the adjectives in the correct order)
 - a) They live in a white old small house.
 - b) They live in a small old white house.
 - c) They live in a white small old house.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy school canteen**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

stimulate - still - urge - process - effective

1. Although he has rested, Ali feels tired.
2. A cup of coffee can the brain and keep you awake.
3. Regular exercise is an way to stay healthy.
4. Teachers students to bring healthy snacks to school.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. My brother (drink) water with every meal. **(Correct the verb)**
 - a) My brother drinks water with every meal.
 - b) My brother is drinking water with every meal.
 - c) My brother was drinking water with every meal.
6. Our school canteen is clean. **(Add: always)**
 - a) Our school canteen is always clean.
 - b) Our school canteen always is clean.
 - c) Our school canteen is clean always.
7. Sara is preparing a healthy meal now. **(Make negative)**
 - a) Sara does not preparing a healthy meal now.
 - b) Sara is not prepare a healthy meal now.
 - c) Sara is not preparing a healthy meal now.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the healthy swaps and suggestions to make the school canteen healthier**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

fatigue - consume - chemically - effective - process

1. Staying up late can cause and poor concentration in class.
2. People who large amounts of fizzy drinks may gain weight quickly.
3. Walking for thirty minutes a day is an way to stay fit.
4. Some materials are treated to make them last longer.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. I (drink) orange juice now. **(Correct the verb)**
 - a) I drinks orange juice now.
 - b) I am drink orange juice now.
 - c) I am drinking orange juice now.
6. The boys are playing in the garden. **(Ask a question)**
 - a) Where are the boys playing?
 - b) Where do the boys playing?
 - c) Where the boys are playing?
7. My mother bought a (wooden / beautiful / brown) table. **(Put the adjectives in the correct order)**
 - a) My mother bought a wooden brown beautiful table.
 - b) My mother bought a beautiful brown wooden table.
 - c) My mother bought a brown beautiful wooden table.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy breakfast for students**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

attitude - still - inactive - personalised - bestow

1. Some people become when they spend too much time sitting at home.
2. The shop was about to close, but several customers were waiting inside.
3. A diet is designed to meet the needs of one person only.
4. A good towards healthy food usually starts at home.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. My father usually (drink) tea in the morning. (Correct the verb)
 - a) My father usually drinks tea in the morning.
 - b) My father usually drink tea in the morning.
 - c) My father usually drinking tea in the morning.
6. Sara usually does her homework in the evening. (Ask a question about the underlined words)
 - a) When does Sara usually does her homework?
 - b) When does Sara usually do her homework?
 - c) Where does Sara usually do her homework?
7. He bought (running / comfortable / new) trainers. (Reorder the adjectives)
 - a) He bought comfortable new running trainers.
 - b) He bought running comfortable new trainers.
 - c) He bought new running comfortable trainers.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy school canteen**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

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Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

inflammation - chemically - stimulate - biological - urge

1. Colourful posters can students' interest in healthy eating.
2. Teachers students to bring healthy snacks to school.
3. Some foods, such as fish and nuts, may help to reduce in the body.
4. Hunger and thirst are signals that tell us what our body needs.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. The children are feeding the birds now. (Make negative)
 - a) The children do not feeding the birds now.
 - b) The children is not feeding the birds now.
 - c) The children are not feeding the birds now.
6. Salem goes to the gym on Mondays. (Make a question)
 - a) Does Salem go to the gym on Mondays?
 - b) Does Salem goes to the gym on Mondays?
 - c) Do Salem go to the gym on Mondays?
7. She bought a (cotton / large / beautiful) bag. (Reorder the adjectives)
 - a) She bought a large cotton beautiful bag.
 - b) She bought a beautiful large cotton bag.
 - c) She bought a cotton beautiful large bag.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the healthy swaps and suggestions to make the school canteen healthier**.

The Outline (1 mark)

Introductory sentence: _____

Supporting idea 1: _____

Supporting idea 2: _____

Concluding sentence: _____

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

involvement - chemically - notable - regulate - malnutrition

- Doctors say that is not only about hunger; it can also happen when people eat too much junk food.
- Water helps to body temperature on hot summer days.
- Parents' in healthy meal planning can encourage good habits.
- The young scientists made a/an discovery during the experiment.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Water (boil) at 100 degrees Celsius. (Correct the verb)
 - Water is boiling at 100 degrees Celsius.
 - Water boils at 100 degrees Celsius.
 - Water boil at 100 degrees Celsius.
- My friends and I (sometimes / eat) at restaurants at the weekend. (Correct the verb)
 - My friends and I sometimes eat at restaurants at the weekend.
 - My friends and I eat sometimes at restaurants at the weekend.
 - My friends and I sometimes eats at restaurants at the weekend.
- Noura usually has fruit for breakfast. (Ask a question)
 - What does Noura usually have for breakfast?
 - What is Noura usually having for breakfast?
 - What did Noura usually have for breakfast?

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy breakfast for students**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

personalised - routinely - urge - regulate - nutrition

1. Doctors people to drink more water and eat fresh fruit.
2. Sleeping well helps to our mood and energy.
3. The doctor visits his patients in the morning.
4. Good gives teenagers the energy they need for school.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Look! The boys (play) football in the school yard now. (Correct the verb)
 - a) Look! The boys are playing football in the school yard now.
 - b) Look! The boys plays football in the school yard now.
 - c) Look! The boys is playing football in the school yard now.
6. The students are eating healthy snacks. (Ask a question about the underlined words)
 - a) What do the students eating?
 - b) What the students are eating?
 - c) What are the students eating?
7. Huda bought a/an (red / new / lovely) dress. (Reorder the adjectives)
 - a) Huda bought a red lovely new dress.
 - b) Huda bought a lovely new red dress.
 - c) Huda bought a new red lovely dress.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy school canteen**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

notable - biological - inactive - bestow - fatigue

- The school has made a/an improvement in sports activities this year.
- A/an lifestyle may lead to health problems over time.
- Each person has different needs, so one diet cannot suit everyone.
- Iron-rich food can help people who suffer from and weakness.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Look! The children (eat) fresh fruit in the playground. **(Correct the verb)**
 - Look! The children are eating fresh fruit in the playground.
 - Look! The children eats fresh fruit in the playground.
 - Look! The children is eating fresh fruit in the playground.
- My brother usually (eat) breakfast before school. **(Correct the verb)**
 - My brother usually eat breakfast before school.
 - My brother usually eats breakfast before school.
 - My brother usually is eating breakfast before school.
- We bought a/an (round / wooden / large) table. **(Reorder the adjectives)**
 - We bought a wooden large round table.
 - We bought a round wooden large table.
 - We bought a large round wooden table.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the healthy swaps and suggestions to make the school canteen healthier**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

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Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

routinely - biological - involvement - stimulate - regulate

1. Scientists are studying how gut bacteria our mood and appetite.
2. The machines are checked to make sure they are working well.
3. Hunger is a need, just like sleep.
4. Puzzles can the mind and improve thinking skills.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Currently, I (prepare) for an important exam. (Correct the verb)
 - a) Currently, I was preparing for an important exam.
 - b) Currently, I am preparing for an important exam.
 - c) Currently, I prepared for an important exam.
6. What (you / do) at the moment? (Correct the verb)
 - a) What do you doing at the moment?
 - b) What are you doing at the moment?
 - c) What you are doing at the moment?
7. Emily often takes a healthy snack to school. (Make negative)
 - a) Emily doesn't often take a healthy snack to school.
 - b) Emily isn't often taking a healthy snack to school.
 - c) Emily didn't often take a healthy snack to school.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy breakfast for students**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

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Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

attitude - fatigue - regulate - malnutrition - personalised

1. My coach gave me a plan that suits my body and my sport.
2. After a long and busy day, she felt great and needed some rest.
3. Poor eating habits can cause and other health problems.
4. Ahmed has a positive towards eating vegetables.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. My sister (drink) milk every morning. **(Correct the verb)**
 - a) My sister drink milk every morning.
 - b) My sister drinks milk every morning.
 - c) My sister drinking milk every morning.
6. My sister (track) her calories every day. **(Correct the verb)**
 - a) My sister tracked her calories every day.
 - b) My sister tracks her calories every day.
 - c) My sister is tracking her calories every day.
7. Mum made a (chocolate / delicious / big) cake. **(Put the adjectives in the correct order)**
 - a) Mum made a delicious big chocolate cake.
 - b) Mum made a big chocolate delicious cake.
 - c) Mum made a chocolate delicious big cake.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy school canteen**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

stimulate - chemically - inflammation - involvement - inactive

1. Family helps children develop healthy eating habits.
2. The teacher used an interesting question to students' thinking.
3. A small injury may lead to and pain.
4. Too much screen time makes many teenagers and overweight.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. My parents (not buy) sugary drinks every week. **(Correct the verb)**
 - a) My parents doesn't buy sugary drinks every week.
 - b) My parents don't buys sugary drinks every week.
 - c) My parents don't buy sugary drinks every week.
6. Salma takes the bus to school. **(Ask a question)**
 - a) How do Salma get to school?
 - b) How does Salma get to school?
 - c) How does Salma gets to school?
7. She is eating a (red / round / small) apple. **(Put the adjectives in the correct order)**
 - a) She is eating a red round small apple.
 - b) She is eating a round red small apple.
 - c) She is eating a small round red apple.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the physical and academic benefits of mindful eating**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

routinely - urge - attitude - consume - personalised

1. We should not too much sugar and salt every day.
2. The nurse checks each patient's temperature every morning.
3. Doctors often teenagers to reduce sugary drinks.
4. The website gives each student a experience based on their level.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Fatma (never / eat) fast food. (Correct the verb)
 - a) Fatma eats never fast food.
 - b) Fatma never eat fast food.
 - c) Fatma never eats fast food.
6. At the moment, the students (stretch) their muscles. (Correct the verb)
 - a) At the moment, the students stretch their muscles.
 - b) At the moment, the students are stretching their muscles.
 - c) At the moment, the students were stretching their muscles.
7. I bought a (leather / brown / nice) bag for my mother. (Put the adjectives in the correct order)
 - a) I bought a brown nice leather bag for my mother.
 - b) I bought a nice brown leather bag for my mother.
 - c) I bought a leather brown nice bag for my mother.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **what personalised nutrition means and its benefits**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

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Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

involvement - notable - consume - routinely - process

1. Changing your eating habits is a slow, so be patient.
2. My family gathers around one table for Friday lunch.
3. Many people too much sugar in soft drinks.
4. The of all students in the school garden project was amazing.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Maryam is making a salad in the kitchen. (Ask a question about the underlined words)
 - a) Where does Maryam making a salad?
 - b) Where Maryam is making a salad?
 - c) Where is Maryam making a salad?
6. Mariam eats vegetables with lunch. (Use often)
 - a) Mariam often eats vegetables with lunch.
 - b) Mariam eats often vegetables with lunch.
 - c) Mariam eats vegetables often with lunch.
7. I bought a (glass / beautiful / small) bottle. (Reorder the adjectives)
 - a) I bought a beautiful small glass bottle.
 - b) I bought a glass beautiful small bottle.
 - c) I bought a small glass beautiful bottle.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy food options in the canteen and suggesting further alternative options**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

consume - malnutrition - fatigue - personalised - still

1. In some poor countries, many children suffer from because they lack healthy food.
2. Many old people in Kuwait remember the simple meals of the past.
3. The coach prepared a/an training plan for each player on the team.
4. After running for two hours, the athlete felt extreme

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Emily is preparing a healthy meal now. (Make negative)
 - a) Emily was not preparing a healthy meal now.
 - b) Emily does not prepare a healthy meal now.
 - c) Emily is not preparing a healthy meal now.
6. She bought a (wooden / beautiful / small) table. (Reorder the adjectives)
 - a) She bought a small wooden beautiful table.
 - b) She bought a wooden beautiful small table.
 - c) She bought a beautiful small wooden table.
7. Sami bought a/an (Italian / black / stylish) jacket. (Reorder the adjectives)
 - a) Sami bought a stylish black Italian jacket.
 - b) Sami bought a black Italian stylish jacket.
 - c) Sami bought an Italian stylish black jacket.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the nutritional benefits of a healthy diet and the hurdles that prevent people from following it**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

chemically - bestow - process - personalised - routinely

1. My grandfather walks to the mosque every day.
2. In the stomach, food is broken down before the body can use it.
3. Digestion is the by which the body breaks down food.
4. The school will honours on its top students.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. At the moment, I (prepare) my school bag. **(Correct the verb)**
 - a) At the moment, I prepares my school bag.
 - b) At the moment, I preparing my school bag.
 - c) At the moment, I am preparing my school bag.
6. Listen! The teacher (explain) the importance of sleep. **(Correct the verb)**
 - a) Listen! The teacher explains the importance of sleep.
 - b) Listen! The teacher was explaining the importance of sleep.
 - c) Listen! The teacher is explaining the importance of sleep.
7. Ali plays football in the park every Friday. **(Ask a question)**
 - a) Where do Ali play football every Friday?
 - b) Where does Ali plays football every Friday?
 - c) Where does Ali play football every Friday?

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the importance of healthy eating and suggesting ways to develop healthy eating habits**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Choose the correct answer from a, b, c and d:

- Regular exercise can _____ the body and help people feel more energetic.
a) consume b) stimulate c) bestow d) process
- Our bodies have different _____ needs because of differences in genetics and physical activity.
a) biological b) inactive c) notable d) effective
- Doctors _____ people to eat more vegetables and avoid unhealthy snacks.
a) urge b) bestow c) process d) consume
- Eating too much sugar can cause _____ in the body, leading to swelling and pain.
a) attitude b) inflammation c) involvement d) nutrition

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Nasser is late for school. **(Rewrite using: often)**
a) Nasser often is late for school.
b) Nasser is often late for school.
c) Nasser is late often for school.
- Olivia stays at home at weekends. **(Use never)**
a) Olivia never stays at home at weekends.
b) Olivia stays never at home at weekends.
c) Olivia stays at home never at weekends.
- We bought a/an (wooden / lovely / small) table. **(Reorder the adjectives)**
a) We bought a lovely small wooden table.
b) We bought a small wooden lovely table.
c) We bought a wooden lovely small table.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **Healthy Eating: its benefits and ways to develop healthy eating habits**.

The Outline (1 mark)

Introductory sentence: _____

Supporting idea 1: _____

Supporting idea 2: _____

Concluding sentence: _____

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Choose the correct answer from a, b, c and d:

- After working for twelve hours without rest, the nurse suffered from severe _____.
a) nutrition b) involvement c) fatigue d) attitude
- The school programme was _____ because it helped many students improve their eating habits.
a) inactive b) biological c) personalised d) effective
- Although he has improved his diet, he _____ eats too many sugary snacks.
a) chemically b) inactive c) biological d) still
- The programme made a _____ difference, with a clear improvement in students' eating habits.
a) inactive b) biological c) personalised d) notable

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Look! Emily (eat) a healthy sandwich. **(Correct the verb)**
a) Look! Emily eats a healthy sandwich.
b) Look! Emily is eating a healthy sandwich.
c) Look! Emily was eating a healthy sandwich.
- Merit exercises after school three times a week. **(Form a question)**
a) How often did Merit exercise after school?
b) How often does Merit exercise after school?
c) How often was Merit exercising after school?
- They are sitting at a (wooden / old / huge) table. **(Put the adjectives in the correct order)**
a) They are sitting at a wooden huge old table.
b) They are sitting at a huge old wooden table.
c) They are sitting at an old wooden huge table.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **A Healthy Lifestyle: healthy food choices and daily physical activity**.

The Outline (1 mark)

Introductory sentence: _____

Supporting idea 1: _____

Supporting idea 2: _____

Concluding sentence: _____

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Choose the correct answer from a, b, c and d:

- Students should _____ less fast food and eat more fresh vegetables.
a) consume b) bestow c) stimulate d) urge
- Students' _____ in the school health programme helped make it successful.
a) fatigue b) inflammation c) involvement d) malnutrition
- Our bodies _____ food differently, so the same meal may not suit everyone.
a) bestow b) process c) urge d) consume
- A _____ meal plan is designed to match each person's individual needs.
a) biological b) inactive c) notable d) personalised

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Hessa usually walks to school, but today she (take) the bus. **(Correct the verb)**
a) Hessa usually walks to school, but today she takes the bus.
b) Hessa usually walks to school, but today she take the bus.
c) Hessa usually walks to school, but today she is taking the bus.
- She is wearing a (silk / lovely / blue) scarf. **(Put the adjectives in the correct order)**
a) She is wearing a lovely blue silk scarf.
b) She is wearing a blue lovely silk scarf.
c) She is wearing a silk blue lovely scarf.
- My uncle has two (German / expensive / new) cars. **(Put the adjectives in the correct order)**
a) My uncle has two expensive new German cars.
b) My uncle has two new expensive German cars.
c) My uncle has two German new expensive cars.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **Personalised Nutrition: why individual food needs differ and how suitable meals help us**.

The Outline (1 mark)

Introductory sentence: _____

Supporting idea 1: _____

Supporting idea 2: _____

Concluding sentence: _____

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Choose the correct answer from a, b, c and d:

- The school encourages parents' _____ in activities by inviting them to help plan healthy meals.
a) inflammation b) involvement c) fatigue d) malnutrition
- Certain chemicals in our bodies help _____ our mood and emotions.
a) regulate b) consume c) bestow d) urge
- Children who do not get enough nutritious food may suffer from _____.
a) involvement b) attitude c) nutrition d) malnutrition
- My sister _____ checks food labels before buying snacks, making it part of her daily routine.
a) chemically b) still c) routinely d) inactive

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Laila visits the library every week. **(Make negative)**
a) Laila do not visit the library every week.
b) Laila does not visits the library every week.
c) Laila does not visit the library every week.
- They served a (Italian / large / delicious) meal. **(Reorder the adjectives)**
a) They served a large delicious Italian meal.
b) They served an Italian large delicious meal.
c) They served a delicious large Italian meal.
- We visited two (Kuwaiti / beautiful / old) houses. **(Put the adjectives in the correct order)**
a) We visited two beautiful old Kuwaiti houses.
b) We visited two old beautiful Kuwaiti houses.
c) We visited two Kuwaiti old beautiful houses.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **School Health Programmes: their benefits and ways to encourage healthy habits.**

The Outline (1 mark)

Introductory sentence: _____

Supporting idea 1: _____

Supporting idea 2: _____

Concluding sentence: _____

Write your paragraph here (7 marks)

Name: _____ Class: 10 / _____ Mark: _____ / 15

I. Vocabulary

4 marks

Choose the correct answer from a, b, c and d:

- The students showed a positive _____ towards healthy eating and became willing to try nutritious meals.
a) inflammation b) fatigue c) attitude d) malnutrition
- My brother has an _____ lifestyle because he spends most of his time sitting.
a) inactive b) effective c) notable d) personalised
- Schools can _____ students to make healthier choices by offering enjoyable nutrition activities.
a) consume b) bestow c) urge d) process
- Good _____ involves giving the body the nutrients it needs to stay healthy.
a) involvement b) nutrition c) attitude d) inflammation

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- How often (your brother / go) swimming? **(Correct the verb)**
a) How often does your brother goes swimming?
b) How often does your brother go swimming?
c) How often your brother goes swimming?
- The students (prepare) a healthy meal **right now**. **(Correct the verb)**
a) The students prepare a healthy meal right now.
b) The students is preparing a healthy meal right now.
c) The students are preparing a healthy meal right now.
- My sister bought a (small / plastic / lovely) lunchbox. **(Reorder the adjectives)**
a) My sister bought a lovely small plastic lunchbox.
b) My sister bought a plastic lovely small lunchbox.
c) My sister bought a small plastic lovely lunchbox.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **Healthy Eating at Home: its benefits and ways families can encourage it**.

The Outline (1 mark)

Introductory sentence: _____

Supporting idea 1: _____

Supporting idea 2: _____

Concluding sentence: _____

Write your paragraph here (7 marks)

عاشر

اختبارات

قصيرة

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

malnutrition - fatigue - bestow - nutrition - chemically

1. Not getting enough sleep can cause **fatigue** during the school day.
2. Children who do not get enough food may suffer from **malnutrition**.
3. The school will **bestow** a prize on the class with the healthiest lunchboxes.
4. Good **nutrition** gives our bodies energy.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Listen! The doctor (talk) about healthy eating. **(Correct the verb)**
 - a) Listen! The doctor talks about healthy eating.
 - b) Listen! The doctor are talking about healthy eating.
 - c) Listen! The doctor is talking about healthy eating.**
6. Omar eats breakfast before school. **(Make negative)**
 - a) Omar doesn't eat breakfast before school.**
 - b) Omar don't eat breakfast before school.
 - c) Omar doesn't eats breakfast before school.
7. We saw a/an (stone / huge / ancient) castle. **(Reorder the adjectives)**
 - a) We saw an ancient stone huge castle.
 - b) We saw a huge ancient stone castle.**
 - c) We saw a stone huge ancient castle.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **how healthy food can improve our physical health**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

personalised - malnutrition - still - effective - biological

1. Sleep is a **biological** need for all humans.
2. Personalised nutrition is **still** a new field, so scientists are studying it.
3. The doctor suggested a **personalised** diet based on my needs.
4. The new plan was simple but very **effective**.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Huda (not drink) fizzy drinks every day. **(Correct the verb)**
 - a) Huda don't drink fizzy drinks every day.
 - b) Huda doesn't drink fizzy drinks every day.**
 - c) Huda doesn't drinks fizzy drinks every day.
6. We are having lunch at the moment. **(Make negative)**
 - a) We aren't having lunch at the moment.**
 - b) We don't having lunch at the moment.
 - c) We aren't have lunch at the moment.
7. Rashed often stays at home at weekends. **(Make negative)**
 - a) Rashed didn't often stay at home at weekends.
 - b) Rashed isn't often staying at home at weekends.
 - c) Rashed doesn't often stay at home at weekends.**

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **how healthy food can help us think clearly and focus better**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

inactive - inflammation - consume - chemically - effective

- The laboratory tests the water **chemically** to identify harmful substances.
- Reducing sugar is an **effective** way to protect your teeth.
- People who sit all day may lead an **inactive** lifestyle.
- Eating too much sugar may cause **inflammation** in some parts of the body.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Be quiet! The students (take) a test now. **(Correct the verb)**
 - Be quiet! The students have taken a test now.
 - Be quiet! The students are taking a test now.**
 - Be quiet! The students were taking a test now.
- Mona always eats fruit after lunch. **(Make negative)**
 - Mona doesn't always eat fruit after lunch.**
 - Mona didn't always eat fruit after lunch.
 - Mona hasn't always eaten fruit after lunch.
- The students study English every day. **(Make negative)**
 - The students does not study English every day.
 - The students do not study English every day.**
 - The students do not studies English every day.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **healthy habits that keep teenagers in good shape**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

urge - notable - fatigue - effective - consume

- The scientist made a **notable** discovery that attracted worldwide attention.
- Parents often **urge** their children to spend less time on their phone.
- This treatment is **effective** at relieving pain.
- Many families **consume** fresh vegetables as part of a healthy diet.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- My brother always drinks plenty of water. **(Make negative)**
 - a) My brother doesn't always drink plenty of water.**
 - b) My brother isn't always drinking plenty of water.
 - c) My brother didn't always drink plenty of water.
- We choose healthy snacks. **(Add: usually)**
 - a) We choose usually healthy snacks.
 - b) We choose healthy usually snacks.
 - c) We usually choose healthy snacks.**
- My mother bought a (wooden / beautiful / large) bowl. **(Reorder the adjectives)**
 - a) My mother bought a wooden large beautiful bowl.
 - b) My mother bought a beautiful large wooden bowl.**
 - c) My mother bought a large wooden beautiful bowl.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of healthy food options in the school canteen and suggest some healthy alternatives.**

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

notable - urge - attitude - still - stimulate

1. Colourful food displays can **stimulate** students' interest in healthy meals.
2. Even after lunch, the child is **still** hungry.
3. There is a **notable** difference between the diet of the past and today's diet.
4. Olivia's positive **attitude** helped her deal with the problem calmly.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. My brother **usually** (not eat) fast food. (Correct the verb)
 - a) My brother usually doesn't eats fast food.
 - b) My brother usually doesn't eat fast food.**
 - c) My brother usually don't eat fast food.
6. Sara eats breakfast **at seven o'clock every morning**. (Ask a question)
 - a) When does Sara eat breakfast?**
 - b) When do Sara eat breakfast?
 - c) When does Sara eats breakfast?
7. The students eat fast food every day. (Make negative)
 - a) The students doesn't eat fast food every day.
 - b) The students don't eats fast food every day.
 - c) The students don't eat fast food every day.**

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **small food swaps you can make to stay healthy**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

nutrition - process - personalised - involvement - bestow

- Factories **process** fresh tomatoes to make tomato sauce.
- Community **involvement** is necessary to make any health campaign successful.
- The school will **bestow** an award on the student who wins the competition.
- Fresh food provides the body with good **nutrition** and energy.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Listen! The baby (cry) in the next room. **(Correct the verb)**
 - Listen! The baby cries in the next room.
 - Listen! The baby cry in the next room.
 - Listen! The baby is crying in the next room.**
- At the moment, my sister (not / watch) TV; she (read) a book. **(Correct the verbs)**
 - At the moment, my sister doesn't watch TV; she reads a book.
 - At the moment, my sister isn't watching TV; she is reading a book.**
 - At the moment, my sister isn't watch TV; she is read a book.
- Your father is cooking dinner. **(Make a question)**
 - Does your father cooking dinner?
 - Is your father cook dinner?
 - Is your father cooking dinner?**

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the academic benefits of mindful eating**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

involvement - inactive - chemically - regulate - process

1. School rules **regulate** students' behaviour.
2. Workers **process** fresh milk before it is sold in shops.
3. Parents' **involvement** in school health programmes helps children eat better.
4. Children who sit in front of screens all day long become **inactive**.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Our teacher (explain) the benefits of good nutrition every Monday. **(Correct the verb)**
 - a) Our teacher explain the benefits of good nutrition every Monday.
 - b) Our teacher explains the benefits of good nutrition every Monday.**
 - c) Our teacher is explaining the benefits of good nutrition every Monday.
6. Look! The baby (sleep) on the sofa. **(Correct the verb)**
 - a) Look! The baby is sleeping on the sofa.**
 - b) Look! The baby sleeps on the sofa.
 - c) Look! The baby are sleeping on the sofa.
7. Khaled usually drinks fizzy drinks. **(Make a question)**
 - a) Do Khaled usually drink fizzy drinks?
 - b) Does Khaled usually drinks fizzy drinks?
 - c) Does Khaled usually drink fizzy drinks?**

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the physical benefits of mindful eating**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

regulate - urge - biological - still - nutrition

- Although fast food is unhealthy, many teenagers **still** prefer it to home-cooked meals.
- Every person has different **biological** needs depending on age and other factors.
- Good **nutrition** helps our bodies grow strong and healthy.
- Schools **regulate** the use of mobile phones in class.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Your sister eats fruit every morning. (Ask a question)
 - a) What does your sister eat every morning?**
 - b) What is your sister eating every morning?
 - c) What was your sister eating every morning?
- My brother is at home on Fridays. (Rewrite using: always)
 - a) My brother always is at home on Fridays.
 - b) My brother is at home always on Fridays.
 - c) My brother is always at home on Fridays.**
- They live in a (white / old / small) house. (Put the adjectives in the correct order)
 - a) They live in a white old small house.
 - b) They live in a small old white house.**
 - c) They live in a white small old house.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy school canteen**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

stimulate - still - urge - process - effective

- Although he has rested, Ali **still** feels tired.
- A cup of coffee can **stimulate** the brain and keep you awake.
- Regular exercise is an **effective** way to stay healthy.
- Teachers **urge** students to bring healthy snacks to school.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- My brother (drink) water with every meal. **(Correct the verb)**
 - a) My brother drinks water with every meal.**
 - b) My brother is drinking water with every meal.
 - c) My brother was drinking water with every meal.
- Our school canteen is clean. **(Add: always)**
 - a) Our school canteen is always clean.**
 - b) Our school canteen always is clean.
 - c) Our school canteen is clean always.
- Sara is preparing a healthy meal now. **(Make negative)**
 - a) Sara does not preparing a healthy meal now.
 - b) Sara is not prepare a healthy meal now.
 - c) Sara is not preparing a healthy meal now.**

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the healthy swaps and suggestions to make the school canteen healthier.**

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

fatigue - consume - chemically - effective - process

1. Staying up late can cause **fatigue** and poor concentration in class.
2. People who **consume** large amounts of fizzy drinks may gain weight quickly.
3. Walking for thirty minutes a day is an **effective** way to stay fit.
4. Some materials are **chemically** treated to make them last longer.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. I (drink) orange juice now. **(Correct the verb)**
 - a) I drinks orange juice now.
 - b) I am drink orange juice now.
 - c) I am drinking orange juice now.**
6. The boys are playing in the garden. **(Ask a question)**
 - a) Where are the boys playing?**
 - b) Where do the boys playing?
 - c) Where the boys are playing?
7. My mother bought a (wooden / beautiful / brown) table. **(Put the adjectives in the correct order)**
 - a) My mother bought a wooden brown beautiful table.
 - b) My mother bought a beautiful brown wooden table.**
 - c) My mother bought a brown beautiful wooden table.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy breakfast for students**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

attitude - still - inactive - personalised - bestow

1. Some people become **inactive** when they spend too much time sitting at home.
2. The shop was about to close, but several customers were **still** waiting inside.
3. A **personalised** diet is designed to meet the needs of one person only.
4. A good **attitude** towards healthy food usually starts at home.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. My father usually (drink) tea in the morning. **(Correct the verb)**
 - a) My father usually drinks tea in the morning.
 - b) My father usually drink tea in the morning.
 - c) My father usually drinking tea in the morning.
6. Sara usually does her homework in the evening. **(Ask a question about the underlined words)**
 - a) When does Sara usually does her homework?
 - b) **When does Sara usually do her homework?**
 - c) Where does Sara usually do her homework?
7. He bought (running / comfortable / new) trainers. **(Reorder the adjectives)**
 - a) **He bought comfortable new running trainers.**
 - b) He bought running comfortable new trainers.
 - c) He bought new running comfortable trainers.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy school canteen**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

inflammation - chemically - stimulate - biological - urge

1. Colourful posters can **stimulate** students' interest in healthy eating.
2. Teachers **urge** students to bring healthy snacks to school.
3. Some foods, such as fish and nuts, may help to reduce **inflammation** in the body.
4. Hunger and thirst are **biological** signals that tell us what our body needs.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. The children are feeding the birds now. **(Make negative)**
 - a) The children do not feeding the birds now.
 - b) The children is not feeding the birds now.
 - c) **The children are not feeding the birds now.**
6. Salem goes to the gym on Mondays. **(Make a question)**
 - a) **Does Salem go to the gym on Mondays?**
 - b) Does Salem goes to the gym on Mondays?
 - c) Do Salem go to the gym on Mondays?
7. She bought a (cotton / large / beautiful) bag. **(Reorder the adjectives)**
 - a) She bought a large cotton beautiful bag.
 - b) **She bought a beautiful large cotton bag.**
 - c) She bought a cotton beautiful large bag.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the healthy swaps and suggestions to make the school canteen healthier**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

involvement - chemically - notable - regulate - malnutrition

- Doctors say that **malnutrition** is not only about hunger; it can also happen when people eat too much junk food.
- Water helps to **regulate** body temperature on hot summer days.
- Parents' **involvement** in healthy meal planning can encourage good habits.
- The young scientists made a/an **notable** discovery during the experiment.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Water (boil) at 100 degrees Celsius. **(Correct the verb)**
 - Water is boiling at 100 degrees Celsius.
 - Water boils at 100 degrees Celsius.**
 - Water boil at 100 degrees Celsius.
- My friends and I (sometimes / eat) at restaurants at the weekend. **(Correct the verb)**
 - My friends and I sometimes eat at restaurants at the weekend.**
 - My friends and I eat sometimes at restaurants at the weekend.
 - My friends and I sometimes eats at restaurants at the weekend.
- Noura usually has fruit for breakfast. **(Ask a question)**
 - What does Noura usually have for breakfast?**
 - What is Noura usually having for breakfast?
 - What did Noura usually have for breakfast?

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy breakfast for students**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

personalised - routinely - urge - regulate - nutrition

1. Doctors **urge** people to drink more water and eat fresh fruit.
2. Sleeping well helps to **regulate** our mood and energy.
3. The doctor **routinely** visits his patients in the morning.
4. Good **nutrition** gives teenagers the energy they need for school.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Look! The boys (play) football in the school yard now. **(Correct the verb)**
 a) **Look! The boys are playing football in the school yard now.**
 b) Look! The boys plays football in the school yard now.
 c) Look! The boys is playing football in the school yard now.
6. The students are eating healthy snacks. **(Ask a question about the underlined words)**
 a) What do the students eating?
 b) What the students are eating?
 c) **What are the students eating?**
7. Huda bought a/an (red / new / lovely) dress. **(Reorder the adjectives)**
 a) Huda bought a red lovely new dress.
 b) **Huda bought a lovely new red dress.**
 c) Huda bought a new red lovely dress.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy school canteen**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

notable - biological - inactive - bestow - fatigue

- The school has made a/an **notable** improvement in sports activities this year.
- A/an **inactive** lifestyle may lead to health problems over time.
- Each person has different **biological** needs, so one diet cannot suit everyone.
- Iron-rich food can help people who suffer from **fatigue** and weakness.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Look! The children (eat) fresh fruit in the playground. **(Correct the verb)**
 - a) Look! The children are eating fresh fruit in the playground.**
 - b) Look! The children eats fresh fruit in the playground.
 - c) Look! The children is eating fresh fruit in the playground.
- My brother usually (eat) breakfast before school. **(Correct the verb)**
 - a) My brother usually eat breakfast before school.
 - b) My brother usually eats breakfast before school.**
 - c) My brother usually is eating breakfast before school.
- We bought a/an (round / wooden / large) table. **(Reorder the adjectives)**
 - a) We bought a wooden large round table.
 - b) We bought a round wooden large table.
 - c) We bought a large round wooden table.**

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the healthy swaps and suggestions to make the school canteen healthier**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

routinely - biological - involvement - stimulate - regulate

1. Scientists are studying how gut bacteria **regulate** our mood and appetite.
2. The machines are **routinely** checked to make sure they are working well.
3. Hunger is a **biological** need, just like sleep.
4. Puzzles can **stimulate** the mind and improve thinking skills.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Currently, I (prepare) for an important exam. **(Correct the verb)**
 - a) Currently, I was preparing for an important exam.
 - b) Currently, I am preparing for an important exam.**
 - c) Currently, I prepared for an important exam.
6. What (you / do) at the moment? **(Correct the verb)**
 - a) What do you doing at the moment?
 - b) What are you doing at the moment?**
 - c) What you are doing at the moment?
7. Emily often takes a healthy snack to school. **(Make negative)**
 - a) Emily doesn't often take a healthy snack to school.**
 - b) Emily isn't often taking a healthy snack to school.
 - c) Emily didn't often take a healthy snack to school.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy breakfast for students**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

attitude - fatigue - regulate - malnutrition - personalised

1. My coach gave me a **personalised** plan that suits my body and my sport.
2. After a long and busy day, she felt great **fatigue** and needed some rest.
3. Poor eating habits can cause **malnutrition** and other health problems.
4. Ahmed has a positive **attitude** towards eating vegetables.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. My sister (drink) milk every morning. **(Correct the verb)**
 - a) My sister drink milk every morning.
 - b) My sister drinks milk every morning.**
 - c) My sister drinking milk every morning.
6. My sister (track) her calories every day. **(Correct the verb)**
 - a) My sister tracked her calories every day.
 - b) My sister tracks her calories every day.**
 - c) My sister is tracking her calories every day.
7. Mum made a (chocolate / delicious / big) cake. **(Put the adjectives in the correct order)**
 - a) Mum made a delicious big chocolate cake.**
 - b) Mum made a big chocolate delicious cake.
 - c) Mum made a chocolate delicious big cake.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy school canteen**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

stimulate - chemically - inflammation - involvement - inactive

1. Family **involvement** helps children develop healthy eating habits.
2. The teacher used an interesting question to **stimulate** students' thinking.
3. A small injury may lead to **inflammation** and pain.
4. Too much screen time makes many teenagers **inactive** and overweight.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. My parents (not buy) sugary drinks every week. **(Correct the verb)**
 - a) My parents doesn't buy sugary drinks every week.
 - b) My parents don't buys sugary drinks every week.
 - c) My parents don't buy sugary drinks every week.**
6. Salma takes the bus to school. **(Ask a question)**
 - a) How do Salma get to school?
 - b) How does Salma get to school?**
 - c) How does Salma gets to school?
7. She is eating a (red / round / small) apple. **(Put the adjectives in the correct order)**
 - a) She is eating a red round small apple.
 - b) She is eating a round red small apple.
 - c) She is eating a small round red apple.**

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the physical and academic benefits of mindful eating**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

routinely - urge - attitude - consume - personalised

1. We should not **consume** too much sugar and salt every day.
2. The nurse **routinely** checks each patient's temperature every morning.
3. Doctors often **urge** teenagers to reduce sugary drinks.
4. The website gives each student a **personalised** experience based on their level.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Fatma (never / eat) fast food. **(Correct the verb)**
 - a) Fatma eats never fast food.
 - b) Fatma never eat fast food.
 - c) Fatma never eats fast food.**
6. At the moment, the students (stretch) their muscles. **(Correct the verb)**
 - a) At the moment, the students stretch their muscles.
 - b) At the moment, the students are stretching their muscles.**
 - c) At the moment, the students were stretching their muscles.
7. I bought a (leather / brown / nice) bag for my mother. **(Put the adjectives in the correct order)**
 - a) I bought a brown nice leather bag for my mother.
 - b) I bought a nice brown leather bag for my mother.**
 - c) I bought a leather brown nice bag for my mother.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **what personalised nutrition means and its benefits**.**The Outline** (1 mark)**Introductory sentence:****Supporting idea 1:****Supporting idea 2:****Concluding sentence:****Write your paragraph here** (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

involvement - notable - consume - routinely - process

1. Changing your eating habits is a slow **process**, so be patient.
2. My family **routinely** gathers around one table for Friday lunch.
3. Many people **consume** too much sugar in soft drinks.
4. The **involvement** of all students in the school garden project was amazing.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Maryam is making a salad in the kitchen. (Ask a question about the underlined words)
 - a) Where does Maryam making a salad?
 - b) Where Maryam is making a salad?
 - c) **Where is Maryam making a salad?**
6. Mariam eats vegetables with lunch. (Use often)
 - a) **Mariam often eats vegetables with lunch.**
 - b) Mariam eats often vegetables with lunch.
 - c) Mariam eats vegetables often with lunch.
7. I bought a (glass / beautiful / small) bottle. (Reorder the adjectives)
 - a) **I bought a beautiful small glass bottle.**
 - b) I bought a glass beautiful small bottle.
 - c) I bought a small glass beautiful bottle.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the benefits of the healthy food options in the canteen and suggesting further alternative options.**

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

consume - malnutrition - fatigue - personalised - still

1. In some poor countries, many children suffer from **malnutrition** because they lack healthy food.
2. Many old people in Kuwait **still** remember the simple meals of the past.
3. The coach prepared a/an **personalised** training plan for each player on the team.
4. After running for two hours, the athlete felt extreme **fatigue**.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. Emily is preparing a healthy meal now. (Make negative)
 - a) Emily was not preparing a healthy meal now.
 - b) Emily does not prepare a healthy meal now.
 - c) **Emily is not preparing a healthy meal now.**
6. She bought a (wooden / beautiful / small) table. (Reorder the adjectives)
 - a) She bought a small wooden beautiful table.
 - b) She bought a wooden beautiful small table.
 - c) **She bought a beautiful small wooden table.**
7. Sami bought a/an (Italian / black / stylish) jacket. (Reorder the adjectives)
 - a) **Sami bought a stylish black Italian jacket.**
 - b) Sami bought a black Italian stylish jacket.
 - c) Sami bought an Italian stylish black jacket.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the nutritional benefits of a healthy diet and the hurdles that prevent people from following it.**

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

I. Vocabulary

4 marks

Fill in the spaces with the most suitable words from the list:

chemically - bestow - process - personalised - routinely

1. My grandfather **routinely** walks to the mosque every day.
2. In the stomach, food is **chemically** broken down before the body can use it.
3. Digestion is the **process** by which the body breaks down food.
4. The school will **bestow** honours on its top students.

II. Grammar

3 marks

Choose the correct answer from a, b and c:

5. At the moment, I (prepare) my school bag. **(Correct the verb)**
 - a) At the moment, I prepares my school bag.
 - b) At the moment, I preparing my school bag.
 - c) At the moment, I am preparing my school bag.**
6. Listen! The teacher (explain) the importance of sleep. **(Correct the verb)**
 - a) Listen! The teacher explains the importance of sleep.
 - b) Listen! The teacher was explaining the importance of sleep.
 - c) Listen! The teacher is explaining the importance of sleep.**
7. Ali plays football in the park every Friday. **(Ask a question)**
 - a) Where do Ali play football every Friday?
 - b) Where does Ali plays football every Friday?
 - c) Where does Ali play football every Friday?**

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **the importance of healthy eating and suggesting ways to develop healthy eating habits**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

I. Vocabulary

4 marks

Choose the correct answer from a, b, c and d:

- Regular exercise can _____ the body and help people feel more energetic.
a) consume **b) stimulate** c) bestow d) process
- Our bodies have different _____ needs because of differences in genetics and physical activity.
a) biological b) inactive c) notable d) effective
- Doctors _____ people to eat more vegetables and avoid unhealthy snacks.
a) urge b) bestow c) process d) consume
- Eating too much sugar can cause _____ in the body, leading to swelling and pain.
a) attitude **b) inflammation** c) involvement d) nutrition

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Nasser is late for school. **(Rewrite using: often)**
a) Nasser often is late for school.
b) Nasser is often late for school.
c) Nasser is late often for school.
- Olivia stays at home at weekends. **(Use never)**
a) Olivia never stays at home at weekends.
b) Olivia stays never at home at weekends.
c) Olivia stays at home never at weekends.
- We bought a/an (wooden / lovely / small) table. **(Reorder the adjectives)**
a) We bought a lovely small wooden table.
b) We bought a small wooden lovely table.
c) We bought a wooden lovely small table.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **Healthy Eating: its benefits and ways to develop healthy eating habits**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

I. Vocabulary

4 marks

Choose the correct answer from a, b, c and d:

- After working for twelve hours without rest, the nurse suffered from severe _____.
a) nutrition b) involvement **c) fatigue** d) attitude
- The school programme was _____ because it helped many students improve their eating habits.
a) inactive b) biological c) personalised **d) effective**
- Although he has improved his diet, he _____ eats too many sugary snacks.
a) chemically b) inactive c) biological **d) still**
- The programme made a _____ difference, with a clear improvement in students' eating habits.
a) inactive b) biological c) personalised **d) notable**

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Look! Emily (eat) a healthy sandwich. **(Correct the verb)**
a) Look! Emily eats a healthy sandwich.
b) Look! Emily is eating a healthy sandwich.
c) Look! Emily was eating a healthy sandwich.
- Merit exercises after school three times a week. **(Form a question)**
a) How often did Merit exercise after school?
b) How often does Merit exercise after school?
c) How often was Merit exercising after school?
- They are sitting at a (wooden / old / huge) table. **(Put the adjectives in the correct order)**
a) They are sitting at a wooden huge old table.
b) They are sitting at a huge old wooden table.
c) They are sitting at an old wooden huge table.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **A Healthy Lifestyle: healthy food choices and daily physical activity**.

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

I. Vocabulary

4 marks

Choose the correct answer from a, b, c and d:

- Students should _____ less fast food and eat more fresh vegetables.
a) **consume** b) bestow c) stimulate d) urge
- Students' _____ in the school health programme helped make it successful.
a) fatigue b) inflammation c) **involvement** d) malnutrition
- Our bodies _____ food differently, so the same meal may not suit everyone.
a) bestow b) **process** c) urge d) consume
- A _____ meal plan is designed to match each person's individual needs.
a) biological b) inactive c) notable d) **personalised**

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Hessa usually walks to school, but today she (take) the bus. **(Correct the verb)**
a) Hessa usually walks to school, but today she takes the bus.
b) Hessa usually walks to school, but today she take the bus.
c) **Hessa usually walks to school, but today she is taking the bus.**
- She is wearing a (silk / lovely / blue) scarf. **(Put the adjectives in the correct order)**
a) **She is wearing a lovely blue silk scarf.**
b) She is wearing a blue lovely silk scarf.
c) She is wearing a silk blue lovely scarf.
- My uncle has two (German / expensive / new) cars. **(Put the adjectives in the correct order)**
a) **My uncle has two expensive new German cars.**
b) My uncle has two new expensive German cars.
c) My uncle has two German new expensive cars.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **Personalised Nutrition: why individual food needs differ and how suitable meals help us.**

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

I. Vocabulary

4 marks

Choose the correct answer from a, b, c and d:

- The school encourages parents' _____ in activities by inviting them to help plan healthy meals.
a) inflammation **b) involvement** c) fatigue d) malnutrition
- Certain chemicals in our bodies help _____ our mood and emotions.
a) regulate b) consume c) bestow d) urge
- Children who do not get enough nutritious food may suffer from _____.
a) involvement b) attitude c) nutrition **d) malnutrition**
- My sister _____ checks food labels before buying snacks, making it part of her daily routine.
a) chemically b) still **c) routinely** d) inactive

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- Laila visits the library every week. **(Make negative)**
a) Laila do not visit the library every week.
b) Laila does not visits the library every week.
c) Laila does not visit the library every week.
- They served a (Italian / large / delicious) meal. **(Reorder the adjectives)**
a) They served a large delicious Italian meal.
b) They served an Italian large delicious meal.
c) They served a delicious large Italian meal.
- We visited two (Kuwaiti / beautiful / old) houses. **(Put the adjectives in the correct order)**
a) We visited two beautiful old Kuwaiti houses.
b) We visited two old beautiful Kuwaiti houses.
c) We visited two Kuwaiti old beautiful houses.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **School Health Programmes: their benefits and ways to encourage healthy habits.**

The Outline (1 mark)

Introductory sentence:

Supporting idea 1:

Supporting idea 2:

Concluding sentence:

Write your paragraph here (7 marks)

I. Vocabulary

4 marks

Choose the correct answer from a, b, c and d:

- The students showed a positive _____ towards healthy eating and became willing to try nutritious meals.
a) inflammation b) fatigue **c) attitude** d) malnutrition
- My brother has an _____ lifestyle because he spends most of his time sitting.
a) inactive b) effective c) notable d) personalised
- Schools can _____ students to make healthier choices by offering enjoyable nutrition activities.
a) consume b) bestow **c) urge** d) process
- Good _____ involves giving the body the nutrients it needs to stay healthy.
a) involvement **b) nutrition** c) attitude d) inflammation

II. Grammar

3 marks

Choose the correct answer from a, b and c:

- How often (your brother / go) swimming? **(Correct the verb)**
a) How often does your brother goes swimming?
b) How often does your brother go swimming?
c) How often your brother goes swimming?
- The students (prepare) a healthy meal **right now**. **(Correct the verb)**
a) The students prepare a healthy meal right now.
b) The students is preparing a healthy meal right now.
c) The students are preparing a healthy meal right now.
- My sister bought a (small / plastic / lovely) lunchbox. **(Reorder the adjectives)**
a) My sister bought a lovely small plastic lunchbox.
b) My sister bought a plastic lovely small lunchbox.
c) My sister bought a small plastic lovely lunchbox.

III. Writing

8 marks

Plan and write a paragraph of **6 sentences** about **Healthy Eating at Home: its benefits and ways families can encourage it**.

The Outline (1 mark)

Introductory sentence: _____

Supporting idea 1: _____

Supporting idea 2: _____

Concluding sentence: _____

Write your paragraph here (7 marks)