

Name: _____ Class: _____ No.: _____ Date: _____

 Teacher: _____ Mark: _____  Enc. Educação: _____

I – Reading (20 minutes)

Read the magazine article below.

Should the government tell you what to eat?

First schools banned chocolate and fizzy drinks. Now they're banning burgers, chips and chicken nuggets, too. School lunches will be healthier from now on.

1.

Too much junk food, like chips and chicken nuggets, and too little exercise causes obesity. One in three children under 16 in the UK is either overweight or obese. The government wants to change the nation's eating habits.

2.

"Schools must provide more fruit and vegetables, and food with less fat, salt and sugar. We must reduce obesity and protect our children's health. Children can learn to like healthy food," they say.

3.

The cooks say the new rules are too strict. They say school meals will cost more and students will stop buying them. "Students will just go out to fast food shops at lunch time," they say.

4.

YES, maybe...

Chloe: "It will depend on how the food looks. When I see the food in our canteen, I just want to go out a search for the nearest sandwich. But if you have better option, I think it may work."

Clare: "I think people need better education about what they eat. People just eat pasta and rice the whole time, even when they're not doing anything. They must learn about calories."

NO:

Finn: "People will say they will go to the town to buy lunch. I'm not spending my money in the canteen."

Lauren: "The idea of boiled fish with mashed potatoes will make students run away from the canteen."

Oliver: "I think I prefer to eat a snack for lunch and then have a great dinner at home to eating spinach and broccoli for lunch."

Team magazine, Mary Glasgow (abridged and adapted, accessed in September 2021)

A. Match the questions with the blank spaces in the article above. Choose.

a) What does the government say?

2

3

c) Why is this happening?

1

2

b) What do the students say?

1

4

d) Who doesn't like it?

2

3

B. Tick (✓) the wrong ending.

1. With the changes made in school menus, the government wants to...

- a) encourage students to eat more often in the canteen. ☐
- b) provide the students with healthier diet options. ☐

2. The school menu must...

- a) include more nutritional food such as vegetables and fruit. ☐
- b) have food with no salt, fat and sugar at all. ☐

3. According to the cooks, ...

- a) the government's rules may be a bit exaggerated. ☐
- b) the new rules will reduce the cost of a meal as well as its quality. ☐

C. Complete the following sentences according to the article. Use two words.

- 1. The causes of obesity are too much _____ and too little exercise.
- 2. As for the cooks, students won't buy _____.

D. Match the questions (1-4) with the answers (a-d).

- | | |
|--|--|
| 1. According to Chloe, which aspect is essential to make you want to eat in the canteen? | a) He thinks people will buy lunch in town. |
| 2. In Clare's opinion, what do people need to know when it comes to their diets? | b) The look of the food is essential to make you want to eat in the canteen. |
| 3. Where does Finn think people will have lunch? | c) People must learn about what they eat and about calories. |
| 4. What kind of menu do students hate, according to Lauren? | d) Students hate boiled fish with mashed potatoes. |

1		2		3		4	
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A. What's *on* and *off* the menu? Label the food and drink. The vowels are given.

ON THE MENU



1. _ i _ e and _ a _ a _



2. _ ea _ aa _ with _ a _ a _



3. _ i _ with _ a _ o _



4. Fruit: _ o _ a _ e _ and _ i _ i _

OFF THE MENU



5. _ o _ _ o _ , _ i _ and _ i _ drinks



6. _ a _ o _



7. _ i _ e _ _ ea _



8. _ i _ _ u _ i _ and _ u _ _ i _

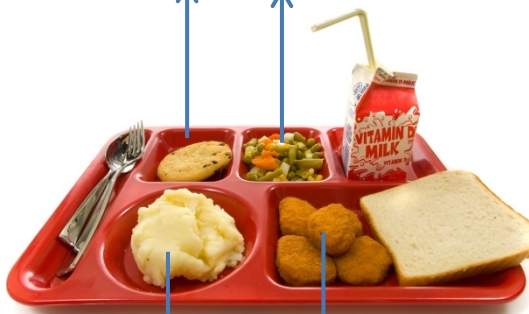
B. Look at these pictures. Choose the correct food-related adjectives to make correct phrases.

1. sweet / bitter / cookie

2. healthy / greasy veggies

5. salty / juicy apple

6. acid / dry fruits



3. fried / mashed potatoes

4. fatty / sweet nuggets



7. tasty / oily sandwich

8. frozen / fresh tomatoes

C. Complete the sentences with the correct form of *used to* and the verbs in brackets.

- Oscar _____ (**eat**) pizza and lasagna at school, but not anymore.
- When I was young, I _____ (**bring**) a packed lunch to school.
- My parents _____ (**not follow**) a strict diet, but now they are very healthy.
- _____ you _____ (**drink**) cola or juice for lunch at school?
- We _____ (**not do**) any exercise, but now we go to the gym twice a week.

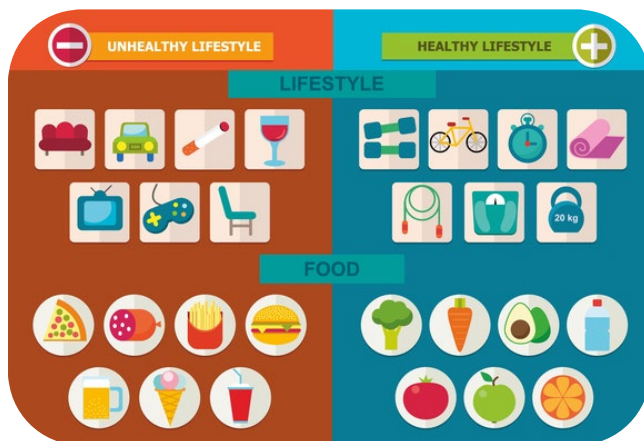
D. Choose the correct quantifier to complete the sentences.

- How much / many** pasta have we got?
- I put **many / some** chocolate somewhere, but where is it?
- I'm afraid we haven't got **many / much** time.
- You bought too **many / much** pizzas.
- There are **a little / a few** eggs in the fridge. Can you bring them?

E. Complete the sentences by choosing the correct expression of quantity.

- When you go shopping, don't forget to buy a _____ of bread. (**dozen / loaf**)
- I like to have a _____ of coffee for breakfast. (**cup / box**)
- I'm thirsty! I need a _____ of water! (**slice / bottle**)
- Please put the _____ of milk in the fridge! (**can / carton**)
- Could we have another _____ of rice, please? (**bowl / piece**)

F. Look at the picture. Fill in the gaps with *should/shouldn't*.



- You _____ sit on the sofa all day. ❌
- You _____ smoke or drink alcohol. ❌
- You _____ drink more water. ✔️
- You _____ play video games for too long. ❌
You _____ do exercise instead. ✔️
- You _____ eat vegetables, ✔️
but you _____ eat pizza or burgers. ❌
- You _____ sleep well. ✔️

G. Choose the correct modal verbs to make correct sentences.

- Schools **would / could** offer cooking lessons to parents and their children after school.
- Mum, **may / would** I go to the gym class with Jackie today?
- To be healthy you **must / may** eat well, but you **couldn't / mustn't** forget physical exercise.
- Could / Would** you like something for dessert, sir?
- When I was your age, I **could / should** run and climb trees, but now I'm not able to!

III – Writing (15 minutes)

Complete an article (50-90 words) for a teen magazine with the title:

Should the government tell me what to eat?

In my country, the government **chooses / doesn't choose*** what we eat in the school canteen.

I **agree / don't agree*** with this because _____
(say why you agree or don't agree).

I usually have lunch _____ (place where you have lunch).

My school's lunch is _____ (your opinion). The best food
they serve there is _____ and the worst is _____.

*(~~cross out~~ what isn't true)

Good work!

Your teacher

Year 8 – Progress test 2B

Answer key

I – Reading

A. (4 x 1 = 4%)

a. 2 | b. 4 | c. 1 | d. 3

B. (3 x 2 = 6%)

1. a) | 2. b) | 3. b)

C. (2 x 1 = 2%)

1. junk food | 2. school meals/lunch.

D. (4 x 4 = 16%)

1. b) | 2. c) | 3. a) | 4. d)

II – Language

A. (15 x 1 = 15%)

1. chicken... salad | 2. meatballs... pasta | 3. fish... carrots | 4. oranges... kiwis | 5. hot dog... crisps... fizzy | 6. bacon | 7. ice cream | 8. biscuits... muffins

B. (8 x 1 = 8%)

1. sweet | 2. healthy | 3. mashed | 4. fatty | 5. juicy | 6. dry | 7. tasty | 8. fresh

C. (5 x 1 = 5%)

1. used to eat | 2. used to bring | 3. didn't use to follow | 4. Did ...use to drink | 5. didn't use to do

D. (5 x 1 = 5%)

1. much | 2. some | 3. much | 4. many | 5. a few

E. (5 x 1 = 5%)

1. loaf | 2. cup | 3. bottle | 4. carton | 5. bowl

F. (8 x 1 = 8%)

1. shouldn't | 2. shouldn't | 3. should | 4. shouldn't... should | 5. should... shouldn't | 6. should

G. (6 x 1 = 6%)

1. could | 2. may | 3. must / mustn't | 4. Would | 5. could

III – Writing

20%

Personal answer.

Alternative marking scheme

Per skill

I – Reading (100%)

A – 4 x 5 = 20%

B – 3 x 5 = 15%

C – 2 x 10 = 20%

D – 5 x 9 = 45%

II – Language (100%)

A – 15 x 1 = 15%

B – 8 x 2 = 16%

C – 5 x 2.5 = 12.5%

D – 5 x 2.5 = 12.5%

E – 5 x 2 = 10%

F – 8 x 2 = 16%

G – 6 x 3 = 18%

III – Writing (100%)

100%