

INSTITUTO NOSSA SENHORA DA ENCARNACÃO
EXTERNATO COOPERATIVO DA BENEDITA

ENGLISH TEST- 9th Form

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Class/No. F / 24

Date 6th November /2018

Evaluation: Bom

Teacher: Therese

(1 Mark)

(81,5%)

(I)

- 1 ☆ Complete the phrases. Use the words in the box. (7 x 1 = 7 marks)

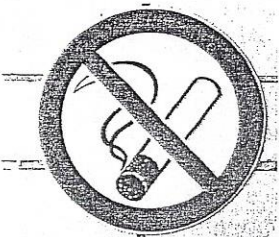
avoid brush do drink get protect
smoke spend



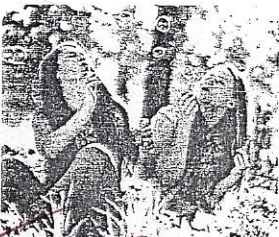
Get enough sleep



1 protect your skin



2 Don't smoke cigarettes



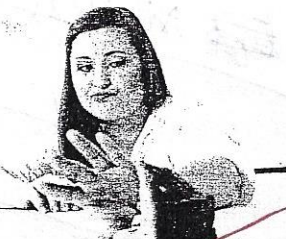
3 Spend time outdoors



4 do regular exercise



5 brush your teeth



6 Avoid junk food



7 Don't drink alcohol

- 2 ☆☆ Choose the correct options. (5 x 1 = 5 marks)

When you are on the beach, protect your b.

a diet b (skin) c teeth

1 You should a eight glasses of water every day.

a (drink) b brush c protect

2 Natalia goes to the gym every week. She likes to c regular exercise.

a avoid b brush c (do)

3 If you want to feel awake in the morning, you should go to bed early to get enough a.

a (sleep) b water c skin

4 When you are on a diet, c junk food. It's very fattening and bad for your health!

a spend b eat c (avoid)

5 I love to c time outdoors. I go walking in the hills every weekend.

a smoke b drink c (spend)

- 3 ☆☆☆ Write sentences about your healthy habits. Use the words in brackets and your own ideas. Remember to use adverbs of frequency. (5 x 2 = 10 marks)



(balanced diet) I usually eat a balanced diet.

1 (exercise) I sometimes do regular exercise.

2 (teeth) I usually brush your teeth

3 (water) now feel

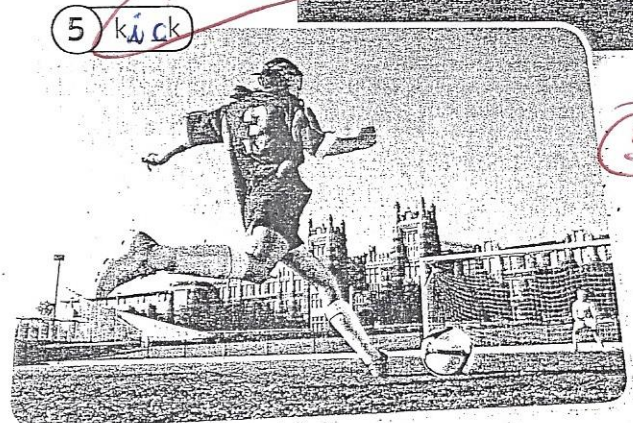
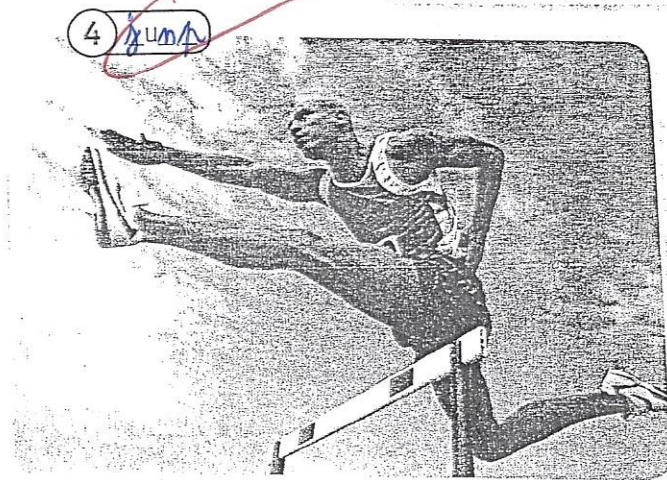
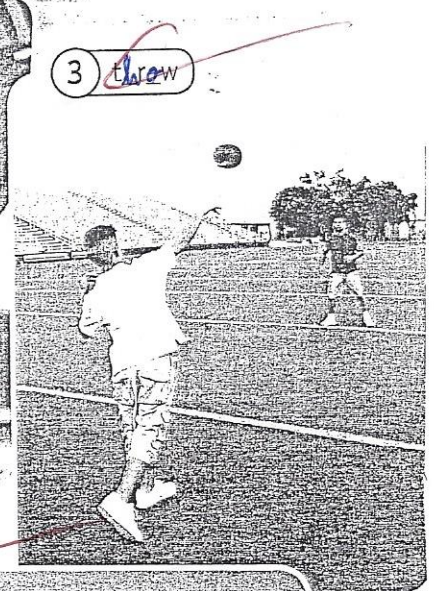
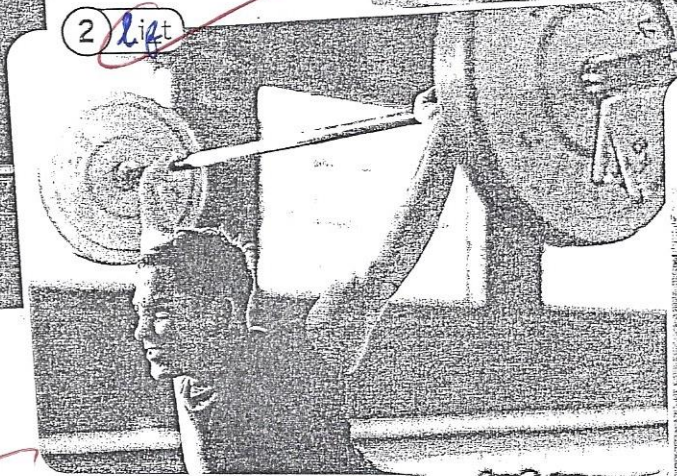
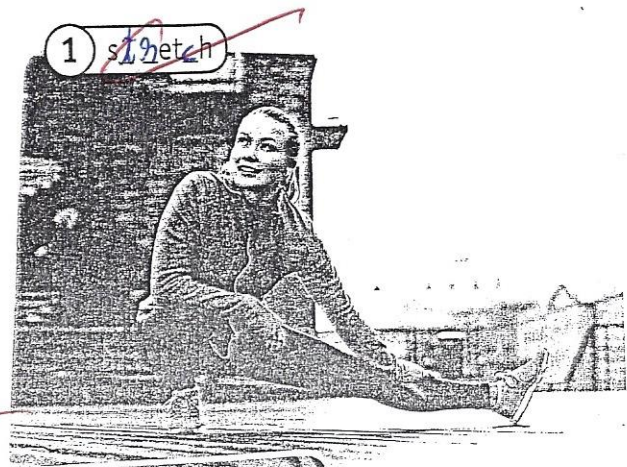
4 (outdoors) I often spend time outdoors

5 (sleep) I never get enough sleep

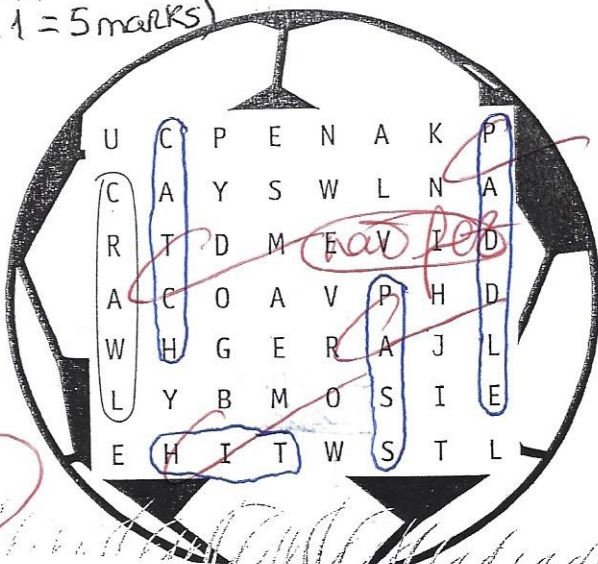
(7)

(5 x 1 = 5 marks)

1 ☆ Complete the physical activity verbs.



2 ☆☆ Find five more physical activity verbs.
(5 x 1 = 5 marks)



3 ☆☆☆ Complete the sentences with physical activity verbs. There may be more than one answer. (4 x 2,5 = 10 marks)

You can jump into the pool, but don't dive. It isn't very deep.

- In football, the players must kick the ball with their feet.
- People should stretch their muscles before they lift weights.
- Professional tennis players hit the ball at high speed.
- In basketball, players must bounce the ball if they're running with it. They can also throw the ball to another player.

- ①☆☆ Complete the sentences with the present simple or present continuous of the verbs in the box. (8 x 2 = 16 marks)

brush eat go meet not do
not like not listen not want play

Kelly is ~~meeting~~ Dan at the sports centre tomorrow.

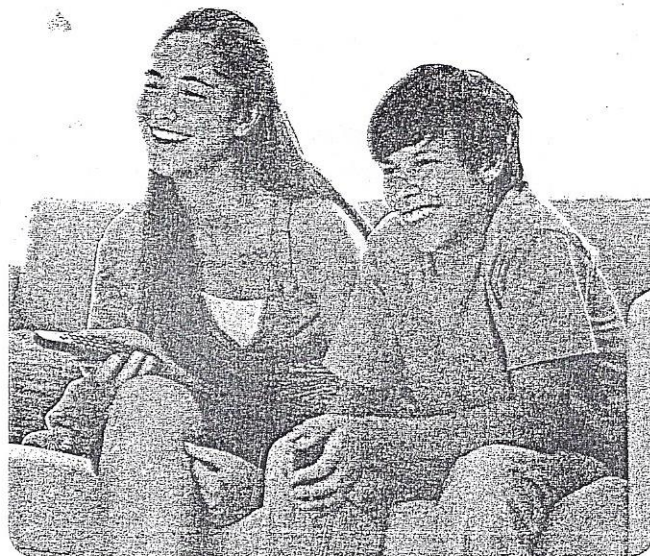
- 1 I ~~am not doing~~ to stay indoors today. Let's go to the park!
- 2 Thomas always ~~brushes~~ his teeth three or four times a day.
- 3 The girls ~~aren't listening~~ to music at the moment.
- 4 My mum and I often ~~go~~ shopping together at the weekend.
- 5 Julie ~~doesn't want~~ to exercise this afternoon. She's too tired.
- 6 The students ~~are playing~~ basketball in PE class right now.
- 7 Oscar ~~doesn't like~~ junk food. He prefers to eat fruit and vegetables.
- 8 George ~~eats~~ dinner at eight o'clock every evening.

- ③☆☆ Complete the text with the verbs in brackets. Use the present simple or present continuous. (10 x 1 = 11 marks)



My sister, Hannah, is ~~studying~~ (study) for her exams at the moment, but she (1) ~~works~~ (work) every weekend so that she can earn some money. She is a waitress in a hotel. Every Saturday and Sunday morning, she (2) ~~serves~~ (serve) breakfast to the hotel guests. She (3) ~~is~~ (be) sometimes very busy and so she (4) ~~gives~~ (give) the wrong breakfast to the guests! She (5) ~~doesn't like~~ (not like) her job because she (6) ~~is~~ (be) often very tired. Today, my sister (7) ~~isn't working~~ (not work) because she (8) ~~is meeting~~ (meet) her friends and they (9) ~~are going~~ (go) to the cinema.

- ②☆☆ Complete the questions and short answers. Use the present simple or present continuous. (5 x 2 = 10 marks)



Are you watching (watch) television right now?
Yes, I am.

- 1 a ~~Do~~ your school often ~~organize~~ (organize) sports days?
b Yes, it ~~does~~.
- 2 a ~~Do~~ you usually ~~eat~~ (eat) a lot of fresh fruit and vegetables?
b Yes, I ~~do~~.
- 3 a ~~Does~~ your mum ~~make~~ (make) pasta for dinner tonight?
b No, she ~~isn't~~.
- 4 a ~~Are~~ you ~~doing~~ (do) anything after school today?
b No, I ~~am not~~.
- 5 a ~~Do~~ you ~~spend~~ (spend) much time outdoors every weekend?
b No, I ~~don't~~.

10

I (10) ~~am not going~~ (not go) to the cinema because I (11) ~~am playing~~ (play) football with my cousin.

9

Zero Conditional

(5 x 1 = 5 marks)

1 ☆ Choose the correct options.

- If bananas is / are too green, they don't / doesn't taste very good.
- 1 If you put / are putting water in the freezer, it change / changes to ice.
- 2 Jessica don't / doesn't like fish or seafood if it isn't / aren't fresh.
- 3 If I help / don't help my parents with the housework, they give / gives me pocket money.
- 4 My friends call / calls me if there is / are a party at the weekend.
- 5 If we don't / doesn't work hard, the teacher get / gets angry.

4,5

2 ☆☆☆ Complete the sentences with the verbs in brackets. Use the zero conditional. (5 x 1 = 5 marks)



If I eat (eat) a lot of junk food in the evening, I don't sleep (not sleep) well.

- 1 David plays (play) football after school if he doesn't have (not have) any homework.
- 2 If you smoke (smoke) cigarettes, your teeth turn (turn) yellow.
- 3 We watch (watch) DVDs if there aren't (not be) anything good on TV.
- 4 If Kelly has (have) a problem, she talks (talk) to her friends about it.
- 5 If athletes don't train (not train), they don't do (not do) well in competitions.

4

(5 x 2 = 10 marks)

3 ☆☆☆ Write zero conditional sentences. Remember to use the correct punctuation.

- you / heat / water to 100°C / it / boil
- Ex! If you heat water to 100°C, it boils.
- 1 you / heat / ice / it / melt
If you heat ice, it melts.
- 2 I / haven't got any / homework / I / play computer games
If I haven't got any homework, I play computer games.
- 3 Mary / get / enough sleep / she / feel / good
If Mary gets enough sleep, she feels good.
- 4 you / not brush / your teeth / you / get toothache
If you don't brush your teeth, you get toothache.
- 5 it / rain / we / stay indoors
If it rains, we stay indoors.

8

Good Luck!