

Name: _____

Grade: 5/....

PART 1 A – Reading Comprehension.**Read the sentences (1-5) and draw a line to the correct picture. Each picture can only be used once. (5 Marks)**

1. Water keeps our body hydrated.
2. I eat crunchy carrots for a healthy snack.
3. My favorite breakfast is cheese sandwich and milk.
4. Layth likes to play football after school.
5. I go to bed early to get enough sleep.

**PART 1 B –Read the text and answer the questions. Circle the correct answer. (5 Marks)****A Healthy Day for Huda and Ali**

Huda loves living a healthy lifestyle. She wakes up early every morning and does stretching exercises. For breakfast, she always eats oatmeal with honey and sliced apples. She avoids sugary cereals because they make her feel tired later. Her cousin, Ali, also likes to take care of his body. He plays basketball on the school team three times a week. After his sports practice, Ali drinks a big bottle of water to stay hydrated. He chooses baked fish and sweet potatoes for dinner. Ali rarely eats fast food like burgers because he knows they contain too much oil. Both Huda and Ali love to stay active and healthy together.

1-What does Huda eat for breakfast?

- A. Pizza and chips
- B. Oatmeal with honey and sliced apples
- C. Chocolate cake

2-Why does Huda avoid sugary cereals?

- A. They make her feel tired
- B. They are too expensive
- C. They taste bad

3-What sport does Ali play at school?

- A. Football
- B. Tennis
- C. Basketball

4-What does Ali drink after his sports practice?

- A. A big bottle of water
- B. Soda
- C. Energy drinks

5-Why does Ali rarely eat fast food?

- A. It contains too much oil
- B. He does not like the taste
- C. His school does not allow it

PART 2 – Grammar : Read the text and circle the correct words to complete the sentences. (10 Marks)

Zayed (**love / loves / loving**) playing outside every afternoon because (**he / him / his**) wants to stay fit. Yesterday, he (**can / could / did**) swim across the entire pool very quickly. His sister Fatima (**have / has / feeling**) a sore throat today, so she went to see the (**doctor / dentist / chef**). The doctor said she (**need / needs / needing**) to drink warm tea. Fatima (**ask / asked / asking**) her father, "Can I eat ice cream today (**?, !, .**) " Her father replied, "No, you shouldn't (**drink / eat / buy**) cold drinks right now." Everyone hoped Fatima would feel (**better / worse / happier**) tomorrow morning.

PART 3 – Vocabulary :Complete the sentences using the word bank. (10 Marks)

toothache	vitamins	dentist	fruit	doctor	gym
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- 1.I love eating oranges and grapes because they are my favorite _____.
- 2.My tooth hurts very badly, I think I have a _____.
- 3.I hurt my knee while running, so my mum took me to see the _____
- 4.To keep our bodies strong, we should eat food filled with _____.
- 5.My older brother goes to the _____to exercise.

PART 4 – Answer the questions by writing complete sentences. Use the words in the box to help you. (10 Marks)

Apple juice	Fish	fever	Chicken	sandwich
vegetables	sad	Fruit	cold	cereal
Healthy food	Noodles	cough	exercise	Rice
Water	Unwell	Not good	Milk	water

- 1-What healthy food do you like to eat for breakfast?

- 2-What foods help you stay strong and healthy?

- 3-How do you feel when you are sick?

- 4-What healthy drinks do you enjoy the most?

- 5-How can you stay healthy?

Task Completion	Use of Vocabulary	Punctuation	Spelling	Handwriting	Total
/2	/2	/2	/2	/2	/10