October Revision

A. Listening

(نص الاستماع فى نهاية التدريبات)

1 A Listen and circle the correct answer from a, b, c or d.

1. The Nile is the ..... river in the world.
   a) dangerous b) smallest c) longest d) shortest
2. ..... are strong and dangerous.
   a) Small fish b) Crocodiles
   c) Water weeds d) The Nile
3. Crocodiles hunt ..... in or near the water.
   a) weeds b) fish
   c) insects d) large animals
4. Small fish in the water eat ..... .
   a) crocodiles b) large animals
   c) water weeds d) insects

B Listen and circle the correct answer from a, b, c, or d.

1. Adam wakes up ..... now.
   a) early b) late c) healthy d) more
2. He used to ..... all day.
   a) watch TV b) play football
   c) exercise d) eat fruits
3. Adam's favorite snacks are apples, bananas and ..... .
   a) sweets b) burgers c) chips d) carrots
4. Adam drinks water instead of ..... .
   a) juice b) soda c) oil d) tea

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B. Reading

2 Choose the correct answer from a, b, c, or d.

1. Koshari is a tasty Egyptian ..... .
   a) drink b) soup c) dessert d) meal
2. For the red sauce, ... some chopped garlic in hot oil.
   a) fry b) try c) boil d) water
3. The hot sauce and "Dakka" make the ..... of koshari stronger.
   a) recipe b) flavor c) ingredients d) menu
4. You can choose your meal from the ..... at the restaurant.
   a) menu b) recipe c) ingredient d) sauce
5. Blood takes ..... waste like carbon dioxide.
   a) for b) up c) of d) away
6. What about our ..... health?
   a) push b) pull c) care d) mental
7. The heart is a strong ..... that keeps us alive.
   a) body b) gas c) vessel d) muscle
8. Try eating some fruit before you ..... .
   a) push b) pull c) exercise d) check

3 A Read and complete the text with the words in the box.

onions – flavor – First – Then – pot

My mother makes a special soup for us. First, she cooks some vegetables in a large (1)..... . (2)....., she adds some chopped (3)..... and some pieces of garlic for a good smell. After that, she adds salt and spices. This soup has a wonderful (4)..... . I like it.

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B Read and complete the text with the words in the box.

care – exercise – car – stress – alive

The heart is a strong muscle. It keeps us (1)..... . Too much (2)..... can hurt your heart. You can take (3)..... of your heart by eating good food, sleeping well, and drinking a lot of water. Also, (4)..... helps your heart pump better and keeps you from getting sick.

4 A Read the text and answer the questions.

Nada's family love cooking together on Fridays. They often make koshari because it is quick and tasty. Nada helps by washing the lentils and setting the table. Her mom fries the onions and makes the tomato sauce. When the food is ready, the family sit together and talk happily. Eating koshari is not just about food; it is also time for sharing and enjoying each other's company.

A) Choose the correct answer from a, b, c or d.

1. The meal which the family cook together is ..... .

a) soup b) koshari c) sauce d) tomatoes

2. ..... makes the tomato sauce.

a) Nada b) The family c) No one d) Nada's mom

B) Answer the following questions:

3. What does Nada do to help?

.....

4. Why do the family often make koshari?

.....

5. What does the family like about eating koshari together?

.....

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B Read the text and answer the questions.

Hello! I'm Adam. Healthy habits are important for our bodies and minds. In the past, I woke up late on weekends and didn't exercise much. Now, I wake up early and exercise every morning. Before, I loved chips, burgers, and sweets. Now, I eat more fruits and vegetables, which give me important vitamins. My family's habits changed too-we grill or bake food instead of frying like we used to do in the past, and we eat dinner early, followed by a walk.

A) Choose the correct answer from a, b, c or d.

1. In the past, Adam loved chips, ..., and sweets.
   a) burgers b) vegetables c) fruits d) carrots
2. Now, they eat ..... early, followed by a walk.
   a) breakfast b) snacks c) lunch d) dinner

B) Answer the following questions:

3. What does Adam do every morning?

   .....

4. How did Adam's family cook their food in the past?

   .....

5. Summarize the text in one sentence.

   .....

C. Writing

5 Read and write the correct form of the word(s) between brackets.

1. Friday is a holiday. We ..... (always) go to school on that day.
2. Samar ..... (goes never) out at night.
3. A: "How ..... (long) do you go to the club?"
   B: "Sometimes."
4. Snakes ..... (usually are) dangerous.

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5. There is ..... (a) bread.
6. Are there ..... (some) apples?
7. I'd like ..... (any) cheese.
8. Did you buy ..... (some) bananas?

6 Put the words in the correct order to make sentences.

1. food – is – of – Flavor – taste – the.

.....

2. go – often – you – How – out – do?

.....

3. onions – oil – Fry – in – the – hot.

.....

4. bowl – in – We – a large – soup – put.

.....

5. a – Adam – water – lot – drinks – of..

.....

6. Healthy – better – habits – feel – me – helps.

.....

7. regularly – exercising – important – Why – is?

.....

8. your body – heart – pumps – The – blood – to.

.....

7 Punctuate the following.

1. what are the ingredients of koshari

.....

2. we choose food from the menu

.....

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3. there aren t any apples left.

.....

4. where do doctors work

.....

8 A Write a paragraph of about THIRTY (30) words using the following guiding elements:

'Your favorite food'

- What is the food?
- ingredients and recipe

.....

.....

.....

B Write a paragraph of about THIRTY (30) words using the following guiding elements:

'Healthcare workers'

- Doctors - nurses
- Pharmacists

.....

.....

.....

Listening Script

A Listen and circle the correct answer from a, b, c, or d.

There are many rivers around the world. The Nile is one of the longest rivers in the world. It is home to many different animals. Crocodiles are strong and dangerous. They hunt large animals in or near the water. Small fish in the water eat water weeds.

B Listen and circle the correct answer from a, b, c, or d.

Hello! I'm Adam. In the past, I woke up late on weekends and didn't exercise much. Now, I wake up early and exercise every morning. I used to watch TV all day, but now I play football with friends every Saturday. My favorite snacks are apples, bananas, and carrots. And I drink water instead of soda.

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Model Answers

1 Listen and circle the correct answer from a, b, c or d.

A 1. c) longest 2. b) Crocodiles 3. d) large animals 4. c) water weeds

B 1. a) early 2. a) watch TV 3. d) carrots 4. b) soda

2 Choose the correct answer from a, b, c or d.

1. d) meal 2. a) fry 3. b) flavor 4. b) recipe

5. d) away 6. d) mental 7. d) muscle 8. c) exercise

3 Read and complete the text with the words in the box.

A 1. First 2. pot 3. onions 4. flavor

B 1. alive 2. care 3. stress 4. exercise

4 A Read the text and answer the questions.

A) Choose the correct answer from a, b, c or d.

1. b) koshari 2. d) Nada's mom

B) Answer the following questions.

3. Nada helps by washing the lentils and setting the table.
4. They often make koshari because it is quick and tasty.
5. Because it is also time for sharing and enjoying each other's company.

B Read the text and answer the questions.

A) Choose the correct answer from a, b, c or d.

1. a) burgers 2. d) dinner

B) Answer the following questions.

3. He wakes up early and exercises every morning.
4. They used to fry their food.
5. Healthy habits are important for our bodies and minds.

5 Read and write the correct form of the word(s) between brackets.

1. never 2. never goes 3. often 4. are usually

5. some 6. any 7. some 8. any

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6 Put the words in the correct order to make sentences.

1. Flavor is the taste of food.
2. How often do you go out?
3. Fry the onions in hot oil.
4. We put soup in a large bowl.
5. Adam drinks a lot of water.
6. Healthy habits helps me feel better.
7. Why is exercising regularly important?
8. The heart pumps blood to your body.

7 Punctuate the following.

1. What are the ingredients of koshari?
2. We choose food from the menu.
3. There aren't any apples left.
4. Where do doctors work?

8 A Write a paragraph of THIRTY (30) words using the following guiding elements.

'Your favorite food'

Students' own answer.

B Write a paragraph of THIRTY (30) words using the following guiding elements.

'Healthcare workers'

Students' own answer.

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