



Second  
Semester  
2024/2025

Staying  
Healthy

Unit Six

Class  
FIFTH

Subject  
ENGLISH



### Question 1

Read the text then answer the following question

#### Healthy Food Day!

Many primary schools in Jordan have Healthy Food Day for children of all ages. And it can happen anytime during the school year, so it's always a fun surprise! First, teachers send electronic invitations to parents. Then, parents think of healthy foods and teachers decide what food students should bring.

These usually include local fruits, vegetables or other healthy snacks, which are all easy to get in Jordan.

On Healthy Food Day, students get to be chefs. They can even wear chef hats while preparing and then enjoying their healthy lunches.

But it's not just about eating. Teachers also give lessons during the day on different types of healthy food, explaining how these foods help us to grow strong and stay healthy. Some teachers even bring extra fruits and vegetables to share with their classes. The day also focuses on teamwork, with students working together, sharing meals and helping each other to prepare their lunches.

#### 1. Who receives electronic invitations about Healthy Food Day?

- a) Students      b) Parents      c) Chefs      d) Farmers

#### 2. What types of food do students typically bring?

- a) Fast food and soda      b) Frozen meals  
c) Chips and candy      d) Local fruits and vegetables

#### 3. What special item do students wear during Healthy Food Day?

- a) School uniforms      b) Sports jerseys  
c) Chef hats      d) Lab coats

#### 4. Besides eating, what else happens on Healthy Food Day?

- a) Watching movies      b) Playing video games  
c) Lessons about healthy food      d) Math competitions

#### 5. What two important values does the day focus on? (Choose two)

- a) Competition      b) Teamwork and sharing  
c) gaming      d) Individual work





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6. "Surprise" in the text means:
- a) Expected event                      b) Unexpected event
  - c) Regular activity
7. Healthy Food Day is scheduled on the same date every year. (True/False)
8. Teachers sometimes bring extra food to share with the class. (True/False)
9. What do the underlined words refer to?
- "They" in "They can even wear chef hats" refers to: \_\_\_\_\_
  - "These" in "These usually include local fruits" refers to: \_\_\_\_\_
10. Find in the text:
- A verb: \_\_\_\_\_:
  - An adjective describing food: \_\_\_\_\_

### Question 3

Choose the correct answer from the following options:

1. My skin is getting red. I've got a .....
- a) cough              b) rash                      c) headache              d) cold
2. I must sit down or I will fall! I feel .....
- a) hungry              b) dizzy                      c) thirsty                      d) tired
3. I can't hear you very well. It's very sore. I've got an .....
- a) earache              b) stomachache              c) backache              d) toothache
4. I feel really hot. I think I've got a .....
- a) sore throat      b) high temperature      c) runny nose      d) bruise
5. You're doing exercise ..... healthier.
- a) to buy              b) to get                      c) to have                      d) to feel
6. I think I'll go to the market ..... some fish.
- a) to get              b) to buy                      c) to have                      d) to feel







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7. The children are going for a walk ..... some fresh air.

- a) to feel      b) to have      c) to buy      d) to get

8. Choose the correct negative form of Fit

- a) Fitted      b) Unfit      c) Disfit      d) Misfit

9. Choose the correct negative form of Responsible

- a) Unresponsible      b) Irresponsible  
c) Disresponsible      d) Non-responsible

10. Choose the correct negative form of Irresistible

- a) Resistible      b) Unresistible  
c) Disresistible      d) Non-resistible

11. Choose the correct negative form of Regular

- a) Unregular      b) Non-regular  
c) Disregular      d) Irregular

12. Choose the correct negative form of Healthy

- a) Unhealthy      b) Dishealthy  
c) Non-healthy      d) Inhealthy

13. Choose the correct negative form of Balanced

- a) Imbalanced      b) Disbalanced  
c) Unbalanced      d) Non-balanced

14. I only had an apple and some grapes today.

→ I only had two ..... of fruit today.

- a) plates      b) portions  
c) pieces      d) bunches





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15. I was ill last week, so I stayed at home.

→ I was ill last week, so I couldn't get .....

- a) on and off      b) up and down
- c) in and out      d) out and about

16. You should sleep well each night to stay healthy!

→ You should ..... each night to stay healthy!

- a) sleep long      b) sleep deep
- c) sleep tight      d) sleep fast

17. What is one way to stay fit?

- a) Watch TV all day      b) Play video games for hours
- c) Do a sport or walk to school      d) Eat only junk food

18. What activity can help you relax?

- a) Staying indoors all day      b) Worrying about problems
- c) Getting out and about      d) Avoiding all physical activity

19. "A balanced diet includes fruits and vegetables."

- a) True      b) False

20. To stay healthy, you \_\_\_\_\_ exercise regularly.

- a) shouldn't      b) should      c) mustn't      d) wouldn't

21. You \_\_\_\_\_ drink enough water every day.

- a) shouldn't      b) won't      c) should      d) mightn't

22. If you want to sleep well, you \_\_\_\_\_ drink coffee before bed.

- a) should      b) shouldn't      c) would      d) might

23. What should you do if you have a skin rash?

- a) Put cream on it      b) Go swimming
- c) Eat spicy food      d) Run in the sun







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24. What's the best thing to do when you feel dizzy?

- a) Jump up and down      b) Sit down  
c) Drink coffee      d) Watch TV standing up

25. When you have a cold, you should:

- a) Hold your nose      b) Blow your nose  
c) Ignore your nose      d) Cover your ears

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**Question 1** Read the text then answer the following question

**Healthy Food Day!**

Many primary schools in Jordan have Healthy Food Day for children of all ages. And it can happen anytime during the school year, so it's always a fun surprise! First, teachers send electronic invitations to parents. Then, parents think of healthy foods and teachers decide what food students should bring.

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7. Healthy Food Day is scheduled on the same date every year. (True/**False**)

8. Teachers sometimes bring extra food to share with the class. (**True**/False)

9. What do the underlined words refer to?

○ "They" in "They can even wear chef hats" refers to: \_\_\_\_\_ **students**

○ "These" in "These usually include local fruits" refers to: \_\_\_\_\_

**healthy foods/snacks**

10. Find in the text:

○ A verb: \_\_\_\_\_: **"send", "bring", "wear", "prepare"**

○ An adjective describing food: \_\_\_\_\_ **"healthy", "local", "strong"**

### Question 3

Choose the correct answer from the following options:

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2. I must sit down or I will fall! I feel .....

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