ELF Book 10 Unit Test (Unit 5)

Date:	Class:	Student Name:

1. Choose the correct word for the blank.

When your _____ hurts, you can't speak well.

① throat ② head ③ tooth

2. Choose the word which means the same meaning as the underlined part.

Don't eat too much <u>pork</u>. You may get fat.

① pig meat ② cow meat ③ chicken ④ beef

3. Look at the picture, and write the correct word.

⇒ p_____

4. Choose the correct word for the blank.

I feel cold. I should _____ my coat now.

① wear ② wears ③ to wear ④ wearing

5. Match (A) and (B) to complete the talk.

(A)	(B)
(1) I get up late in the morning.	▪ You have to ask someone.
(2) I feel so hungry.	▪ You should eat something.
(3) I failed the math exam.	▪ You must study hard.
(4) I can't find a post office.	▪ You must go to bed early.

[6~7] Read and answer each question.

Jake: I want to be healthy. What should I do?

Tina: You have to eat breakfast. Breakfast is the most important meal of the day. It helps you start your day with energy. And you should drink lots of water.

You should not eat too many sweets. Sweets are not good for your teeth. You are also likely to become fat. Don't eat fast food. Fast food is delicious, but not good for your health. Because most fast foods are high in sugar, salt, and fat.

6. Why is breakfast important?
① It helps lose weight.
② It makes your body strong.
③ It gives you energy.
④ It makes you grow tall.

7. Read and check T(true) or F(false).
(1) We need a lot of water to be healthy. □ F□ T
(2) Fast food tastes bad because it has lots of sugar, salt, and fat. T□ F□

[8~10] Read and answer each question.

When you have a cold, you have to get vitamins C and A. So you must eat the right food. Oranges have lots of vitamin C. Sweet potatoes are full of vitamin A. You also have to get vitamin E! So you should eat peanuts, with lots of vitamin E! Beef is rich in vitamin E!

Some foods are not good to eat when you have a cold. Pork is bad to eat for a cold. And you must not eat apples. They can make your body cold. You should not drink milk for a cold. Milk doesn't help your throat. You must not drink coffee with medicine. You have to get sleep but coffee hurts your sleep. You must rest for a cold.

8. Choose the correct word for the blank.

⇒ Good foods for _____.

① sleep ② a vitamin ③ a cold ④ medicine

9. Choose the correct one.
① Orange have lots of vitamin E.
② Sweet potatoes are rich in vitamins.
③ Apples help make our body warm.
④ Milk is good for a cold.

10. Ellen has a bad cold. What advice can you give to her?
① You should get enough sleep.
② You should drink enough apple juice.
③ You should not eat beef and pork.
④ You should go out and play with your friends.