



## ELF Book 6 Unit Test (Unit 4)

Date:

Class:

Student Name:

[1~2] Choose the right word for the blank.



1. \_\_\_\_\_ makes you happy and healthy.

- ① Problem                      ② Exercise                      ③ **Laugh**



2. Tom is making a \_\_\_\_\_.

- ① **bowl**                      ② plate                      ③ pot

3. Read the sentence and choose the right word.

You weigh too much.

- ① thin                      ② **fat**                      ③ healthy                      ④ strong

4. Choose the correct one in the box.

- ① three pieces of  
② two glasses of  
③ eleven hours of  
④ a bowl of

(1) A: What do you eat for breakfast?

B: I eat \_\_\_\_\_ ① \_\_\_\_\_ cake every day.

(2) A: What did you have for lunch?

B: I had two hamburgers and drink \_\_\_\_\_ ② \_\_\_\_\_ coke for lunch.

5. Choose the one that is NOT right.

- ① There are many frogs in the pond.  
② **I put two sugars in the tea.**  
③ Tom drinks two cups of milk everyday.  
④ I eat three loaves of bread a day.

[6~7] Read and answer each question.

I will eat healthy food like beans, milk and fruits. I will exercise three times a week. I will not stay up late. I will go to bed early. I will sleep seven hours a day. I will laugh a lot. Then I will be happy and healthy.

6. What is the best title for this reading?

- ① **Plans for My Healthy body**
- ② Food for Good Health
- ③ Plans for Future
- ④ How to Sleep Well

7. What will I do for my health?

- ① Exercise three times a month
- ② Play computer games until late
- ③ **Enjoy eating beans**
- ④ Sleep 7 hours a week

[8~10] Read and answer each question.

Do you drink one bottle of water every day? Do you eat vegetables and fruit? Do you eat beans? Do you exercise more than 2 times a week? Do you sleep more than 7 hours of sleep a day? Do you laugh a lot? With less than three "Nos," you're a very healthy kid. But with more than three "Nos," you might have a health problem. Then you should eat more healthy food and get some exercise. And laugh a lot.

8. What can you check with those questions?

- ① your habit
- ② **your health**
- ③ your plan for study
- ④ your math grade

9. Peter has a health problem. How many "Nos" does he have?

- ① 0
- ② 1
- ③ 2
- ④ **4**

10. Choose the right one.

- ① **Unhealthy kids exercise less than 2 times a week.**
- ② Healthy kids always eat fast food.
- ③ Healthy kids drink a cup of water everyday.
- ④ With less than three "Nos," you need some changes.