



ELF Book 9 Unit Test (Unit 16)

Date:

Class:

Student Name:

1. Choose the correct word for the blank.



Swimming and running are good _____.

① stretches

② hangings

③ **exercise**

2. Read the sentence and choose the correct word.

You move the top part of your body downward and forward.

① hang

② **bend**

③ push

④ stand

3. Look at the picture, and write the missing letters from the box.



c a m e p i s

⇒ **r a i s e** your hand

4. Look at the picture, and choose the correct words for the blanks.

① on

② under

③ behind

(1)



The bag is ③ the dog.

(2)



Keys are ① the table.

(3)



The book is ② the table.

5. Choose the correct word for the blank.

① above

(1) Carl fell _____ ③ _____ the stairs.

② with

(2) I cut the paper _____ ② _____ a pair of scissors.

③ down

(3) Put your hands _____ ① _____ your head.

[6~7] Read and choose the best answer.

In winter, we are likely to catch a cold. What should we do to stay healthy? First, wash your hands often. The dirty things on your hands can make you sick.

Second, wear a lot of warm clothes. One thick coat is not enough. Several thin sweaters are better than one coat.

Drink lots of hot water, you won't get a cold. You should also get a lot of vitamin C. Vitamin C is very good for a cold.

6. What is the reading about?

① Warm clothes in winter

② Good food for health in winter

③ Importance of water

④ **How to keep yourself healthy in winter**

7. Choose the one that is NOT correct.

① We can easily get a cold in winter.

② You should get vitamin C when you have a cold.

③ **One thick coat is warmer than several thin sweaters.**

④ Drink a lot of hot water, and you can stay healthy in winter.

[8~10] Read and answer each question.

Do you want to grow taller? Try these easy exercises. They will help you.

1. Hanging. Find a bar. Hold it with both hands. Then hang from it for a few minutes. After this exercise, your back will be straight and taller.

2. The Down Hill. Stand up straight. Bend down. Your face should look down, too. Push your arms backwards.

3. Touch Toes. Raise your hands up high and stand straight. Bend down and touch your toes. Your knees should not bend. They should be straight.

8. Choose the correct word for the blank.

▪ Hanging

▪ The Down Hill ⇒ Exercise to _____

▪ Touch Toes

① be healthy

② lose weight

③ **grow taller**

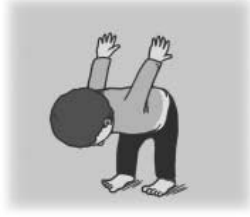
④ grow stronger

9. Choose the correct picture describing "The Down Hill"

①



②



③



④



10. Circle the correct one.

(1) You need a bar for (**hanging**, the down hill).

(2) For Touch Toes, you should (bend your knees, **stretch your knees**).