

“ In His Name”

Mid term of Vision ۲

Payame Danesh high school

Name:

**Vocabulary :**

**A: Match pictures with the words or expression. (۳ points)**



- A ۱) overweight      B ۲) percent      C ۳) pyramid      D ۴) couch potato

**Now fill in the blanks with the above words :**

۱. The translator will accept our idea. I'm certain that he agrees with us a hundred .....
۲. The man wanted us to circle the food we eat every day in the .....
۳. My doctor said that I should decrease the amount of oil and sugar in my diet because I'm a little .....
۴. Stop being a/an .....Go out and do some activities.

**Now try these words : One is extra .( balanced / laughter / absolutely / valuable / prevent)**

۵. She gave me some .....advice.
۶. It's .....impossible to work with all this noise.
۷. It's easier to .....a disease than to cure it.
۸. I can hear the sound of their .....in the next room.

**B: Match the definition in A with the words in B: One is extra in B.(۱ point)**

**A**

۱. with all parts existing in the correct amounts :
۲. to spend a lot of time with a person or in a place:
۳. to form a picture of sth. or somebody in the mind:
- ۴- An amount of food that is enough for a person:

**B**

- a) serving
- b) lifestyle
- c) balanced
- d) imagine
- e) hang out

**C: Choose the synonyms or antonyms of underlined words from the given column :( ۱ point)**

- The injury caused him to lose the game.  
 The doctors can cure her disease  
 I was greatly surprised to see her there.  
 She felt quite depressed.

- happy  
 illness  
 nearly  
 made  
 Very much

**D: Choose the best( ۳ points)**

۱. We need a .....to measure the weight of these boxes.  
 a) region      b) scale      c) pyramid      d) continent
۲. This book .....a lot of good information about wildlife.  
 a) gains      b) influences      c) contains      d) ranges
۳. We want to do research into the .....between diet and health problems.  
 a) knowledge      b) popularity      c) proportion      d) relationship
۴. I am going to ask you a question, and I want you to be .....with me.  
 a) honest      b) health      c) calm      d) deaf

**E: Fill in the blank with your own words.( 1 point )**

Please wait .The nurse will take your blood .....

Physical and .....activities are necessary for your health.

**Grammar .**

**A:Look at the pictures and complete the following sentences with correct measures ( 1 points )**



..... rice

1. My father has bought



2. I'd like to drink ..... of tea.

**B: Rearrange the words to create a sentence.( 1 point)**

Is making / mother / some / in the kitchen / cookies / now / my.

**Conversation :**

**Match A with B: One is extra in B:( 2 POINTS )**

- 1. Doctor, can you give me some suggestion on how to stay healthy?
- 2. How well is your English language ability?
- 3. what are the best foods to eat?
- 4. Do you have any foreign friends here?

- a) first of all you need to make sure you eat the healthy food.
- B) You should eat fresh fruits, vegetables, bread and milk
- c) you need to get plenty of exercise every day.
- D) I made friends with some native speakers and I practice English with them.
- e)well, my English reading, speaking and listening skills are good but I'm weak in writing.

**D. Reading . ( 3 points )**

Healthy food is good for you. You need it for shiny hair and strong bones .You need it so you can grow tall and feel good .The best part about healthy food is that it is tasty! You can find grains in bread and rice. You should eat four servings of grains every day. Milk, cheese, and yogurt are also important .These will give you strong bones. Meat, beans, fish and nuts give your body iron and protein. You can also eat an egg or some peanut butter to help keep your body healthy. Fruit and vegetables are good to eat .Eat many kinds each week. Chips and cookies are tasty, but try to eat rarely .When you eat healthy food, your body will thank you! But don't forget to exercise. "A healthy diet " without exercise doesn't have enough influence on you.

**-Write a complete answer for each question.**

- 1. Is a healthy diet without exercising effective?
- 2. How many servings of grain is enough in a day?

**-Choose the correct answer.**

- 1. Healthy food will make you ..... .  
a) sick    b) unhealthy    c) strong    d) tasty
- 2. What kind of vegetables should you eat each week ?  
a) light vegetable    b) green vegetables    c)one kind    d) many kinds

**-True or False?**

- 1. There is no need to do exercise. ( true - false )
- 2. You should eat cookies instead of grains. ( true -false)

*"With the best wishes for you"*