

Q1. Choose the right answer:

1. **People who sleep well usually feel more ____.**
A) tired B) energetic C) angry D) confused
2. **The doctor told Sami to drink more water because he felt ____.**
A) bored B) thirsty C) dehydrated D) hungry
3. **It's important to exercise at least ____.**
A) once a week B) once a year C) every minute D) never
4. **Walking for 30 minutes a day is a good way to ____.**
A) save money B) stay fit C) meet new people D) do homework
5. **Laila eats a lot of junk food, so she wants to change her ____.**
A) hobby B) health routine C) subject D) clothes
6. **One of the signs of stress is ____.**
A) forgetting things B) growing taller C) speaking loudly D) buying shoes
7. **The best advice to stay healthy is to ____.**
A) skip meals B) drink sugary drinks C) balance your diet D) stay up all night
8. **Ahmad decided to join a gym to ____.**
A) watch movies B) get stronger C) play video games D) sleep
9. **Eating fruits and vegetables helps your body get ____.**
A) vitamins B) problems C) stress D) injuries
10. **A good speaking strategy when giving advice is to say ____.**
A) "You must do everything I say." B) "Maybe you could try..."
C) "I don't care." D) "Stop asking questions."

Q2. Fill in the Blanks

1. Drinking too much coffee can make people feel ____.
2. If you want to lose weight, you should ____ regularly.
3. To stay healthy, it's important to get enough ____.
4. Sami tries to avoid sugary drinks because they are not ____.
5. When giving advice, we can say: "Why don't you ____ walking every day?"


Q3. True or False

1. Drinking water helps your body work better.
2. Staying up late every day is a healthy habit.
3. Exercising can help reduce stress.
4. Fruits and vegetables contain important nutrients.
5. "Why don't you try...?" is a way to give advice politely.
6. Eating only junk food is a balanced diet.
7. Speaking lessons often include giving recommendations or suggestions.

Answers:

Q1: 1. B 2. C 3. A 4. B 5. B 6. A 7. C 8. B 9. A 10. B	Q2: 1. Nervous 2. Exercise 3. Sleep 4. Healthy 5. try / go	Q3: 1. True 2. False 3. True 4. True 5. True 6. False 7. True
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