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ENGLISH TEST

Name: _____ Grade: 1 Nivel Vespertino Date: 19/10/2020 20 Points

Instructions: - Lee atentamente las preguntas, complete de acuerdo a lo indicado en cada ítem

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Objective: - Leer y demostrar comprensión de ideas principales e información relevante en textos
- Identificar vocabulario Temático

I. Reading Comprehension

Instructions: Carefully read the following text and answer the questions below.

(Instrucciones: Lee cuidadosamente el siguiente texto y responde las preguntas de abajo).

Six health tips



The context in which an individual lives is of great importance on health status and quality of life. Health is maintained and improved not only through the advancement and application of health science, but also through the efforts and intelligent lifestyle choices of the individual and society. Here are some basic tips for maintaining a good health.

1.

You don't have to belong to a gym club. Thirty minutes walk every day will prevent weight gain and encourage moderate weight loss.

2.

Reduce fat intake, cut down on sugar and opt for fruits and vegetables. This helps reduce cholesterol and blood pressure. Healthy food will also lead to better blood sugar control.

3.



Not everything we want we get. We have to accept that there are things that we cannot control. Managing time is also of great importance too. We must allow ourselves enough time to get things done. Set a time during the day for relaxation.

4.

Avoid caffeine, alcohol, nicotine, and other chemicals that interfere with sleep. Equip your bedroom with a comfortable mattress and pillows. Sleep in a dark clean and quiet environment.

5.

Deep thinking about spiritual matters has been linked to a variety of health benefits. It has been linked to changes in metabolism, blood pressure, brain activation, and other bodily processes.

6.

People who think positively have an optimistic view of life that affects their health and well-being. Optimism has been shown to explain between 5–10% of the variation in the likelihood of developing some health conditions, notably including cardiovascular disease, stroke, depression, and cancer.

Take a quick look at the text again and identify the empty spaces in each tip. Fill in the blanks writing the titles below as appropriate.

(Dale una mirada rápida al texto nuevamente e identifica los espacios en blanco en cada consejo. Llénalos, escribiendo los títulos que se encuentran debajo según corresponda).

- A. Meditation.
- B. Reduce stress.
- C. Eat healthy.
- D. Positive thinking.
- E. Exercise.
- F. Improve sleep.



I. Read the following sentences related to the text and decide if they are true or false, writing a T for true, or a F for false.

(Lee las siguientes oraciones relacionadas al texto y decide si son verdaderas o falsas, escribiendo una T en el caso de verdadero, o una F para falso).

- a) ____ The most important things to keep yourself healthy are how intelligent your decisions are and the effort you put in it.
- b) ____ Your health and quality of life are not related to how you live.
- c) ____ 15 minutes of daily walking are enough to keep yourself healthy.
- d) ____ If you have bad eating habits, you are more probable to have high cholesterol levels and high blood pressure.
- e) ____ Having a decent sleeping schedule is not that important for your health.
- f) ____ Reducing stress means that you know how to organize your time.
- g) ____ People who tend to think positively are 5% to 10% more likely to suffer cardiovascular disease, stroke, depression, and cancer.

II. Read the following questions and select the correct answer, according to the text.

(Lee las siguientes preguntas y selecciona la respuesta correcta, según el texto).

- 1.- If you want to prevent gaining weight and losing weight, you should do...
 - a) Go to a gym club.
 - b) Walk 30 minutes daily.
 - c) Use health science.

- 2.- A good tip to reduce your fat intake is...
 - a) Avoid chemicals such as coffee, alcohol, and nicotine.
 - b) Eat more sugary foods and avoid fruits and vegetables.
 - c) Eat less sugary foods and prefer more fruits and vegetables.

- 3.- To reduce stress, you can...
 - a) Think too much about why you cannot have everything you wish.
 - b) Accept that you can't control everything.
 - c) Leave your duties for the last minute.

- 4.- Having enough time to get your things done is as important as having time during the day for relaxation.
 - a) Yes.
 - b) No.

- 5.- If you want to have a restful sleep, you need to consider...
 - a) Preparing your bedroom and environment.
 - b) Having a caffeine drink, such a cup of coffee.
 - c) Eating some fruits and vegetables.



6.- Which of the following health benefits are not related to meditation?

- a) Reduction of cholesterol.
- b) Brain activation.
- c) Changes in your metabolism.

7.- Which of the following health conditions are slightly reduced by positive thinking?

- a) High blood pressure and cancer.
- b) Cardiovascular disease and diabetes.
- c) Strokes and depression.