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| logo eixo**ESCOLA BÁSICA DE EIXO**  **School Year 2018- 2019**  **English Module 1 | Test 1A** | **Evaluation** |
| **Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Surname:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Year:** \_\_\_\_\_\_\_\_\_\_\_**Class:** \_\_\_\_\_\_\_\_\_\_\_\_**No.**\_\_\_\_\_\_\_\_\_\_\_\_  **Parents / E.E.** …………………………………………………… | 🞎 **Muito bom** ……………...….…  🞎 **Bom**  ………………...…  🞎 **Suficiente** ……..……….….…  🞎 **Insuficiente** ……..……….…… |



**I - READING**

Read the text.

Everyone feels stressed sometimes; it’s part of life. However, if you often feel stressed, you might want to consider making some changes. Fortunately, there are many ways to fight stress.

First of all, when your homework seems too difficult to do, take a break and get some exercise. Go to the gym or play a game of football or volleyball with your friends. This will help you forget your problems, relax and keep healthy at the same time.

Also, when you feel stressed, it’s a good idea to talk to someone. It can be a parent, a teacher, or a friend; it doesn’t really matter who you talk to. Often, talking about a problem is enough to make you feel better. When you share your worries, you can get some great advice and support, too.

Finally, when problems start to seem like too much, a good night’s sleep can be just what the doctor ordered. You are sure to feel better in the morning and you might even wake up and wonder why you were so worried in the first place.

So, while stress is something we all face, there are plenty of ways to prevent it from getting out of hand.

Α. M**ark** the sentences *R* (right), *W* (wrong) or *DS* (doesn’t say). ). Underline the sentences / words in the text that **justify** your choice (Right and Wrong).

**1** You cannot do many things to reduce   
stress. \_\_\_\_\_\_

**2** Going to the gym helps you relax. \_\_\_\_\_\_

**3** Unhealthy people suffer more   
from stress. \_\_\_\_\_\_

**4** If you feel too stressed you should   
see a doctor. \_\_\_\_\_\_

**5** Sleeping is not a good way to solve   
your problems. \_\_\_\_\_\_

B. Complete the sentences.

**1** In order to deal with stress you need to make some .

**2** Exercising or playing a sport can help you feel less stressed and also .

**3** Talking about what is causing you stress with others can make you .

**4** People can give you great advice and support if you with them.

**5** After a   
you may feel less worried.

***II – LEXIS and GRAMMAR***

C. Choose and circle the correct word.

1. Christina is in good **picture/shape** because she works out a lot.
2. There is new **research/ability** that shows that people don’t sleep well if they use their smartphone in bed.
3. I have two brothers and two sisters; they are the best **parents/siblings** in the world.
4. Jake has lost a lot of weight recently. He might have an eating **addiction/disorder.**
5. Michael enjoys staying **outdoors/indoors** to watch TV on a rainy day.

D. Choose the correct answer. Fill in the gap with the correspondent letter (A, B or C).

**1**  Alicia \_\_\_ with her parents about going to her friend’s party.

**A** separated **B** argued **C** bullied

**2**  John asked the teacher to \_\_\_ the assignment again because he didn’t understand it.

**A** fail **B** study **C** explain

**3** Eight hours of sleep every night helps \_\_\_ your concentration.

**A** exercise **B** light up **C** improve

**4**  Ruth is having some relationship \_\_\_ and feels very upset.

**A** problems **B** exceptions **C** addictions

**5** \_\_\_ on the Internet is a very common teen problem.

**A** Stress **B** Pressure **C** Cyber bullying

E. Circle the correct answer.

**1** Kevin avoids **to** **buy/buying** things he doesn’t need.

**2** Chris wants **joining/to join** the school’s basketball team.

**3** I really like **going/to go** to the park on Saturdays.

**4** Emily decided **to give/give** her old toys to her little sister

F. Choose the correct answer. Fill in the gap with the correspondent letter (A, B or C).

**1** Melanie suggested \_\_\_ volleyball at the beach.

**A** to play **B** play **C** playing

**2** I would like \_\_\_ to Hawaii one day.

**A** to go **B** go **C** going

**3** \_\_\_ is my favourite summer sport.

**A** Swim **B** To swim **C** Swimming

**4** My sister offered \_\_\_ me tidy my room.

**A** helping **B** help **C** to help

**5** Let’s \_\_\_ at the new Italian restaurant tonight.

**A** to eat **B** eat **C** eating

**6** Lisa doesn’t like \_\_\_ her homework at the weekend.

**A** to do **B** doing **C** do

***III - WRITING***

Post a comment on your friend’s blog (80 100 words) describing your routine on Saturdays.

Include the following information:

• what you do in the morning

• what you do in the afternoon

• what you do in the evening

Hey \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

I really \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your blog!

Let me tell you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

On Saturday mornings, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
In the afternoons, I usually \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

After that, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  
In the evenings, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Sometimes, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ . I go to bed at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

KEY

Module 1 Test 1A

**Reading**

**A**

1. **W** “Fortunately, there are many ways to fight stress.”
2. **R** “Go to the gym or play a game of football or volleyball with your friends. This will help you forget your problems, relax and keep healthy at the same time.”
3. **DS**
4. **DS**
5. **W”** a good night’s sleep can be just what the doctor ordered.”

**B** 1 changes 4 share your worries

2 keep healthy 5 good night’s sleep

3 feel better

**C** 1 shape 4 disorder

2 research 5 indoors

3 siblings

**D** 1 B 2 C 3 C 4 A 5 C

**E** 1 buying 2 to join 3 going 4 to give

**F** 1 C 2 A 3 C 4 C 5 B 6 B

Writing

**(Suggested answer)**

Hey Ines!

I really *enjoy* your blog! Let me tell you *about* *my routine on Saturdays*.

On Saturday mornings, I *get up at around nine, have breakfast* and *do any chores my mum wants me to do*. In the afternoons, I usually *play a game of football with my friends* or *we go to the cinema*. After that, I *return home*. In the evenings, I *have dinner with my family* and *then we spend time together watching TV or playing board games*. Sometimes, I *go out with my friends or have dinner at a restaurant with my family*. I go to bed *at 11:00 pm*.

Module 1 – Listening Test

1 B 2 B 3 A 4 B 5 A