

[1-7] Read the passages again. Choose the correct answers.

1. Exercise (different / regularly), but not right before bedtime.
2. Do not look at electronic (adults / screens) before you go to sleep.
3. Sleep gives your (brain / age) time to sort out information.
4. Four (out / in) of five children do not get enough exercise.
5. Sweating is a (sign / body) that you are getting enough exercise.
6. These activities can make you sweat a (lots / bit).
7. Exercise will help your (weight / heart) get stronger.

[8-9] Go back to the passages. Complete the sentences.

8. Your brain tries to understand information during sleep.
→ Sleep gives your brain time to _____ information.
9. If you move more, your body will be healthier.
→ The _____ you move, the _____ your body will be.

[10-12] Read and choose the correct answers.

Sleep gives your body a good rest. And it gets you ready for the next day. It also gives your brain time to sort out information. So it helps you learn better and remember more.

10. Sleep gets people ready for the next day. True / False
11. Sleep lets your brain sort out information. True / False
12. What is true about sleep?
 - a) It makes your body more tired.
 - b) It helps you remember more.
 - c) It makes you forget more.

[13-15] Read and choose the correct answers.

In the past, children spent more time playing outside. These days, they spend hours sitting in their rooms. They study, surf the internet, and play video games at their desks. In fact, four out of five children do not get enough exercise.

13. What is the paragraph mainly about?

- a) how children play outside
- b) how children exercise
- c) how children spend their time

14. These days, how many children do not get enough exercise?

- a) five out of four
- b) one out of five
- c) four out of five

15. What is NOT true about how children spend their time these days?

- a) They study at their desks in their rooms.
- b) They surf the internet and play video games outside.
- c) They spend hours sitting in their rooms.