

اختبار الوحدة الأولى Life for Food



تم تحميل هذا الملف من موقع المناهج الإماراتية

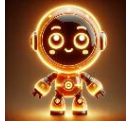
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المزيد من مادة
لغة انجليزية:

التواصل الاجتماعي بحسب الصف السابع



صفحة المناهج
الإماراتية على
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف السابع والمادة لغة انجليزية في الفصل الأول

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اختبار English الصف السابع
(العام) الوحدة الأولى
الفصل الأول للعام 2027

English: 07th Grade [General]
Unit 01: Food for Life

END OF 1st TERM EXAM

by: Nologia



شرح لدروس الفصل الأول كامل



شرح الدروس



للتواصل والحجز



انضم للقناة

Part 1-A: Vocabulary

[15 marks]

Choose the correct words to complete the sentences:

1. Eating a balanced _____ every day ensures your body gets the right nutrients to remain strong and healthy.
 - a. garbage
 - b. diet
 - c. predator
2. Lions and sharks are top _____ because they hunt other animals and have no natural enemies in their environment.
 - a. producers
 - b. prey
 - c. predators
3. To reduce food waste at home, you can find a creative _____ online to cook delicious meals from leftover ingredients.
 - a. recipe
 - b. muscle
 - c. vitamins
4. When arranging a food chain, plants come _____ because they produce their own energy before any animal consumes them.
 - a. third
 - b. second
 - c. first

5. Instead of throwing plastic bottles into the trash bin, it is much better to _____ them so they can be used again.

- a. recycle
- b. cut
- c. heat

Part 1-B: Grammar

[15 marks]

Read the text and choose the correct word(s) to complete the sentences:

Healthy living is very important for every student. First, you should eat a balanced diet with lots of fresh vegetables. To get enough energy for your morning classes, make sure you _____ (1) breakfast every single day. Skipping this meal can make you feel very tired. You should also remember that choosing _____ (2) fruits and vegetables will give your body essential vitamins to fight off common illnesses. However, you _____ (3) eat fast food too often because it contains a lot of unhealthy fat. To keep your body strong, try to join a school sports team. When you play games like football, _____ (4) the ball quickly to your teammates to win. Finally, _____ (5) forget to drink plenty of clean water throughout the afternoon to stay active.

- | | | |
|---------------|--------------|-------------|
| 1. a. eats | b. eat | c. eating |
| 2. a. both | b. also | c. and |
| 3. a. should | b. shouldn't | c. don't to |
| 4. a. passing | b. pass | c. to pass |
| 5. a. doesn't | b. didn't | c. don't |

Part 2: Reading

[15 marks]

Read the text and choose the correct answer for each question.

“The Path to a Healthy Lifestyle”

Eating a balanced diet is one of the most effective ways for teenagers to stay healthy, active, and focused during the school day. Our bodies require a wide variety of nutrients to function properly, including vitamins, minerals, carbohydrates, and protein. Each type of food plays a specific role in keeping us strong. For example, proteins found in beans and fish help repair muscles, while carbohydrates from bread and rice give us essential energy.

In addition to choosing the right foods, maintaining healthy eating habits is equally important. Nutrition experts always suggest that students should eat a fresh breakfast every morning instead of skipping it. Eating early helps your brain focus better during long afternoon lessons. It is also wise to drink plenty of water throughout the day to remain hydrated. On the other hand, teenagers should avoid consuming too much fast food or sweet snacks, which contain high amounts of unhealthy fats and sugars. Eating these sweet items too often can make you feel tired and weak. Ultimately, learning how to balance your daily meals will support your immune system and keep you energetic for a lifetime.

1. What helps our bodies repair muscles according to the text?
 - a. High amounts of sugars and sweet snacks.
 - b. Proteins found in beans and fish.
 - c. Skipping breakfast every morning.
2. Why do our bodies need carbohydrates from bread and rice?
 - a. To provide us with essential energy.
 - b. To fight off natural predators.
 - c. To help us fall asleep quickly.

3. According to nutrition experts, what should students do every morning?
 - a. Skip breakfast to save time.
 - b. Consume large amounts of fast food.
 - c. Eat a fresh, balanced breakfast.
4. According to the text, what does the word **hydrated** mean?
 - a. Feeling very tired and needing to sleep immediately.
 - b. Having enough water in your body to function well.
 - c. Eating too many sweet snacks and fast food.
5. What is the main idea of this reading passage?
 - a. Rice and bread are the only foods teenagers should consume.
 - b. Fast food delivery services are the best choice for busy students.
 - c. Balancing your daily meals and habits keeps your body healthy and strong.

Part 3: Reading

[15 marks]

Read the text and choose the correct answer for each question.

“Connections in the Wild”

In every ecosystem, all living things are closely linked to one another through a system called a food chain. A food chain shows the direct relationships between plants and animals in a specific environment. It illustrates how energy moves from one living creature to the next higher level. Every food chain begins with producers, which are plants that make their own food using natural sunlight. In the desert, the date palm is a well-known producer that provides energy for many small creatures.

The next levels consist of consumers, including herbivores that only consume plants, and carnivores that eat meat. Some special creatures are known as keystone species because they play the most important role in their environment. For instance, elephants are the keystone species in the African savanna. They eat small trees, which allows the green grass to grow freely. Without elephants, the savanna would quickly turn into a thick forest, hiding the sunlight from the grass. If the grass disappeared, herbivores like gazelles would leave, and top predators like lions would have no food. This proves how every creature is connected.

1. What does a food chain illustrate?
 - a. How energy moves between different living creatures.
 - b. How to cook healthy meals using fresh ingredients.
 - c. The amount of plastic waste hidden in a forest.
2. Which of the following is an example of a producer in the desert?
 - a. The desert fox.
 - b. The date palm.
 - c. The African lion.
3. What makes an animal a "keystone species"?
 - a. It is an animal that only eats other top predators.
 - b. It plays the most important role in its environment.
 - c. It is a plant that creates its own food from the sun.
4. What would happen in the African savanna if elephants disappeared?
 - a. The area would turn into a forest and the grass would stop growing.
 - b. Gazelles and lions would find a massive variety of new food.
 - c. The environment would stay exactly the same.
5. Based on the text, what can be inferred about ecosystems?
 - a. Plants do not need sunlight to survive in the wild.
 - b. Changing one part of a food chain impacts many other animals.
 - c. Top carnivores never rely on lower levels for energy.

Part 4: Writing

[40 marks total]

Constructed Writing Response: Write a narrative text related to the theme. Your response must be **at least 110 words** long.

Question: Imagine you and your friends want to organize a "Healthy Lifestyle Week" at your school to teach students how to improve their health and reduce food waste. Write a story about your experience setting up this event. Include the following three prompts in your narrative:

1. Describe how you felt when you decided to start this event and the catchy slogan you created for it.
2. Tell a story about how you worked with your friends, describing who prepared the healthy food ingredients and who made the event posters.
3. Explain a major challenge your team faced (like running out of fresh ingredients or having too much garbage to clear) and how you solved it together.

Don't forget to **review your answers** & good luck!