







1. Чуй и номерирай дейностите, които децата ще правят. След това ги запиши на английски език.

___/10

 _____ <input type="checkbox"/>	 <u>surfing</u> <input type="checkbox"/>	 _____ <input type="checkbox"/>
 _____ <input type="checkbox"/>	 _____ <input type="checkbox"/>	 _____ <input type="checkbox"/>

2. Чуй разговора и отбележи кой дава тези съвети за здравословен живот – Емили (E) или Алън (A). Има един съвет, който не ти е необходим ___/5

- 1 Go to the gym at least three times a week
- 2 Don't drink soda
- 3 Go to bed before 11 p.m.
- 4 Try to eat homemade food
- 5 Walk or cycle to school
- 6 Eat fresh fruit every day

3. Прочети текста и номерирай събитията в реда, в който са се случили.

___/6

In 1965, a team of explorers set out on an ambitious expedition to the South Pole. They sailed for three months before they reached Antarctica. There they traveled through **harsh**, icy conditions, battling freezing winds and snowstorms. As the explorers **trekked** across the frozen wasteland, they were pulling sleds filled with supplies. The weather was constantly shifting, and at times, the people couldn't see more than a few meters ahead. They advanced really slowly and were completely **exhausted**. After a severe storm, the explorers lost some supplies. They had very little food and some of them got sick and died. The explorers discussed the difficult situation, but nobody wanted to give up and return to the ship. After weeks of **trudging** through endless snow and ice, the explorers finally **spotted** a key **landmark** on the horizon—a high ridge that marked their proximity to the South Pole. It was a moment of both relief and determination. Despite their exhaustion, they pushed forward, knowing that they were now close to their **goal**. The sight of the landmark brought a surge of energy, and the team pressed on, hoping they could make it in time before their **supplies** ran out completely. When they reached the South Pole, they screamed with joy and planted the flag in the ice although, they had very little supplies left. Luckily, they got help from another expedition and made it to the base camp safely.

- 1 The explorers reached the South Pole.
- 2 The explorers started their journey to Antarctica.
- 3 They spent three months on the ship.
- 4 They returned to the base camp.
- 5 Some people died.
- 6 Other explorers gave them some food.
- 7 They saw a natural landmark that showed the goal was close.

4. Прочети текста отново и отговори на въпросите. Има един пример. ____/5

Ex.1 When did the expedition start?

It started in 1965.

2 How long did it take them to get to Antarctica?

3 What was the weather like?

4 How did the explorers carry the supplies?

5 Why were they relieved when they saw the ridge?

6 Did they get to the South Pole?

5. Коя от думите оцветени в жълто означава. Има един пример. ____/4

Ex.1 walked - trekked

2 very tired - _____

3 aim, result you want - _____

4 difficult to survive in - _____

5 noticed - _____

5. Подреди думите в правилния ред, за да образуваш въпроси. Има един пример. ____/5

Ex 1 the/what/city/largest/is/Argentina/in

What is the largest city in Argentina?

2 seasons/have/many/they/how/do/there

3 woods/enjoy/you/in/camping/do/the

4 was/last/the/you/time/went/the/when/to/beach

5 were/who/for/when/at/met/waiting/you/we/the/mall

6 you/to/what/after/going/are/class/do/the

Listening script:

1. Listen and number the activities the kids are going to do.

- 1.1. Look at the water, it's crystal clear today. It's a pity the waves are so small, but as I got my board, let's get in and wait for some bigger waves – surfing
- 1.2. Mum, we are going to be late for our match, hurry up! Today we are playing for the cup and I'm sure I will score a goal! – football
- 1.3. John, don't forget your helmet! It's dangerous to cycle in the city without it. - cycling
- 1.4. I'm really excited! We bought a new tent; I've packed my bag and I can't wait spending a week in the wild! – camping
- 1.5. We learned about healthy eating at school and I decided to grow my own vegetables! – gardening
- 1.6. I'm starting a new course today. The teacher told us not to bring anything with us as they are providing the brushes, canvases and paint. Shall I bring my own apron? – painting

2. Listen to the conversation and mark who, Emily or Allan, gives these tips for healthy life. There is one tip you don't need.

- 2.1. Go to the gym at least three times a week
- 2.2. Don't drink soda **A**
- 2.3. Go to bed before 11 p.m. **E**
- 2.4. Try to eat homemade food **A**
- 2.5. Walk or cycle to school **A**
- 2.6. Eat fresh fruit every day **E**

Emily: Shall we work together on the school project about Healthy Lifestyle?

Allan: Sure, I don't have a partner. We have to make a poster with 5 tips. I think we should start with something about our diet.

Emily: This is a good idea! How about "An apple a day keeps the doctor away"?

Allan: Yeah, and we may add that we shouldn't eat junk food, but have our meals at home or bring a lunch box at school.

Emily: I agree, we can draw a picture of something delicious. I have one on my phone as I made fish curry last weekend! Look!

Allan: Perfect, can you print it out? That will make everyone want to take up a cooking class. Another tip related to healthy diet might be "Choose water or fresh juice". I can see that most kids have fizzy drinks from the canteen.

Emily: So now we need two more tips. Shall we write something about exercising?

Allan: Why not? But I don't believe we need to be in a team or go to the gym. I think it's enough to walk or cycle to school and not ask your parents for a ride.

Emily: I see what you mean. Furthermore, we have PE three times a week at school! I'd like our last tip to be about reducing the stress. We spend long hours at school and then doing homework. So, we have little time to get in touch with friends, or play video games, or even enjoying a movie! I often chat with my friends at night and I feel really tired in the morning. We should go to bed earlier! Is 11 p.m. early enough?

Allan: Yes, I think it is. I think we are ready! Now let's decide how to decorate the poster!

