

Check Your Progress

Choose the correct option.

1. Which one is <u>not</u> a vegetable? a. carrot c. meat b. broccoli d. spinach	6. A baseball player ____ can throw a ball hard. a. can b. can't
2. Which one is <u>not</u> a protein? a. fish b. bread c. chicken d. meat	7. A football player ____ control a ball with his feet. a. can't b. can
3. Fibre is good for your ____ . a. digestion c. muscles b. brain d. respiration	8. You can use ____ to cut your nails. a. a hairbrush c. soap b. deodorant d. nail clippers
4. It's better to eat sweets ____ . a. once a month c. once a week b. every day d. twice a day	9. You need a ____ to brush your teeth. a. a hairbrush c. soap b. a toothbrush d. deodorant
5. You can find healthy oils in ____ . a. hamburgers c. olive oil b. fries d. butter	10. You can wash your hands with ____ . a. shampoo c. a toothbrush b. a hairbrush d. soap

		Very well	Quite well	With difficulty
Vocabulary	I can identify vocabulary related to food. I can identify vocabulary related to physical activity. I can identify vocabulary related to personal care routines.			
Grammar	I can use <i>can</i> to talk about abilities and possibilities. I can use adverbs to talk about the frequency of activities.			
Reading	I can understand short texts about daily routines and activities.			
Writing	I can write short paragraphs about routines. I can write sentences about my abilities.			
Listening	I can identify information in short conversations about peoples' abilities. I can identify information in short conversations about peoples' routines.			
Speaking	I can talk about healthy habits related to food, physical activity and personal care habits.			