

# C Progress test

Read the questions carefully. Try to answer them all.  
This test takes about 40 minutes.

Name

## 1 Finding the right word

5 marks

Find the best word to fill each gap. Circle the correct letter, A, B or C.  
The first one is an example.

1 How ..... does Mark have cereal for his breakfast?

A so     **B** often     C much

2 Eating fruit is good ..... you.

A to     B of     C for

3 We haven't got ..... flour.

A any     B some     C many

4 My mother cut the spaghetti ..... pieces for the baby.

A into     B down     C up

5 We know that milk ..... from cows.

A makes     B comes     C goes

6 You ..... vitamins to stay healthy.

A like     B grow     C need

## 2 Writing about cooking

5 marks

Look at these pictures of things you can cook. Use one word to complete each of the sentences below. The first one is an example.

1 You ..... pancakes with eggs, milk and flour.

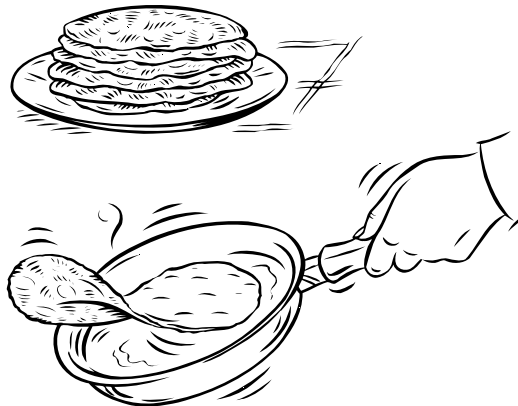
2 You need a ..... of milk but not much flour.

3 You cook pancakes in a frying .....

4 To make biscuits you ..... everything together first.

5 Cook the biscuits in the ..... for one hour.

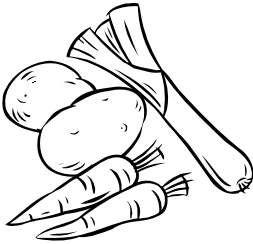
6 Biscuits are ..... with a glass of milk.



# Quiz The way we live

Name

1 Match the pictures with the words. The first one is an example. Some foods may fit with more than one word.

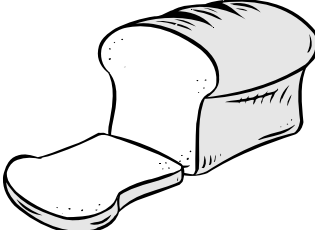



Fats


Carbohydrates

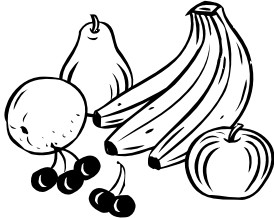
Protein

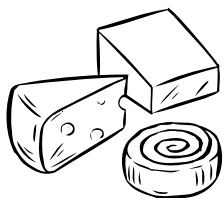
Fibre














2 Which of these are true and which are false? Tick the correct boxes.

	<i>True</i>	<i>False</i>
1 Fats make you strong and give you energy.	<input type="checkbox"/>	<input type="checkbox"/>
2 Minerals help clean the inside of your body.	<input type="checkbox"/>	<input type="checkbox"/>
3 You need eggs to make pancakes.	<input type="checkbox"/>	<input type="checkbox"/>
4 There are lots of vitamins in sugar.	<input type="checkbox"/>	<input type="checkbox"/>
5 Fried food is high in fat.	<input type="checkbox"/>	<input type="checkbox"/>
6 Spaghetti is a type of pasta.	<input type="checkbox"/>	<input type="checkbox"/>
7 There are three types of vitamin.	<input type="checkbox"/>	<input type="checkbox"/>

3 Use the letters to make words. Then write the labels on the picture. The first one is an example.

balte

1 ..... chair .....

rachi

cooskabe

8 .....

palm

7 .....

2 .....

evas

3 .....

truclans

fosa

4 .....

partec

5 .....