



Rozdział 8: czytanie — zdrowe nawyki

jedzenie i zdrowie

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WYPEŁNIA NAUCZYCIEL

Punkty / 12

Ocena

Imię i nazwisko _____ Klasa _____ Data _____

Grupa A

2 zadania · 12 punktów · 10 minut · bez słownika · pisz czytelnie · liczy się poprawna forma i pisownia.

Zadanie 1. (0–6)

OTWARTE

Przeczytaj tekst. Kto to mówi albo robi? Wpisz literę: A, B, C.

A — Karina: I used to eat a lot of sweets, but now I eat only a few biscuits at the weekend. I drink much more water than before — about two litres a day. I feel more energetic!

B — Bartosz: I'm vegetarian, so I eat no meat. People often ask me how I get enough protein. I eat a lot of beans, eggs and cheese. I don't eat many sweets, but I love a little dark chocolate.

C — Ewelina: I don't have much time in the morning, so I used to skip breakfast. Now I prepare porridge with a few nuts and a little honey the evening before. It takes five minutes!

1. I used to skip breakfast. _____
2. I like dark chocolate. _____
3. I drink a lot of water. _____
4. I prepare breakfast the evening before. _____
5. I used to eat a lot of sweets. _____
6. I eat porridge for breakfast. _____

1.	0	1	2	3	4	5	6
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Zadanie 2. (0–6)

OTWARTE

Zakreśl P, jeśli zdanie jest zgodne z tekstem, albo F, jeśli nie jest.

1. Ewelina's breakfast takes five minutes to prepare. **P / F**
2. Karina drinks about two litres of water a day. **P / F**
3. Ewelina has a lot of time in the morning. **P / F**
4. Bartosz likes a little dark chocolate. **P / F**
5. Bartosz eats no cheese. **P / F**
6. Karina eats a lot of sweets now. **P / F**

2.	0	1	2	3	4	5	6
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