

Progress Test - Unit 2 [A]

Unit 2 · Changing daily habits • TESTE DE AVALIAÇÃO

NOME: _____

N.º: ____ TURMA: ____

DATA: ____ / ____ / ____

CLASSIFICAÇÃO: _____

REGRA: As respostas de gramática foram definidas por contexto; usa os tempos verbais e estruturas indicados.

A. Reading - lê o texto e responde

Rui has tried several ways to feel healthier this year. He started going to bed earlier in February and has reduced the time he spends on his phone. Before he made these changes, he had often felt tired in morning lessons. His sister suggested keeping a simple diary of daily habits. Rui has now kept that diary for three months and says that regular exercise has helped him concentrate.

1. What did Rui start doing in February? _____
2. What had he often felt before the changes? _____
3. Who suggested a diary? _____
4. For how long has he kept the diary? _____

B. Vocabulary - vocabulário da unidade

1. Explain in English or translate into Portuguese: daily habits.
2. Explain in English or translate into Portuguese: concentrate.
3. Explain in English or translate into Portuguese: exercise.
4. Explain in English or translate into Portuguese: diary.

C. Grammar - completa as frases

1. My sister _____ (never / eat) sushi.
2. I _____ (not / eat) breakfast yet today.
3. She _____ (never / travel) abroad before her family moved to Spain.
4. We _____ (not / finish) our project yet.
5. We _____ (never / try) meditation before.

6. Tom realised that he _____ (forget) his phone at home.

7. Our friends _____ (already / choose) a healthy menu.

8. My parents _____ (just / come) home, so they're here now.

D. Writing - produção escrita

Write 110–130 words about the topic of this unit. Include an example or personal opinion.
