

	NOME:	
	DATA: ___ / ___ /2025	TRABALHO DE RECUPERAÇÃO – 1º TRI.
	ANO:            TURMA:	TURNO:
	PROFESSOR: Filipe Teodoro	
Assinatura do Responsável:		

**INSTRUÇÕES/DIRECTIONS:**

- As respostas deverão ser escritas à caneta, azul ou preta. Respostas à lápis não poderão ter a correção contestada;
- Leia a pergunta com atenção antes de respondê-la.
- AS RESPOSTAS DEVERÃO SER EM INGLÊS, exceto situações especificadas na questão.
- Evite rasuras e o uso excessivo de corretivo. Questões fechadas rasuradas serão anuladas.

**READ THE TEXT AND ANSWER THE QUESTIONS 1, 2 AND 3.**

*(Leia o texto e responda as questões 1, 2 e 3).*



Tips for staying healthy Staying physically healthy is important for our well-being. To maintain good health, it's essential to get enough sleep each night. Experts recommend 7-9 hours of sleep for an average person.

Eating well is another key factor. Aim for at least five servings of fruits and vegetables daily to get essential vitamins. Foods like milk, cheese, and leafy greens contain calcium, which is essential for strong bones.

Managing stress is crucial too. Take breaks, practice deep breathing, or enjoy a hobby to relax. Regular exercise is beneficial; try to engage in physical activity at least three times a week. Also, try to limit screen time to two hours a day for a healthier lifestyle.

Keeping your teeth clean is part of overall health, so brush your teeth at least twice a day and floss regularly.

Hydration is vital – drink around eight glasses (two liters) of water a day to stay hydrated. Be mindful of your diet; limit sugary snacks and drinks.

Lastly, don't skip breakfast – it's considered the most important meal of the day. By incorporating these habits into your daily routine, you'll be on the path to a healthier, happier life.

**Glossary:**

**Staying:** Permanecendo / **Healthy:** Saudável / **Well-being:** Bem-estar / **Essential:** Essencial / **Sleep:** Sono / **Eating:** Alimentação / **Fruits:** Frutas / **Vegetables:** Legumes / **Bones:** Ossos / **Managing:** Gerenciando / **Stress:** Estresse / **Exercise:** Exercício / **Teeth:** Dentes / **Hydration:** Hidratação / **Happier:** Mais feliz

**QUESTION 1: According to the text, how many hours of sleep should an average person get?**

- a) 5–6 hours
- b) 7–9 hours
- c) 10–12 hours
- d) 3–4 hours

**QUESTION 2: What is NOT mentioned as a benefit of eating a healthy diet?**

- a) Strong bones
- b) Improved mental focus
- c) Getting essential vitamins
- d) Strong teeth

**QUESTION 3: What is one of the recommendations for staying hydrated?**

- a) Drink eight glasses of water every day
- b) Drink enough liquids and be mindful of your diet
- c) Exercise for an hour every morning
- d) Stay away from any drinks

**QUESTION 4: In the text there are 10 underlined words, 5 are COUNTABLE and 5 are UNCOUNTABLE. Place those words in the correct category.**

*(No texto, há 10 palavras sublinhadas, 5 são CONTÁVEIS e 5 são INCONTÁVEIS. Coloque essas palavras nas categorias corretas).*

COUNTABLE	UNCOUNTABLE
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

**QUESTION 5: Complete the blanks with FEW, A FEW, LITTLE, A LITTLE, MANY or MUCH. Pay attention to the noun of the sentence.**

*(Complete as lacunas com FEW, A FEW, LITTLE, A LITTLE, MANY ou MUCH. Preste atenção ao substantivo da frase).*

There are \_\_\_\_\_ apples left in the fruit bowl.

He drinks \_\_\_\_\_ water every morning before going for a run.

We have \_\_\_\_\_ oranges in the kitchen, so you can make fresh juice.

There is \_\_\_\_\_ sugar in this yogurt — it's a very healthy option.

She doesn't eat \_\_\_\_\_ meat because she is vegetarian.

They have only \_\_\_\_\_ minutes to warm up before starting the workout.

He needs \_\_\_\_\_ rest between sets to recover properly.

There aren't \_\_\_\_\_ vegetables in his lunch, and he needs to eat more greens.

Could you give me \_\_\_\_\_ salt for the salad?

We have \_\_\_\_\_ bananas left, so we can make a smoothie.

### QUESTION 6: READ.

\***How much** and **how many** are questions we use to ask about quantity.

Use **how much** for uncountable nouns (examples: water, sugar) and **how many** for countable nouns (examples: books, pens).

*\*How much e how many são perguntas que usamos para perguntar sobre quantidades.*

*Use how much para substantivos incontáveis (exemplos: água, açúcar) e how many para substantivos contáveis (exemplos: livros, canetas).*

Create questions using the words in parentheses. Decide if the noun is **countable** or **uncountable**.

EXAMPLE: (bananas / how many): How many bananas do you eat a day?

a) (milk / how much) \_\_\_\_\_

b) (eggs / how many) \_\_\_\_\_

c) (money / how much) \_\_\_\_\_

d) (books / how many) \_\_\_\_\_

e) (fruit / how much) \_\_\_\_\_

f) (students / how many) \_\_\_\_\_

**QUESTION 7: Fill in the blanks with HOW MANY or HOW MUCH. Then answer the questions.**

*(Complete as lacunas com "how many" ou "how much". Depois responda às perguntas.)*

A: \_\_\_\_\_ friends are in your class?

B: \_\_\_\_\_

A: \_\_\_\_\_ water do you drink every day?

B: \_\_\_\_\_

A: \_\_\_\_\_ chairs are in your classroom?

B: \_\_\_\_\_

A: \_\_\_\_\_ money do you have in your wallet?

B: \_\_\_\_\_

**QUESTION 8: Complete the sentences with COMPARATIVE or SUPERLATIVE. Read the examples below.**

*(Complete as frases com comparativo ou superlativo. Leia os exemplos abaixo).*

**COMPARATIVE**

Jason is taller than Michael. (tall)

Jason is the tallest on the team. (tall)

**SUPERLATIVE**

Football is more exciting than tennis.

Football is the most exciting sport.

This book is \_\_\_\_\_ (interesting) than the one I read last week.

Today is the \_\_\_\_\_ (hot) day of the year.

My house is \_\_\_\_\_ (big) than my neighbor's house.

She is the \_\_\_\_\_ (good) player on the team.

Winter is \_\_\_\_\_ (cold) than autumn.

That was the \_\_\_\_\_ (funny) movie I have ever seen.

This restaurant is \_\_\_\_\_ (expensive) than the one near my school.

He is the \_\_\_\_\_ (fast) runner in the class.

The blue shirt is \_\_\_\_\_ (nice) than the red one.

This is the \_\_\_\_\_ (bad) day of my life.

**QUESTION 9: THE SENTENCES ARE WRONG. REWRITE THEM CORRECTLY.**

*(As frases estão erradas. Reescreva-as corretamente).*

My car is more faster than yours.

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She is the most tallest girl in the class.

---

This book is more better than the other one.

---

Today is the more cold day of the year.

---

He runs more fastest than his brother.

---

That was the most funniest movie I've seen.

---

This cake is more deliciouser than the last one.

---

They are the most smartest students in the school.

---

She is the most more beautiful woman I know.

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**QUESTION 10: Complete the following sentences using the correct form of Simple Present or Present Continuous of the verb in parentheses.**

*(Complete as frases a seguir usando a forma correta do Simple Present ou Present Continuous do verbo entre parênteses.)*

**SIMPLE PRESENT**

(I, you, we, they)

You **go** to the bank **every day**.

**Do you go** to the bank **every day**?

**You don't go** to the bank **every day**.

(he, she, it)

He **goes** to the bank **in the afternoon**.

**Does he go** to the bank **in the afternoon**?

**He doesn't go** to the bank **in the afternoon**.

**PRESENT CONTINUOUS**

**I am going** to bank **now**.

**She is going** to bank **at the moment**.

**They are going** to bank **at this moment**.

**I am not going** to the bank.

**He is not going** to the bank.

**Are you going** to the bank **this week**?

**Is she going** to the bank **right now**?

She usually \_\_\_\_\_ (go) to bed at 10 PM.

Look! They \_\_\_\_\_ (play) soccer in the park.

I \_\_\_\_\_ (work) on a new project this month.

He never \_\_\_\_\_ (eat) meat.

What \_\_\_\_\_ you \_\_\_\_\_ (do) right now?

The Earth \_\_\_\_\_ (revolve) around the sun.

We \_\_\_\_\_ (have) dinner with our grandparents tonight.

My brother \_\_\_\_\_ (not/like) to wake up early.

Listen! Someone \_\_\_\_\_ (sing) a beautiful song.

They \_\_\_\_\_ (visit) their relatives every summer.

**Roteiro – Trabalho de Recuperação 1º Trimestre**

- Simple Present / Present Continuous
  - Comparative / Superlative
  - Countables / Uncountables
  - Many / Much / Few / Little
  - How Many / How Much
  - Interpretação De Texto