

Name – Surname:

Class:

Number:

1) Read the poster and fill in the cause-effect table with the information on it. (E10.6.R2.) (3x10=30pts)

3 STEPS FOR A HEALTHY LIFESTYLE

1. TAKE SHORT BREAKS WHILE STUDYING



You should take short breaks while studying. If you study for hours without a break, you will feel tired and lose your focus, but short breaks will help you feel fresh and more productive.

2. DRINK ENOUGH WATER DURING THE DAY



Try to drink enough water during the day. If you don't drink enough water, you may feel tired and get headaches, but drinking water will keep you active and healthy.

3. GO TO BED EARLY AT NIGHT



You should go to bed early at night. If you stay up late using your phone, you will feel sleepy and tired the next day, but sleeping early will give you more energy.

Situation	Result
taking short breaks while studying	⇒
drinking enough water during the day	⇒
staying up late using your phone	⇒

2) Read Lily's problem and make suggestions for her. Write at least 3 sentences. (E10.6.W1.) (3x6=18pts)

I feel very stressed about my exams these days. I try to study, but I get distracted very easily, especially when my phone is next to me. I keep checking messages and watching short videos again and again. Because of this, I can't focus on my lessons, and I start to feel nervous before exams.

What should I do?

Lily



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3) Read the text and fill in the table. (E10.7.R1.) (9x3=27pts)

Spanish cuisine is known for its fresh ingredients and rich flavours. Olive oil, seafood, rice, garlic, and tomatoes are commonly used ingredients. Many dishes are cooked by frying, grilling, or slow cooking. Paella and tapas are popular traditional foods.

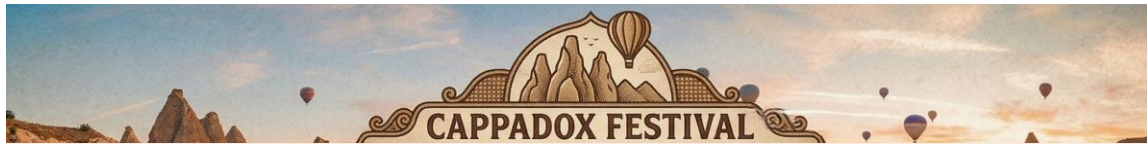
Mexican cuisine is known for its bold and spicy taste. Corn, beans, tomatoes, and chili peppers are the main ingredients. Many dishes are prepared by grilling, frying, or baking. Tacos and burritos are very popular foods in this culture.

Italian cuisine is famous for its simple and delicious dishes. It usually includes pasta, tomatoes, olive oil, cheese, and herbs. Many meals are cooked by boiling, baking, or sautéing. Pizza and spaghetti are well-known traditional dishes.



	Popular Foods	Main Ingredients	Cooking Methods
Spanish cuisine			
Mexican cuisine			
Italian cuisine			

4) Read the text and fill in the table. (E10.7.R2.) (5x5=25pts)



The Cappadox Festival is held in Cappadocia every June. It is a unique festival that combines music, contemporary art, and outdoor activities. The festival celebrates the natural beauty and culture of the region.

During the festival, concerts are performed in open air spaces, including valleys and ancient caves. Art exhibitions are displayed in unusual locations, such as rock formations and historical sites. Visitors can also take part in yoga sessions, hiking, and balloon rides.

Local food is available at the festival area. Traditional Cappadocian dishes and special snacks are prepared for guests. The festival attracts people from all over the world who want to enjoy music, art, and nature together.



Name of the Event	Location	Date	Main Purpose	Food & Drinks

Not: Cebraail Hocam YouTube kanalında çözümleri vardır.