



FORTALEZA
PREFEITURA



DIRETORIA DE EXTENSÃO E PROJETOS
CENTRO DE LÍNGUAS DO IMPARH - CLI



TESTE DE NÍVEL – 2026.2

CURSO: LÍNGUA INGLESA

SEMESTRE: 2

DIAS: _____ **HORÁRIO:** _____

CANDIDATO: _____ **DATA:** ____/____/____

Don't go to the gym in the winter!

We all know that exercise is good for your health. So on January 1st we often start the New Year with a good resolution – to go to the gym three times a week. But what happens? The first week we go three times, the second week we go twice, and the third week we stop going. The same thing happens with diets. After Christmas, we start a new healthy eating plan. We are very enthusiastic at first – but after two or three weeks, we stop.

Carl Harris, a personal trainer, says this is because winter is the wrong time of the year to start new exercise routines and diets. “In the winter the days are short and dark, and it’s cold outside. Our bodies want food and sleep, not diets and exercise.” His advice for people who want to start a healthy lifestyle in January is to make small changes. “Try to cut out chocolate and desserts for three days a week – but don’t eliminate them completely. Go for short walks during the day when it’s light. But when March comes and spring begins, that’s the time to get up at 7:00, have a yogurt and fruit juice for breakfast, and go jogging!

Reading questions

1. According to the text, what is a common resolution on January 1st?
 - a) To eat yogurt and fruit juice.
 - b) To go to the gym three times a week.
 - c) To wake up at 7:00 every day.
 - d) To start jogging in the snow.

2. What usually happens in the third week of January?
 - a) People stop going to the gym.
 - b) People go to the gym twice.
 - c) People eat a lot of chocolate.
 - d) People become more enthusiastic.



3. Why does Carl Harris say winter is the wrong time to start a diet?
- a) Because gyms are closed in the winter.
 - b) Because the days are long and warm.
 - c) Because our bodies want food and sleep.
 - d) Because chocolate is better in January.
4. What is Carl's advice about chocolate and desserts in January?
- a) Stop eating them completely.
 - b) Eat them only on the weekend.
 - c) Cut them out for three days a week.
 - d) Eat them every day for breakfast.
5. When is the perfect time to start jogging and waking up early?
- a) After Christmas.
 - b) On January 1st.
 - c) In the winter.
 - d) In March, when spring begins.

Grammar questions

6. Choose the correct option to complete the dialogue:

Sarah: *Where ____ John and Lisa?*

Mark: *They ____ in the garden.*

- a) is / are
- b) are / is
- c) are / are
- d) is / is

7. Read the sentence and choose the best option:

"My sister and I ____ very tired tonight, but our brother ____ still full of energy."

- a) am / is
- b) are / is
- c) are / are
- d) am / are

8. Choose the correct alternative to complete the sentences.

"I have ____ dog and ____ cat. ____ dog is very friendly."

- a) a / a / The
- b) a / an / The
- c) an / a / A
- d) the / a / A



9. Read the text and choose the best option to fill in the blanks.

Hi! This is ____ new bedroom. It is ____ the kitchen. Look at ____ desk! There is a laptop on it. As you see, ____ bedroom is on the other side.

- a) his / under / Maria's / my brother's
- b) my / next to / Maria's / my brothers'
- c) my / behind / Marias / my brother
- d) your / in front of / Maria / my brothers'

10. Read the sentence and choose the correct plural form for the underlined word:

I need a knife to chop the tomato and put it in a big box for the party.

- a) knives, tomatos, boxes
- b) knifs, tomatos, boxs
- c) knives, tomatoes, boxes
- d) knifeses, tomatoes, box

11. Complete the sentence with the correct plural noun:

In those old ____ there are a lot of _____. They also have many ____ full of _____.

- a) citys, librarys, restaurantes, mouses.
- b) cites, librares, restaurants, mice.
- c) cityes, libraryes, restaurantes, mouses.
- d) cities, libraries, restaurants, mice.

12. Read the text and fill in the blanks with the correct demonstrative pronouns.

I - Look at ____ pictures here on my phone! They are from my trip to the beach last weekend.

II - Look at ____ birds over there in the sky, they are beautiful!

III - I think ____ hat I am wearing is a little big for me. Do you like it?

Choose the correct alternative:

- | | |
|-------------------------|-------------------------|
| a) These / those / this | c) These / these / this |
| b) This / those / that | d) That / those / this |



13. Choose the correct option to complete the sentence.

“Sarah loves to cook dinner for her family, ____ she does not like to wash the dishes. Tonight, she is very tired, ____ her brother is going to help her in the kitchen.”

- a) and / but b) but / so c) so / and d) but / and

14. Read the paragraph below and choose the correct alternative to fill in the blanks.

I always wake up ____ to start my day. I have English classes ____ at 7:30 ____, then I study ____ until ____, when I eat lunch. ____, I play video games, and I usually go to bed late ____.

- a) early / every day / a.m. / in the morning / noon / In the afternoon / at night
b) midnight / on Sundays / p.m. / early / noon / At 7:00 / every day
c) early / every day / p.m. / on weekends / midnight / In the morning / A.M.
d) noon / every day / a.m. / at night / midnight / In the afternoon / early

From 15 to 17, choose the best option to complete the sentences.

15. *Mary and her dog are in the park. She _____ with her pet right now.*

- a) runs c) is running
b) are runs d) running

16. **A:** *Hey! The baby is sleeping.*

B: *Don't worry! We _____ loud music or making noise.*

- a) are not listening c) do not listening
b) is not listening to d) are not listening to

17. **A:** _____ the teacher?

B: *Yes, I am. She is explaining the new grammar.*

- e) Do you listen to g) Is you listening
f) You are listening h) Are you listening to



Answer the questions from 18 to 20 about the text below:

Welcome to my dream house! It is very big and I love it. This house has a beautiful garden with many flowers. The living room is comfortable and cozy. In the center of the room, I have a big sofa. In the house, I have three large bedrooms and two modern bathrooms. On the kitchen table, I also have some fruits and a big glass of water. There isn't a television in my bedroom, but I have a great collection of books.

18. What is in the center of the living room?

- | | |
|------------------------------------|------------------------------|
| a) There are three large bedrooms. | c) There are some fruits. |
| b) There is a big sofa. | d) There isn't a television. |

19. Complete the question: "How many bathrooms _____ in the house?"

- | | | | |
|-------------|--------------|-------------|--------------|
| a) there is | b) there are | c) is there | d) are there |
|-------------|--------------|-------------|--------------|

20. Choose the correct alternative about the kitchen table:

- | | |
|------------------------------------|---------------------------|
| a) There are a big glass of water. | c) There are some fruits. |
| b) There is some fruits. | d) There is many fruits. |

From questions 21 to 25, choose the best option to complete the sentences:

21. ____ *your father* ____ *on TV after dinner?*

- | | |
|------------------------|----------------------|
| a) What time / watches | c) What does / watch |
| b) What / does watch | d) Where / watches |

22. *My brother* ____ *TV in the morning, but he* ____ *video games from 7 a.m. to 11 a.m.*

- | | |
|--------------------------|-------------------------|
| a) doesn't watch / plays | c) doesn't watch / play |
| b) don't watch / plays | d) watches / plays |

23. *My sister* ____ *English at the university on Mondays.*

- | | | | |
|----------|------------|-------------|------------|
| a) study | b) studies | c) studying | d) studyes |
|----------|------------|-------------|------------|



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24. We ____ soccer on the weekends. We prefer to go to the cinema.

- a) doesn't play b) don't plays c) not play d) don't play

25. **A:** ____ you ____ a big family?

B: Yes, I have three brothers.

- a) Do / have b) Does / have c) Do / has d) Does / has