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| **Tiếng Anh 7 i-Learn Smart World - Kiểm tra giữa kỳ 1 Time allotted: 45 minutes** |

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| **PART 5** | **LISTENING** |

**29 - 33**

There is an old idea about colds and fevers. If you have a cold, you should eat a lot of food. If you have a fever, you should not eat anything, even if you are hungry. You should drink, instead.
  
  
However, doctors nowadays do not believe in this idea. They say that you should do the same things for fevers and colds. The advice now is firstly to eat if you are hungry but don’t worry if you are not. Secondly, get a lot of rest. Go to bed early and maybe stay in bed. Thirdly, drink a lot of water, especially if you have a fever. Fevers take a lot of water out of the body and give you a sore throat, for example, so you need to get more water into your body. But you shouldn’t drink coffee or most kinds of soda because they can make the problem worse.

**---THE END---**