

ENGLISH 7

Unit 2: HEALTHY LIVING

Part 1: Listen 1

Question 1: How was the man when he was a child?

- A. sporty B. obese C. sick and weak D. strong

Question 2: Who advised him to do more exercise?

- A.** His parents **B.** A friend **C.** A teacher **D.** A sport

instructor

Question 3: What does he think about doing exercise?

- A. easy** **B. difficult** **C. fun** **D. exciting**

Question 4: How many events are there in triathlons?

- A. One** **B. Two** **C. Three** **D. Four**

Part 2: Listen 2

Question 1: The woman would like a cup of coffee.

- A. True B. False

Question 2: She'd like coffee with a little sugar.

- A. True B. False

Question 3: The man drinks tea with supper.

- A. True B. False

Question 4: Coffee is good for health.

- A. True B. False

Part 3: Pronunciation

Question 1: A. lips B. spots C. keeps D. hands

Question 2: A. washes B. vegetables C. lunches D. causes

Question 3: A. light B. tidy C. healthy D. fit

Question 4: A. lip B. dim C. acne D. diet

Question 5: A. soft B. tofu C. food D. of

Part 4: Stress

Question 1: A. problem B. suncream **C. affect** D. order

Question 2: A. activity B. conditioner C. especially D. vegetables

Question 3: A. cycle B. avoid C. active D. harmful

Question 4: A. countryside B. exercise C. untidy D. popular

Question 5: A. energy B. important C. neighborhood D. vitamin

Part 5: Vocabulary

Question 1: Cold weather causes _____ lips and skin.

A. chapping B. chapped C. chap D. chaps

Question 2: Doing housework is a kind of exercising. It helps you fit.

A. cause B. affect C. keep D. avoid

Question 3: Lan, you should drink _____ water, your skin looks bad.

A. less B. more C. most D. least

Question 4: Eat more fruit and vegetables and you will get a lot of _____.

- A. red spots B. chapped lips C. sunburn **D. vitamins**

Question 5: Young people should drink more fruit and vegetables to _____ acne.

- A. cause B. affect C. keep **D. void**

Part 6: Grammar

Question 1: Doing housework is a kind of exercising. It helps _____ you fit.

- A. keeping B. keeps **C. keep** D. to keeping

Question 2: Cold weather causes _____ lips and skin.

- A. chapped** B. chapping C. chap D. chaps

Question 3: Eat more fruit and vegetables _____ you will get a lot of vitamins.

- A. or **B. and** C. but D. if

Question 4: Wash your face with special soap for acne, _____ no more than twice a day

- A. or B. and **C. but** D. if

Question 5: Acne causes small, red spots on the face and the back, and _____ 70-80% of young people between 12 and 30.

- A. affects** B. affect C. are affecting D. affected

Part 7: Spoken language

Question 1: My family often goes cycling in the countryside. It's quiet, and there's a lot of fresh air.

- A. It sounds like great work. **B. It sounds interesting.**
C. Good job. D. Let's go.

Question 2: Student 1: "I have acne."

Student 2: "_____"

- A. You can use suncream.
B. You shouldn't read in dim light.
C. Don't touch or pop spots.
D. Eat more.

Question 3: Student 1: "My eyes are tired."

Student 2: "_____"

- A. Wash your face with special soap.
B. You can use suncream.
C. You shouldn't read in dim light.
D. Eat more.

Part 8: Closest in meaning

Question 1: Do not drink that water. It is not clean.

- A. dirty** B. harmful C. busy D. popular

Question 2: Do exercise, eat well, drink enough water and go to bed early may help be in good shape.

- A. active B. tidy **C. fit** D. healthy

Question 3: The countryside is quiet, and there's a lot of fresh air.

A. busy

B. peaceful

C. serious

D. special

Part 9: Opposite in meaning

Question 1: Children shouldn't stay indoors too much. they should spend time _____.

A. outside

B. beside

C. outdoors

D. out of home

Question 2: I eat junk food all the time, so I'm putting on weight too.

A. becoming fat

B. getting fat

C. losing weight

D. gaining weight

Question 3: Laugh more often shows that you are happy and makes others happy too.

A. funny

B. sad

C. hot

D. popular

Part 10: Mistakes

Question 1: Eat more fruit and vegetables, and less fat food to stay health.

A. fat

B. and

C. more

D. health

Question 2: Being action helps keep you happy and healthy.

A. action

B. and

C. you

D. helps

Question 3: – My eyes are tired.

– You can eat eyedrops.

A. You

B. eat

C. are

D. eyes

Question 4: We can have chapping lips and skin if the weather is too cold.

A. and

B. is

C. if

D. chapping

Question 5: Tofu has vegetables protein and vitamin B.

A. has

B. and

C. vegetables

D. vitamin

Part 11: Reading 1

Everyone needs different amounts __ (1) __ energy per day depending on age, size and activity levels. An athlete needs more calories than an office worker. To stay in shape, an average adult requires at least 1,800 __ (2) __ per day (according to the Food and Agriculture Organization of the United Nations). If we __ (3) __ just the number of calories our body needs each day, we will probably be healthy. However, eating too much can make you __ (4) __ weight. To lose weight, eat fewer calories than your body burns each day.

Question 1: A. and

B. or

C. of

D. to

Question 2: A. calories

B. fruits

C. vegetables

D. nutrition

Question 3: A. run

B. eat

C. drink

D. go

Question 4: A. join in

B. stay in

C. get up

D. put on

Part 12: Reading 2

THE IMPORTANCE OF WATER

Some doctors think that you should drink a glass of water each morning. You should drink this water before doing anything else. The temperature of the water should be similar to body temperature, neither too hot nor too cold. Why should you drink this water? It helps clean out your kidneys. It prepares your stomach for digestion. Water

can also help your intestines work better. After drinking water, the intestines can more easily take out nutrients from our food.

Scientists suggest that people take in 1,600 milliliters of water each day. But don't drink all of that water in one sitting. It's better to drink some in the morning and some in the afternoon. Some people think it's better to drink between meals and not during meals. They think water dilutes the juices produced in our stomachs. Are you drinking enough water every day? Check the color of your urine. If it is light yellow, you are probably drinking enough. If your urine is very dark yellow, you probably need to drink more water.

Question 1: What could be another title for this reading?

- A. "Drink Water, Not Soft Drinks" B. "Drink During Meals"
C. "Drink Between Meals" **D. "Drink Enough Water"**

Question 2: Why is it helpful to drink water in the morning?

- A. Your kidneys will work harder. **B. Your intestines will work well**
C. Your juices will be diluted. D. Your urine will be pale yellow.

Question 3: Which of the following is NOT a reason to drink water?

- A. To enable your intestines work well
B. To get more nutrients
C. To clean out your kidneys
D. To dilute your stomach juices

Question 4: Why is it better to drink between meals?

- A. You eat enough food.
B. You don't dilute stomach juices.
C. Your urine will not smell bad.
D. You don't overwork your kidneys.

Part 13: Rewrite the sentences

Question 1: My dad loves outdoor activities. I love outdoor activities.

□ My dad _____

Key: and I love outdoor activities.

Question 2: My mother reads the health tips. My mother downloads the health tips.

□ My mother _____

Key: reads and downloads the health tips.

Part 14: Write a paragraph (60 words) about ways to keep healthy. The suggested ideas may be helpful to you:

- keep your surroundings clean (clean your house, change your pillow covers and bedsheets often, wash your hands with soap regularly...)
- have good habits and balanced diet (get eight hours of sleep daily, drink enough water, eat more fruit and coloured vegetables...)
- be active and exercise every day (think positive, wear a mask and avoid crowds when you go out, play a sport for at least 15 minutes each time...)

SPEAKING
TOPIC 2: HEALTHY LIVING

Part 1: Introduction and interview

1. Do you play a sport/game?
2. Is it good for your health? Why?

Part 2: Individual long turn

Talk about your healthy living.

You should talk about:

- What you eat
- What you do
- How those help you

Part 3: Two-way Discussion

1. What are disadvantages of fast food?
2. What do you do to keep your friends fit?

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