**NỘI DUNG BAI NGHE ANH 7 SM**

**Bài nghe 1:**

Healthy habits help us keep fit and avoid disease. Here is some advice.

Eat more fruit and vegetables, especially coloured ones like carrots and tomatoes. They provide a lot of vitamins.

Eat meat, eggs, and cheese, but not too much. You may put on weight.

Drink enough water, but not soft drinks.

Be active and exercise every day. Do outdoor activities like cycling, swimming, or playing sports. They keep you fit.

Go to bed early and get about 8 hours of sleep daily, so you will not feel tired.

Keep your room tidy and clean. Open windows to let in fresh air and sunshine on fine days.

**Bài nghe 2. Listen to the conversation between Tom and Jack. Circle the best answer A, B or C. You will listen TWICE.**

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| **TASK 2: Listen to the conversation between Tom and Jack.// Circle the best answer A, B, or C.//** |
| Tom: Hi Jack, I’m doing a survey on teenagers’ hobbies. Can I ask you a few questions? |
| Jack: Yes, go ahead. |
| Tom: Thanks. What do you often do in your leisure time? |
| Jack: Well, it’s actually not a popular type of hobbies, but in my free time I like doing origami. |
| Tom: You mean creating things from paper? |
| Jack: Yes. That’s exactly what I do – folding paper! |
| Tom: How long have you been doing it? |
| Jack: Well, it all started two years ago on my trip to Japan. I watched some origami artists folding some paper animals and I liked it. |
| Tom: What do you enjoy about it? |
| Jack: It’s easy, inexpensive and great to share with others. |
| Tom: What do you do with the stuff you made? |
| Jack: I give some to my friends as birthday gifts, and sell some to get money. |
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