

GRADE 7 – UNIT 2 - TEST 01

Mark the letter A, B, C or D on your answer sheet to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. spot B. cold C. often D. soft
2. A. ough B. ough C. although D. laugh

Mark the letter A, B, C or D on your answer sheet to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

3. A. healthy B. affect C. harmful D. tidy
4. A. deliver B. repetition C. community D. activity

Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

5. Do you have _____ eyes? Why don't you use eyedrops?
A. sore B. ache C. pain D. hurt
6. Doing outdoor activities regularly helps us keep _____.
A. fit B. fitting C. fitted D. to fit
7. You should wear a hat and put on sunscreen to avoid _____.
A. skin B. fitness C. activity D. sunburn
8. Activities like running and cycling are good _____ our health.
A. in B. with C. to D. for
9. We should try to keep everything around US clean and then flu will find it _____ to spread.
A. difficult B. difficulty C. difficultly D. difficulties
10. It's necessary for you _____ the amount of sugar you have in tea and coffee.
A. reducing B. reduce C. to reduce D. to reducing
11. Rob eats a lot of fast food and he _____ on a lot of weight.
A. takes B. puts C. spends D. brings
12. Lauren: "What was Irene's party like?"
Anton: " _____"
A. I didn't go to it. B. That's nice. I like the food best
C. She likes big party. D. She was very lovely.

Read the following announcement and mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 13 to 16.

STAYING HEALTHY!

Are you feeling tired or weak? You may need to take a closer look at your daily habits. Doctors (13) _____ people to eat more fresh vegetables and fruit every day. A healthy (14) _____ can help your body stay strong and full of energy. You should also (15) _____ eating too much junk food, as it can lead to being overweight or even (16) _____ from serious health problems.

13.	advice	B. <u>advise</u>	C. advising	D. advised
14.	A. food	B. sport	C. <u>diet</u>	D. disease
15.	A. <u>avoid</u>	B. stay	C. ignore	D. affect
16.	A. recover	B. result	C. <u>suffer</u>	D. hurt

Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to question 17.

17.

My New Healthy Habits

- a. Now, I try to eat more vegetables and fresh fruits every day.
b. I've also started drinking more water instead of soda.
c. Hi! I just wanted to tell you about some changes about my diet.
d. I feel more energetic and I think it's helping me stay in shape!

Best,

ANH NGŨ GREEN (0934844080)

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Emma.

A. c - a - b - d

B. c - b - a - d

C. a - c - b - d

D. c - a - d - b

18. Choose the sentence that can end the conversation (in Question 17) most suitably.

A. I think soda is harmful for to my health!

B. I need to play sports more.

C. Write back soon and tell me your thoughts.

D. I forgot to do my homework last week.

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each numbered blank from 19 to 24.

Many people are trying to live a healthier lifestyle these days. One important way to improve your health is to avoid eating too much junk food. Junk food contains a lot of calories but very few nutrients. It can (19) _____ your energy levels and increase your (20) _____ of becoming overweight or even obese.

Experts (21) _____ people to eat more fresh fruits and vegetables, drink water, and exercise regularly. A balanced diet and enough sleep will help you (22) _____ from illness more quickly and stay in good shape. You should also try to (23) _____ bad habits like skipping meals or staying up too late. If you're not sure how to start, ask a doctor or a nutrition (24) _____ for advice.

19. A. decrease

B. avoid

C. cure

D. ignore

20. A. disease

B. risk

C. temperature

D. painkiller

21. A. advise

B. provide

C. ignore

D. operate

22. A. result

B. suffer

C. recover

D. lose

23. A. break

B. get

C. cut

D. put

24. A. patient

B. medicine

C. diet

D. expert

Mark the letter A, B, C or D on your answer sheet to indicate the sentence that is closest in meaning to the original sentence in each of the following questions.

25. Ben watches TV too much so he has a headache.

A. Ben has a headache because he never watches TV.

B. Ben has a headache because he watches lots of TV.

C. Ben watches TV to help with his headache.

D. Ben never gets a headache when he watches TV.

26. You can avoid getting cavities by brushing your teeth twice a day.

A. Brushing your teeth twice a day causes more cavities.

B. Cavities will appear if you don't brush your teeth.

C. You can avoid getting cavities by eating lots of sweets.

D. Brushing your teeth twice a day helps you get more cavities.

Mark the letter A, B, C or D on your answer sheet to indicate the sentence that is made from the given cues in each of the following questions.

27. David / eat / lots of junk food / he / not do exercise.

A. David eats lots of junk food and he doesn't do exercise.

B. David eats a lots of food and he doesn't do exercises.

C. David eat junk food but he don't do exercise.

D. David eat lots of junk food and he doesn't do exercises.

28. Elena / should / sleep more / try / relax / more.

A. Elena should sleep more and try relaxing more.


B. Elena should to sleep more and try relaxing more.

C. Elena should sleeping more and try to relax more.

D. Elena should sleep more and try to relax more.

Read the following sign or notice and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

29: What is the meaning of the sign below?

 FACE MASKS REQUIRED	A. Only students need to wear face masks.
	B. You should only wear face masks are during lunchtime.
	C. You must wear a face mask in this area.
	D. Face masks are optional if you feel healthy

30: What does Mom want to tell his daughter?

<i>"Hi sweetie, remember to eat well, drink water, and get some rest. Your body needs care just like anything else. Stay healthy—love you, Mommy!"</i>	A. You should take good care of your health.
	B. You can skip meals if you're too busy.
	C. Be careful with your food and drink.
	D. Remember to drink water when you do exercise.

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions from 31 to 36.

Meliha and her children live in St. Paul. She is from Somalia and came to the US five years ago. Many things are different in America. You can buy junk food with lots of salt, sugar, and oil here. Americans don't walk as much as people in Somalia. Instead, you can drive a car or take the bus. Meliha notices that many people in America are **overweight**. Her children like junk food such as hamburgers and French fries, and she does too. She has noticed that she has gained weight since moving to America. Her children **prefer** watching TV rather than playing outside. Meliha doesn't walk very much because she has a car. Her doctor advises her to eat more fruits and vegetables. He also says that eating too much junk food like chips, fries, and sugary snacks is bad for her health and that she needs to get more exercise.

31. Where does Meliha live?

- A. Somalia B. St. Paul C. Africa D. American

32. How long has Meliha been in the US?

- A. Ten years B. Two years C. Five years D. One year

33. What thing that Meliha notice about people in America?

- A. They walk a lot every day. B. Many people are overweight.
C. They eat only healthy food. D. Everyone rides bicycles.

34. The word "**overweight**" in the passage is CLOSEST in meaning to _____.

- A. Healthy B. Thin C. Fat D. Active

35. The word "**prefer**" in the passage is OPPOSITE in meaning to _____.

- A. Like B. Hate C. Choose D. Enjoy

36. Which of the following statements is NOT TRUE according to the passage?

- A. Meliha and her children now live in the USA.
B. Americans walk more than people in Somalia.
C. Meliha has gained weight since moving to America.
D. Meliha's doctor advises her to eat more healthy food.

Four phrases/ sentences have been removed from the text below. For each question, mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 37 to 40.

Eating fast food is very common in many countries today because (37) _____. However, fast food often contains a lot of salt, sugar, and unhealthy fats, which can be (38) _____. People who eat too much fast food may gain

weight and feel tired or unhealthy. It is important to enjoy fast food only few times a month and (39) _____. By choosing healthier foods most of the time, (40) _____

A – we can keep our bodies strong and avoid health problems.

B – bad for our health if eaten too often

C – try to eat more fresh fruits, vegetables, and homemade meals

D – it is convenient, and tasty

37 _ _ _ D _ _ _ 38 _ _ _ B _ _ _ 39 _ _ _ C _ _ _ 40 _ _ _ A _ _ _

- THE END -

GRADE 7 – UNIT 2 - TEST 02

Mark the letter A, B, C or D on your answer sheet to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. busy B. mask C. sleep D. serious
2. A. active B. acne C. trap D. affect

Mark the letter A, B, C or D on your answer sheet to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

3. A. condition B. vegetable C. tomato D. surrounding
4. A. cheesecake B. pimple C. without D. quiet

Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

5. We should play sports or do exercise in order to stay in _____.
A. look B. shape C. fit D. health
6. Be careful with _____ you eat and drink.
A. what B. which C. who D. this
7. The Japanese eat a lot of fish instead of meat _____ they stay more healthy.
A. but B. because C. although D. so
8. We need to spend less time _____ computer games.
A. play B. to play C. playing D. to playing
9. Sunscreen, _____, hats and gloves can protect sensitive skin from sunburn.
A. chapped lips B. red spots C. lip balm D. dry hair
10. She is going to see the doctor because she has _____.
A. a vitamin B. an exercise C. a headache D. a diet
11. He usually _____ jogging for half an hour before breakfast.
A. goes B. rides C. takes D. cycles
12. Justin: "Send me a text message tomorrow."
Katie: " _____"
A. It's my pleasure B. What's your number?
C. Thank you, Justin. D. How dare you?

Read the following announcement and mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 13 to 16.

👉 JOIN THE HEALTHY LIVING CLUB TODAY!

Do you want to stay fit and (13) _____ full of energy every day? The Healthy Living Club is here to help! Our experts in health and fitness will (14) _____ you to eat well, stay active, and break bad habits like eating too much junk food.

Many people suffer from problems like backaches, colds, or even serious (15) _____ because of poor lifestyle choices. That's why we encourage all members to follow a balanced diet and take regular exercise.

Don't (16) _____ your health—join us this weekend and get a free health check-up!

13.	<u>A. be</u>	B. are	C. being	D. was
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14.	A. affect	B. ignore	C. advise	D. operate
15.	A. calories	B. diseases	C. diets	D. medicines
16.	A. avoid	B. listen	C. ignore	D. harm

Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to question 17.

17.

- a. Some people don't know how junk food can do harm to their health.
 b. For example, my brother used to eat a lot of fast food and never exercised.
 c. Now he follows a balanced diet and plays sports more.
 d. After he became overweight and suffered from a bad backache, the doctor advised him to stay in shape.
- A. b-d-c-a B. a-b-d-c C. b-a-d-c D. a-b-c-d

18. Choose the sentence that can end the conversation (in Question 17) most suitably.

- A. He also caught a cold last winter.
 B. He says he feels stronger and has more energy now.
 C. I don't like his current lifestyle.
 D. He forgot to take his medicine one day.

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each numbered blank from 19 to 24.

We need calories or (19) _____ to do the things every day. For example, when we walk to school or (20) _____ a bike to school we spend a certain amount of calories and even when we sleep, we also use them. But how many calories should we (21) _____ a day to stay in shape? It's difficult (22) _____ us to calculate. If people want to keep (23) _____, they should remember that everyone should have between 1600 and 2500 calories a day. We get calories from the food we eat. If we get too many food and don't take part (24) _____ any activities, we can get fat quickly. So besides studying, we should do some exercises, play sports or do the housework, such as cleaning the floor, cooking etc. Otherwise, we don't eat enough, we will be tired and weak.

19. A. food B. energy C. drink D. sleep
 20. A. ride B. come C. drive D. walk
 21. A. do B. spend C. have D. decrease
 22. A. for B. with C. in D. about
 23. A. health B. fit C. Active D. energy
 24. A. with B. in C. on D. of

Mark the letter A, B, C or D on your answer sheet to indicate the sentence that is closest in meaning to the original sentence in each of the following questions.

25. She eats fruits and veggies every day, but she keeps gaining weight.
 A. Although she eats fruits and veggies every day, she keeps gaining weight.
 B. Although she keeps gaining weight, she eats only fast food.
 C. Because she eats fruits and veggies every day, she keeps gaining weight.
 D. Although she doesn't eat fruits, she still gains weight.
26. It's a good idea to do exercise regularly.
 A. You should never do exercise even if it's a good idea.
 B. You should do exercise regularly.
 C. You should avoid doing exercise for good health.
 D. You should not do regular exercise.

Mark the letter A, B, C or D on your answer sheet to indicate the sentence that is made from the given cues in each of the following questions.

27. Peter/ eat/ lot of/ junk food/ he/ put/ weight.
 A. Peter eat a lot of junk food, so he put on weight.
 B. Peter is eating junk food because he is putting on weight.
 C. Peter eats a lot of junk food, so he puts on weight.
 D. Peter is eating junk food so he put on weight.

28. She/ often/ take/ paracetamol/ if/ she/ get/ bad/ headache.

- A. She often takes paracetamol if she gets a bad headache.
 B. She often take paracetamol if she get a bad headache.
 C. She is often taking paracetamol if she gets headache.
 D. She often taking paracetamol if she gets bad headache.

Read the following sign or notice and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

29: What does the sign mean?



- A. You don't have to keep anything clean here.
 B. You can not enter this area if it is dirty.
 C. Someone comes to clean this place every day.
 D. If you use this area, you must clean it.

30: What does the sign mean?



- A. All cakes are free.
 C. The sale lasts all day on Friday.
 B. Get a free cake with one you buy.
 D. You can still get the discount at 5pm

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions from 31 to 36.

Everyone wants to be healthy. People see doctors. They take pills to stay healthy. However, plants have been used to heal for thousands of years. More and more people are trying herbs to stay healthy. Plants used to heal are called "herbal medicine". There are many plants used in herbal medicine. Each plant is used in a certain way. Herbal medicine works more slowly than most pills. Many people think plants are gentle on the body. There are a lot of examples of helpful plants. Ginger can help your body. Eating ginger often may help you stay healthy. Another helpful plant is parsley. It can stop bad breath. Herbs may be gentler than some pills. However, this does not mean that anyone can take them in any way. You should always be careful. Some herbs can be harmful, too. Too much rosemary can be very bad for your stomach. It can make you sick. Foxglove is a very pretty flower. It also has poison in it. Nevertheless, if you are afraid of using herbs, you may be surprised.

You have probably already used some kind of herbal medicine. Coffee, garlic, ginseng, and peppermint are all used in herbal medicine. Herbal medicine is becoming popular again, as people become more interested in their health.

31. What does the passage talk about?

- A. The dangers of medicine
 B. The benefits and risks of herbal medicine
 C. How doctors use pills to treat illness
 D. The history of medicine

32. Which of the following is NOT TRUE according to the passage?

- A. Ginger and parsley are examples of helpful herbs.
 B. Herbal medicine always works faster than pills.
 C. Some herbs can be harmful if used incorrectly.
 D. Many people believe herbs are gentle on the body.

33. The word "gentle" in the passage is CLOSEST in meaning to:

- A. Weak
 B. Soft
 C. Strong
 D. Harmless

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34. The word "**harmful**" in the passage is OPPOSITE in meaning to:

- A. Strong B. Natural **C. Helpful** D. Bitter

35. Why should people be careful when using herbal medicine?

- A. Because herbs are always dangerous B. Because they are stronger than pills
C. Because some herbs are dangerous D. Because herbs are not used by doctors

36. What is one reason herbal medicine is becoming popular again?

- A. Pills are too expensive **B. More people are becoming interested in their health**
C. Doctors are recommending only herbs now D. Plants are easier to find than medicine

Four phrases/ sentences have been removed from the text below. For each question, mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 37 to 40.

Many people today are trying to live healthier lives. (37) _____. Some people also turn to natural remedies when they feel sick. (38) _____. For example, many drink ginger tea when they have a sore throat or feel cold.

However, not all natural remedies are safe for everyone. (39) _____. It's important to ask a doctor before using herbs, especially if you are already taking medicine. Even something **natural** can be harmful when using in large amounts.

(40) _____. Choosing safe options and learning more about your health can help you feel better and avoid serious problems in the future.

- A. Some herbs can cause side effects.
B. They exercise regularly, drink more water, and try to eat well.
C. They believe herbs can heal the body naturally.
D. Taking care of your body is a smart habit.

37 _ _ B _ _ 38 _ _ C _ _ 39 _ _ A _ _ 40 _ _ D _ _

- THE END -