

LỚP 7 GHK1 FORM 2026 TEST 3

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.

Question 1. A. cough B. through C. laugh D. enough

Question 2. A. started B. listened C. called D. enjoyed

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.

Question 3. A. charitable B. transportation C. individual D. situation

Question 4. A. disabled B. colourful C. wonderful D. different

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

Question 5. My parents..... Jogging every day. They only do it three times a week.

A. don't go B. go C. doesn't go D. went

Question 6. Some of a vegetarian's main food are and vegetables .

A. fish B. meat C. tofu D. beef

Question 7. Sitting close to the TV _____ your eyes.

A. hurting B. hurts C. hurted D. hurt

Question 8. I love eating _____ like fish, crab, shrimp or squid

A. fruit B. vegetables C. meat D. seafood

Question 9. When children take care of their pets, they learn how to take on _____

A. happiness B. maturity C. action D. responsibility

Question 10. She tired, so she ... to the nursing home last week.

A. is; doesn't go B. was; didn't go C. is, don't go D. was;didn't went

Question 11. Tofu is a product from _____.

A. fish B. meat C. soybeans D. lemons

Question 12. A: Mum, I have some spots on my face.

B: _____.

A. Wash your face regularly. B. Don't do exercise too much.
C. That's a good idea D. You're welcome.

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.

TIPS FOR A HEALTHY LIFESTYLE!

Maintaining good health is crucial for everyone, especially for students. Here are some simple tips to help you stay healthy and happy!

First, remember to eat a (13) ____ diet. It means eating a variety of fruits, vegetables, and whole grains. Avoid too much fast food.

Second, it's important to exercise regularly. You should spend at least 30 minutes doing physical activities every day. This helps you stay (14) ____ and active.

Next, get enough sleep. Most teenagers need about 8-10 hours of sleep per night. Lack of sleep can seriously affect your (15) _____.

Finally, drink plenty of water. It helps your body function well and keeps you hydrated. Remember to take care (16) ____ your body and mind!

Question 13. A. balance B. balanced C. balancing D. balancer

Question 14. A. unhealthy B. tired C. fit D. weak

Question 15. A. health B. healthy C. healthier D.

unhealthily **Question 16.** A. of B. in C. with D. for

Question 17: Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

We were excited about our school's environmental project day. Unfortunately, not everything went as planned. _____

- a. Just before we were about to start planting, we discovered that the soil was too dry.
- b. We had prepared everything for the tree planting activity, including saplings and tools.
- c. We quickly arranged for some water to be brought in, and we managed to complete the planting.

- A. b-a-c
- B. a-b-c
- C. c-b-a
- D. b-c-a

Question 18: Choose the sentence that you can end the text (in Question 17) most appropriately.

- A. The tree planting was successful, and everyone felt proud of their work.
- B. We decided to cancel the planting and reschedule for another day.
- C. The dry soil caused us to abandon the project entirely.
- D. We had to return the saplings to the store

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

Breakfast is the (19) __important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (20) __and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (21) __to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (22) __weight if you eat in the morning rather than later in the day. Dividing the day's calories (23) __ three meals helps take-off weight more efficiently than (24) __breakfast and having two larger meals a day does.

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|-----------------------------|-------------|-----------|-----------|------------|
| Question 19. | A. healthy | B. tasty | C. main | D. most |
| Question 20. | A. strength | B. power | C. energy | D. effort |
| Question 21. | A. able | B. enable | C. unable | D. |
| capable Question 22. | A. lose | B. put | C. gain | D. drop |
| Question 23. | A. in | B. into | C. up | D. for |
| Question 24. | A. skipping | B. making | C. buying | D. serving |

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

Question 25. If you often go swimming, you will keep fit.

- A. Swimming will help you keep fit.
- B. Swimming will make you happy
- C. Swimming is a good hobby
- D. You should go swimming as much as possible.

Question 26. It is bad for your heart if you eat too much meat.

- A. Eating too much meat is best for your heart
- B. Eating too much meat is bad for your heart
- C. Eating too much meat is beneficial for your heart
- D. Your heart says bad when you eat meat.

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.

Question 27. Watch/ TV/ too much/ not/ be/ good/ your eyes

- A. Watch TV too much is not good for your eyes.
- B. Watch TV too much is not good enough for your eyes.
- C. Watching TV too much is not good for your eyes.
- D. Watching TV too much is not be good for your eyes.

Question 28. Many towns/ be/ full / shopping malls/ and/ fast food restaurants

- A. Many towns be full of shopping malls and fast food restaurants.
- B. Many towns are full in shopping malls and fast food restaurants.
- C. Many towns are full on shopping malls and fast food restaurants.
- D. Many towns are full of shopping malls and fast food restaurants.

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.

Question 29: What does the sign say?



- A. Do not drop litter
- B. Do not feed wildlife
- C. Do not enter this way
- D. Do not use peanuts

Question 30: What does the notice say?



- A. The center closes at 10 pm everyday.
- B. The center will remain closed until next week
- C. The center will resume work at 10 am tomorrow.
- D. The center is still working today.

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.

Many schools nowadays require their students to spend an amount of time doing community service. Why? Because they hope those children will become caring people and see the values in giving their time and talents, and donating their toys, clothes, or money. Volunteering gives children **a sense of responsibility** because many people are depending on them for food, clothes, or shelter. Volunteer work can also help children learn important lessons about themselves and about life. For example, community work can make them realise what they are good at and what they enjoy doing most. A volunteer work can even help children decide what they want to do when they grow up. Finally, doing voluntary work can reduce stress and improve the children's mental health because they might feel happier when they can bring happiness to other people. So what are you waiting for? Make a plan to start volunteer work today!

Question 31. What do many schools require their students to do now?

- A. Do community activity
- B. Serve the school community
- C. Spend time doing activity
- D. Donating their toys

Question 32. What can volunteering teach children?

- A. A sense of responsibility
- B. Valuable lessons
- C. Both A and B
- D. Caring people

Question 33. Which of the following does volunteer work NOT help children realise?

- A. Their stress
- B. Their ability
- C. Their likes
- D. Their health

Question 34. Why does voluntary work make children feel happier?

- A. Because they can do exercise
- B. Because they can make other people happy
- C. Because they can make friend with other people
- D. Because they bring happiness to other people.

Question 35. What is the best title for this text?

- A. Why children should do community service
- B. How children decide their future job
- C. Why schools organize community service
- D. How children do community service

Question 36. What does "**a sense of responsibility**" mean?

- A. Responsible
- B. irrespective
- C. irresponsible
- D. lost responsibility

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.

THE BENEFITS OF VOLUNTARY WORK

Nowadays, volunteer work attracts a large number of attendants from different age groups (37) __. Firstly, (38) __, foster independence and form the ability to deal with difficulties in different situations. Secondly, every member will be taught how to work in a team, the way to make conversation or the responsibility of finishing a task. (39) __, helping you tackle serious problems in later life. In addition, volunteer work can help US adapt to something new and make many new friends through regular activities of clubs or organizations. We can also have a chance to travel more and explore more interesting things we have not experienced before. (40)__.

- A. The experience you gain will be valuable for your future
- B. voluntary work provides the adolescents many precious opportunities to develop social skills
- C. In conclusion, it is very good to do voluntary work
- D. because of its huge benefits

Question 37.

Question 38.

Question 39.

Question 40.

