

Unit 2 Test / Review

PART I. LISTENING (1.25 pts)

Listen to a talk about healthy living and choose the best option A, B, or C to answer each question.

- 1.** What is the main topic of the listening text?
 - A. How to play musical instruments.
 - B. Tips for a healthy lifestyle.
 - C. The history of team sports.
- 2.** According to the talk, what is good for our health?
 - A. Eating a lot of junk food.
 - B. Doing exercise regularly.
 - C. Staying indoors all day.
- 3.** What does the speaker say about cycling?
 - A. It is an indoor activity.
 - B. It is boring and tiring.
 - C. It keeps you fit and active.
- 4.** What does the speaker think about eating vegetables?
 - A. Vegetables are not tasty.
 - B. Vegetables are important for a balanced diet.
 - C. Vegetables are too expensive.
- 5.** What does the speaker suggest at the end of the talk?
 - A. Avoid all outdoor activities.

B. Eat only fast food for lunch.

C. Start healthy habits today.

PART II. PRONUNCIATION (1.0 pt)

Task 1. Choose the word whose bold part is pronounced differently from the others.

6. A. fit B. life C. safe D. of

7. A. have B. active C. balanced D. avoid

Task 2. Choose the word whose stress pattern is different from the others.

8. A. healthy B. active C. avoid D. outdoor

9. A. exercise B. vegetable C. afternoon D. soybean

PART III. LANGUAGE USE (2.5 pts)

Choose the best option A, B, C or D to complete each sentence.

10. We should eat a balanced _____ to stay healthy.

A. food B. diet C. lunch D. meal

11. Going _____ is a good outdoor activity. It keeps you fit.

A. cycling B. cycle C. to cycle D. cycled

12. Junk food can _____ your health, so you should avoid it.

A. protect B. improve C. affect D. develop

13. My skin is very _____. I need to use some suncream.

A. chapped B. strong C. active D. fit

14. Linh eats a lot of vegetables _____ she wants to stay healthy.

A. but B. or C. because D. so

15. Tofu is made from _____. It is rich in protein.

A. flour B. sugar C. soybeans D. beef

16. We should do exercise regularly to keep _____.

A. health B. fit C. healthily D. unhealthy

17. Choose the best response to complete the following dialogue:

Mai: “What do you do to stay healthy, An?”

An: “_____”

Mai: “That’s great! How often do you do it?”

An: “Every morning before school.”

A. I go jogging and eat a lot of vegetables.

B. I don’t like doing anything.

C. I watch TV all day long.

D. I think exercise is boring.

Choose the sentence (A, B, C or D) that is closest in meaning to the original one.

18. Cycling is good for your body.

A. Cycling is bad for your body.

B. Cycling helps you stay fit.

C. Cycling makes you tired.

D. Cycling is an indoor activity.

19. Nam eats vegetables every day, and he also does exercise.

A. Nam has an unhealthy lifestyle.

- B. Nam does not eat vegetables.
- C. Nam has a healthy lifestyle.
- D. Nam hates doing exercise.

PART IV. PRACTICAL SKILLS (1.0 pt)

Task 1. Look at the signs and choose the best answers.

20. What does this notice say?

School Health Club

Every Wednesday, 3 p.m. – 5 p.m.

Activities: Cycling, Jogging, Yoga”

- A. The Health Club only meets this Wednesday from 3 p.m. to 5 p.m.
 - B. The Health Club meets every Wednesday from 3 p.m. to 5 p.m.
 - C. The Health Club meets every day after school.
 - D. The Health Club is only for teachers.
- 21.** What is the message of this sign?
- A. You can eat junk food in the canteen.
 - B. Please eat healthy food in the canteen.
 - C. The canteen is closed every day.
 - D. You can bring fast food to school.



Task 2. Read the announcement and choose the best answers.

GREEN VALLEY LOWER SECONDARY SCHOOL

NOTICE

Healthy Living Week

Our school is organising a Healthy Living Week. All students are welcome to join.

Activities: Cycling around the school, cooking healthy lunch boxes, and sharing tips for a balanced diet.

Time: 8 a.m. – 11 a.m., 15 November.

Place: School Playground and Canteen.

Contact: Mr. Phong – Head of Health Education.

22. What is the main purpose of the notice?

- A. To invite students to a music concert.
- B. To announce a Healthy Living Week.
- C. To organise a field trip to a farm.
- D. To ask students to donate books.

23. When and where will the Healthy Living Week take place?

- A. At 8 a.m. in the school library.
- B. On 20 October at the School Hall.
- C. At 8 a.m. on 15 November at the School Playground and Canteen.
- D. On 15 November in the classroom.

PART V. READING (2.25 pts)

Read the notice and choose the correct option A, B, C, or D to fill in each blank.

HEALTHY EATING CLUB ANNOUNCEMENT

Our club is looking for students who want to eat (24) _____ food and stay fit.

Activities: Learning to cook healthy meals, making (25) _____ with vegetables and tofu, and sharing diet tips.

Reminder: Members should bring their own (26) _____ like rice, vegetables, and cooking tools.

Time: 2:00 p.m. – 4:00 p.m., every Friday.

Please talk to the club leader (27) _____ you are interested.

24. A. healthy B. health C. healthily D. unhealthy

25. A. models B. lunch boxes C. dollhouses D. collections

26. A. coins B. glue C. ingredients D. paint

27. A. but B. or C. so D. if

Read the text and choose the correct answer A, B, or C.

Many students at Green Valley School care about healthy living. An's hobby is cycling. He started cycling two years ago. Now he goes cycling every morning before school. He says cycling keeps him fit and active. His friend Mai loves cooking healthy food. She makes lunch boxes with vegetables, tofu, and rice. She cooks every afternoon after school. Mai thinks eating healthy food is important because it gives her energy and

helps her study better. Both An and Mai believe that a healthy lifestyle brings a lot of happiness to their lives.

28. What is An's hobby?

- A. Cooking B. Cycling C. Swimming

29. How long has An been cycling?

- A. One year B. Two years C. Three years

30. An thinks cycling keeps him _____.

- A. bored B. tired C. fit and active

31. What does Mai do every afternoon after school?

- A. She goes jogging. B. She cooks healthy food.
C. She goes cycling.

32. Why do An and Mai enjoy their healthy habits?

- A. Because healthy habits are expensive.
B. Because a healthy lifestyle brings happiness.
C. Because their teachers make them do it.

PART VI. ORDERING (0.5 pt)

Arrange the sentences to make a complete dialogue.

33.

- a. That's a great idea! I should do it.
b. Hi Mai, what do you do to stay healthy?
c. I eat a lot of vegetables and do exercise every day.
d. Yes, it helps me feel very fit and active.

A. b – c – a – d

B. b – a – c – d

C. c – b – a – d

D. a – b – d – c

34.

- a. What do you put in it?
- b. I use tofu, rice, and some fresh vegetables.
- c. Look at my healthy lunch box!
- d. That looks delicious and healthy!

A. c – a – b – d

B. a – c – b – d

C. c – b – a – d

D. b – d – c – a

PART VII. WRITING (1.5 pts)

Rewrite the following sentences so that the second sentence has a similar meaning to the first one. (1.0 pt)

35. Cycling keeps you fit and active.

-> You stay fit and active _____.

36. Linh eats vegetables because she wants to be healthy.

-> Linh wants to be healthy, _____.

37. The food is delicious. It is also healthy.

-> The food is delicious, _____.

38. We should not eat too much junk food. It is bad for our health.

-> We should not eat too much junk food _____.

Write a paragraph (100 – 150 words) about what you do to stay healthy.

You should include:

- What healthy activities you do and how often.

- What healthy food you eat.
- Why you think a healthy lifestyle is important.

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DÀNH CHO GIÁO VIÊN (TRANSCRIPT & KEY)

Audio Script

“Staying healthy is very important for everyone. To have a healthy lifestyle, we should do exercise regularly. Activities like cycling and

jogging keep you fit and active. We should also eat a balanced diet with lots of vegetables, tofu, and fruit. Tofu is made from soybeans and is rich in protein. It is important to avoid junk food because it can affect your health. You should also spend time outdoors and protect your skin with sunscreen. Remember, a healthy body helps you study and play better. So why not start healthy habits today?”

Answer Key:

Listening: 1.B | 2.B | 3.C | 4.B | 5.C

Pronunciation: 6.D | 7.D

Stress: 8.C | 9.C

Part III: 10.B | 11.A | 12.C | 13.A | 14.C | 15.C | 16.B | 17.A | 18.B | 19.C

Part IV: 20.B | 21.B | 22.B | 23.C

PART V: READING (2.25 pts)

Dạng 1: Cloze (1.0 pt)

Câu	Đáp án	Giải thích
24	A. healthy	eat + adj → healthy (khỏe mạnh) – bổ nghĩa cho “stay fit”
25	B. lunch boxes	Collocation: making lunch boxes – SGK Unit 2

26	C. ingredients	Nguyên liệu nấu ăn: rice, vegetables, cooking tools
27	D. if	Cấu trúc điều kiện: “if you are interested”

Dạng 2: Comprehension (1.25 pts)

Câu	Đáp án	Dẫn chứng
28	B	“An’s hobby is cycling.”
29	B	“He started cycling two years ago.”
30	C	“cycling keeps him fit and active.”
31	B	“She cooks every afternoon after school.”
32	B	“a healthy lifestyle brings a lot of happiness”

PART VI: ORDERING

33. A (b – c – a – d)

34. A (c – a – b – d)

PART VII: WRITING

35. You stay fit and active when/if you go cycling.

36. Linh wants to be healthy, so she eats vegetables.

37. The food is delicious, and it is also healthy.

38. We should not eat too much junk food because it is bad for our health.

MA TRẮN ĐỀ KIỂM TRA UNIT TEST (FORM 40 CÂU – 10 ĐIỂM)

Thời gian: 45 phút | Hệ số: 0.25 điểm/câu

Phần	Dạng bài cụ thể	Số câu	Câu số	Điểm
I. LISTENING	Trắc nghiệm A, B, C	5	1–5	1.25
II. PHONETICS	Phát âm (2) & Trọng âm (2)	4	6–9	1.0
III. LANGUAGE USE	Từ vựng & Ngữ pháp (7) + Hội thoại (1) + Closest Meaning (2)	10	10–19	2.5
IV. PRACTICAL SKILLS	Biên báo (2) + Thông báo (2)	4	20–23	1.0
V. READING	Cloze (4) + Comprehension (5)	9	24–32	2.25
VI. ORDERING	Sắp xếp câu thành hội thoại	2	33–34	0.5
VII. WRITING	Sentence Transformation (4) +	5	35–39	1.5

	Paragraph (1)			
TỔNG CỘNG		39		10.0