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| **Tiếng Anh 7 i-Learn Smart World - Kiểm tra giữa kỳ 1 Time allotted: 60 minutes** |

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| **PART 5** | **LISTENING** |

**31 - 35**

Hello, everyone. I'm Doctor Brown and today I want to talk to you about how to prepare yourself for a good night's sleep. It's important to get at least eight hours of sleep each night, but lots of teenagers find it difficult to fall asleep before eleven o'clock at night. One study found that only fifteen percent of teenagers get enough sleep. So, what can you do to get more sleep? Well, you shouldn't eat or exercise for a few hours before bed. You should also do something to relax before you go to bed, like reading a book. If you read a book before going to sleep, then you will sleep better than if you watch TV or play online games.

**36 - 40**

My name is Mark and my hobby is reading comics. I enjoy reading comics because the stories are easy to understand and entertaining. I don’t have much free time, so I only read a few pages before I go to bed. Sometimes, I go to the bookstore near my house with my best friend, Leo, to buy new comics. I have a collection of comics in my bedroom. My sister, Katy doesn’t like reading. Photography is her favorite hobby. She usually takes photos in our back garden or in the park opposite our house. She loves taking photos of birds and animals, but she doesn’t often take photos of people. Last year, she won second prize at the county’s annual photo contest. My brother Luis is interested in roller skating. He always goes roller skating in the park or in the town square with his friends on the weekends. He says it’s a fun way to relax and lose weight. I think it's quite dangerous. Last week, Luis fell and hurt his knees badly.

**---THE END---**