

<b>Full name:</b> ..... <b>School:</b> ..... <b>Class:</b> .....	<b>Mark:</b>
--	--------------

## PRACTICE TEST UNIT 2: HEALTHY LIVING\_KEY

### A. PHONETICS

#### I. Circle the word with the underlined part pronounced differently from the others

- |                  |                  |                   |                |
|------------------|------------------|-------------------|----------------|
| 1. A. cough      | B. enough        | C. <u>through</u> | D. laugh       |
| 2. A. dolphin    | B. <u>uphill</u> | C. earphone       | D. alphabet    |
| 3. A. night      | B. <u>tough</u>  | C. flight         | D. high        |
| 4. A. <u>ate</u> | B. about         | C. amazing        | D. above       |
| 5. A. learn      | B. early         | C. earth          | D. <u>hear</u> |

#### II. Choose the word whose underlined part is pronounced differently from the others.

- |                  |            |                 |                |
|------------------|------------|-----------------|----------------|
| 1. A. myth       | B. cycling | C. <u>itchy</u> | D. allergy     |
| 2. A. headache   | B. spread  | C. health       | D. <u>weak</u> |
| 3. A. fat        | B. leaf    | C. <u>of</u>    | D. safe        |
| 4. A. <u>flu</u> | B. sunburn | C. junk         | D. much        |
| 5. A. wash       | B. wear    | C. wake         | D. <u>wrap</u> |

### B. VOCABULARY AND GRAMMAR.

**Exercise 1: Read and decide if the underlined parts are the subject (S), verb (V), object (O), or Adverb (ADV) of the sentences.** ( Đọc và quyết định xem các phần được gạch chân là chủ ngữ (S), động từ (V), tân ngữ (O), hay Trạng từ (ADV) của câu )

**Example:**

0. She washes her face twice a day.

**S      V      O      ADV**

1. We eat a lot of garlic to prevent the flu.  
(S) (V) (O)
2. Asian diets contain a lot of vegetables.  
(S) (V) (O)
3. My sister uses a lot of sunscreen in summer .  
(S) (V) (O) (Adv)
4. He likes cycling in the park.  
(S) (V) (CO) (Adv)
5. Mark and his father are boating.  
(S) (V)
6. My mother cooks food with very little cooking oil.  
(S) (V) (O)
7. People in the countryside do not have much stress.  
(S) (V) (O)
8. You can use eye drops for your tired eyes.

(S) (V) (O)

9. Green tea is a popular drink in my country.

(S) (V) (O) (Adv)

10. Physical activities help keep you strong and active.

(S) (V) (O)

**Exercise 2: Tick (✓) the simple sentences:**

1. The Japanese eat healthily. ✓
2. I like gardening because I love plants and flowers.
3. My family often goes cycling in the countryside. ✓
4. My sister likes surfing the Internet. ✓
5. Soft drinks are not good for your health. ✓
6. I like gardening because I love plants and flowers.
7. Coloured vegetables are good food. ✓
8. My sister doesn't like horse riding because she's afraid of horses.
9. My favourite outdoor activity is cycling. ✓
10. It is raining, so we stay at home and watch a film.
11. We need vitamin A for our eyes. ✓
12. My father likes coffee, but I prefer orange juice.
13. Being active helps keep you fit. ✓
14. My parents go cycling every Sunday. ✓
15. The weather may affect our skin condition. ✓

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

**Exercise 3: Read the following sentences and decide if the underlined part is the subject (S), verb (V), object (O), and adverb (A).**

1. Jessie ate dinner.
2. The hungry Jessie ate a large dinner.
3. The hungry Jessie ate a large dinner.
4. I cannot drink warm milk.
5. She opened the door.
6. Jenny and I opened all the gifts.
7. Jack likes walking.
8. Jack and Jill like walking.
9. Joe waited for the train.
10. The train was late.

S
V
O
V
O
S
O/ Co
S
O
S

11. Mary and Samantha **took** the bus.

V

12. I looked for Mary and Samantha **at the bus station.**

A

**Exercise 4: Write a simple sentence from the two given sentences.**

**Example:** Many people are running. Many people are exercising.

=> Many people are running and exercising.

1. We avoid sweetened food. We avoid soft drinks.

→ *We avoid sweetened food and soft drinks.*

2. My dad loves outdoor activities. I love outdoor activities.

→ *My dad and I love outdoor activities.*

3. You should wear a hat. You should wear sunscreen.

→ *You should wear a hat and sunscreen.*

4. My mother read the health tips. My mother downloaded the health tips.

→ *My mother read and downloaded the health tips.*

5. You are active, and your brother is active too.

→ *Both you and your brother are active*

6. Your room looks dark, and it looks untidy too.

→ *Your room looks dark and untidy*

7. The Japanese work hard, and they exercise regularly.

→ *The Japanese work hard and exercise regularly.*

8. My mother eats a lot of fruit, and she eats a lot of vegetables too.

→ *My mother eats a lot of fruit and vegetables.*

**Exercise 5 : Fill in the blanks with and, so, but, or.**

1. We stayed at home and watched a film.

2. I want to buy a new car, but I don't have enough money.

3. She had a terrible headache last night, so she couldn't go out.

4. I eat cake, but I never eat biscuits; I don't like them.

5. Would you like cake or biscuits with your coffee?

6. My job is very interesting, but it doesn't pay very well.

7. We can go by bus, or we can walk.

8. My classmate studies very hard, so she always gets good marks.

9. You had better hurry up, or you'll be late for work.

10. The Japanese eat healthily, so they have high life expectancy.

**Exercise 6 : Choose the best answer to complete the sentences.**

1. You can \_\_\_\_\_ some diseases by keeping yourself clean.

A. do

B. have

C. get

**D. avoid**

2. Don't skip breakfast or may have \_\_\_\_\_ .

A. earache

B. toothache

**C. stomachache**

D. back ache

3. Robin is in hospital because he has a \_\_\_\_\_ of 40°C.

**A. temperature**

B. flu

C. cough

D. cold

4. Having enough sleep helps you \_\_\_\_\_ at school

A. watch

B. exercise

C. sleep

**D. concentrate**

5. She is going to see the doctor because she has \_\_\_\_\_ .

A. a vitamin

B. an exercise

**C. a headache**

D. a diet

6. Scarlet dislikes \_\_\_\_\_ such as chips, sweets and fizzy drinks.

- A. vegetables      B. junk food      C. seafood      D. fruits
7. There are about fifty \_\_\_\_\_ in an apple.  
A. materials      B. calories      C. energies      D. vegetables
8. Kelley is coughing and sneezing. She may have \_\_\_\_\_.  
A. a backache      B. an earache      C. sore eyes      D. a sore throat
9. My cousin is getting sick. He feels weak and \_\_\_\_\_.  
A. tired      B. heavy      C. well      D. strong
10. He had a(n) \_\_\_\_\_ toe from the mosquito bite.  
A. sad      B. hot      C. itchy      D. weak

**Exercise 7 : I. Choose the best answer a, b, c, or d to complete the sentence.**

1. The Japanese eat \_\_\_\_\_, so they have high life expectancy.  
A. good      B. healthily      C. little rice      D. unhealthy
2. Drinking unclean water can cause \_\_\_\_\_.  
A. pollution      B. homesick      C. polluted      D. sickness
3. Healthy food and exercise help us \_\_\_\_\_ fit.  
A. keep      B. not keep      C. feel      D. feeling
4. My uncle is a \_\_\_\_\_. He doesn't eat meat or fish.  
A. monks      B. librarian      C. vegetarian      D. balance diet
5. Bad habits like eating too much sweetened food and going to bed late \_\_\_\_\_ harmful to our health.  
A. aren't      B. are      C. was      D. has been
6. \_\_\_\_\_ can increase the risk of heart disease and diabetes.  
A. good food      B. no fat      C. obesity      D. healthy food
7. I'm \_\_\_\_\_ to shellfish, so I can't eat lobster and shrimp.  
A. allergic      B. afraid      C. excited      D. happy
8. I got \_\_\_\_\_ during my beach vacation.  
A. cold      B. sunburn      C. hot      D. heat
9. Lack of vitamin E can cause skin diseases and \_\_\_\_\_.  
A. obesity      B. poverty      C. hungry      D. tiredness
10. The symptoms of the disease include fever and \_\_\_\_\_.  
A. headache      B. cold      C. temperature      D. runny nose
11. Please wake me \_\_\_\_\_ at 5 and we will leave at 6 in the morning.  
A. up      B. on      C. over      D. in
12. If you want to \_\_\_\_\_ weight, you should follow a low-fat diet.  
A. lose      B. gain      C. put on      D. take
13. Junk foods are high in fat, sodium and sugar, which can lead to \_\_\_\_\_.  
A. fever      B. allergy      C. obesity      D. stomachache
14. He looks so \_\_\_\_\_. He can't keep his eyes open!  
A. happy      B. tired      C. healthy      D. fit
15. If you want to stay healthy, eat \_\_\_\_\_ vegetables, whole grains, fruit and fish.  
A. much      B. fewer      C. more      D. less
16. Fruit tastes good \_\_\_\_\_ it's healthy for your body.

- A. so                      B. but                      C. or                      D. and
17. My sister feels pain in her ear. She has \_\_\_\_\_  
A. earache                      B. toothache                      C. sore throat d. headache
18. She looks very tired. She should work \_\_\_\_\_ or she will get sick.  
A. well                      B. less                      C. more                      D. enough
19. She stays in \_\_\_\_\_ by exercising daily and eating well.  
A. health                      B. fit                      C. size                      D. shape
20. Don't sit too close to the screen, \_\_\_\_\_.  
A. and you'll hurt your eyes                      B. so you can see more clearly  
C. or you'll get a headache                      D. but it's bad for your health

## C. READING

### I. Choose the word which best fits each gap.

Breakfast is the (1) \_\_\_\_\_ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) \_\_\_\_\_ 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 (3) \_\_\_\_\_ to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4) \_\_\_\_\_ weight if you eat in the morning rather than later in the day. Dividing the day's calories (5) \_\_\_\_\_ three meals helps take off weight more efficiently than (6) \_\_\_\_\_ breakfast and having two larger meals a day does.

1. a. healthy                      b. tasty                      c. main                      d. most
2. a. strenght                      b. power                      c. energy                      d. effort
3. a. able                      b. enable                      c. unable                      d. capable
4. a. lose                      b. put                      c. gain                      d. drop
5. a. in                      b. into                      c. up                      d. for
6. a. skipping                      b. making                      c. buying                      d. serving

### II. Read the passage and choose the best answer to the questions.

There are habits that we should avoid so that we can have a healthy life. Most people are stuck to the screens of mobile phones these days. This is an unhealthy habit we should get rid of right away. Watching too much TV or spending too much time on computer is also something we should avoid. It is bad for our eyes, and sitting for a long time can lead to backache.

Many of us are too busy to cook, so we have fast food and junk food. Those kinds of food contains a lot of fat, salt, and sugar, which have bad effects on our health. It is time to watch out on our eating habit of fast food and junk food. We should eat home-made food. This will not only keep us healthy but also in good shape.

Many of us are so busy that we skip our meals. There is a tendency of skipping breakfast. If we skip meals, we will have stomachache.

Smoking and drinking are the two things that make us unhealthy. Too much smoking and drinking can lead to a lot of health problems, even cancer.

#### 1. What is the passage about?

- A. The ways for us to avoid habits R. Habits and diseases

- C. The reasons why we have habits D. **Some habits that** lead to unhealthy life
2. Which of the following is a good thing to do?
- A. **get rid of unhealthy** habits  
B. use mobile phones for a long time  
C. eat less home-made food  
D. watch too much TV
3. What kinds of food have bad effects on our health?
- A. home-made food and fast food B. junk food and home-made food  
C. **fast food and junk** food D. home-made food
4. If we skip meals, we will have .
- A. bad effects on our health B. **stomachache**  
C. fast food D. junk food
5. According to the passage, too much smoking and drinking can lead to .
- A. unhealthy habits B. **health problems**  
C. weight loss D. stomach diseases.

## D. WRITING

### I. Arrange the words to make sentences.

1. cold/ I/ sore throat/ love/ a/ drinks/ but/ have/ I.  
→ *I love cold drinks , but I have a sore throat*
2. Jim/ overweight/ so/ eats/ is/ fast food/ too much/ he.  
→ *Jim eats too much fast food , so he is overweight .*
3. too much/ bad/ television/ watching/ for/ health/ your/ is.  
→ *Watching television too much is bad for your health*
4. the flu/ should/ you/ a cold/ if/ have/ or/ you/ home/ stay.  
→ *If you have the flu or a cold , you should stay at home.*
5. Alex/ usually/ fishing/ so/ loves/ goes/ in/ near/ he/ his house/ fishing/ the lake.  
→ *Alex loves fishing , so he usually goes fishing in the lake near his house*
6. you/ some/ clean/ yourself/ avoid/ diseases/ by/ can/ keeping.  
→ *You can avoid some diseases by keeping yourself clean.*

### II. Write sentences, using the words given.

1. Phong/ eat/ lots of/ junk food/ so/ he/ putting/ weight.  
→ *Phong eats lots of junk food, so he is putting on weight.*
2. I/ exercise/ daily/ because/ I/ want/ stay/ healthy.  
→ *I exercise daily because I want to stay healthy.*
3. Sitting/ too/ close/ the TV/ hurt/ your eyes.  
→ *Sitting too close to the TV hurts your eyes.*
4. She/ often/ take/ paracetamol / if/ she/ get / bad/ headache.  
→ *She often takes paracetamol if she gets a bad headache.*
5. how many calories/ you/ burn/ do/ aerobics/ 2 hours?  
→ *How many calories do you burn doing aerobics for 2 hours?*
6. getting/ enough/ sleep/ help/ students/ do/ their best/ the classroom.  
→ *Getting enough sleep helps students (to) do their best in the classroom.*

### III. Write the second sentence so that it has the same meaning to the first one.

1. Sue started to eat a low carb diet two years ago.  
→ *Sue has eaten a low carb diet for two years.*
2. Could you take me to the airport Friday morning?  
→ *Would you mind taking me to the airport Friday morning?*
3. How about going to the movies tonight?  
→ *Let's go to the movies tonight.*
4. July stayed home from school yesterday because she had a high fever.  
→ *July had a high fever, so she stayed home from school yesterday.*
5. She eats fruits and veggies every day, but she keeps gaining weight.  
→ *Although she eats fruits and veggies every day, she keeps gaining weight.*
6. Mark's gained 5 kilos since he quit smoking.  
→ *Mark's put on five kilos since he quit smoking.*
7. Joana doesn't eat much in order not to be overweight.  
→ *Joana doesn't eat much because she doesn't want to be overweight.*
8. It's a good idea to do exercise regularly.  
→ *You should do exercise regularly*

**IV. Write full sentences using the suggested words and phrases. You can add some words or make changes to the given words and phrases.**

1. Here / be / some / tips / help / you / keep fit.  
→ \_\_\_\_\_ .
2. Exercise / daily / at least / an hour.  
→ \_\_\_\_\_ .
3. You / can / ride / bike / run / or / go / swim.  
→ \_\_\_\_\_ .
4. Eat / right / foods / drink / enough / water.  
→ \_\_\_\_\_ .
5. You / should / eat / colour / vegetables / and / lean meat.  
→ \_\_\_\_\_ .
6. Avoid / eat / much / fast food / and / sugar.  
→ \_\_\_\_\_ .
7. Get / enough / sleep / night / be / good / for / you.  
→ \_\_\_\_\_ .
8. Six / to / eight / hour / of sleep / can / help / body / recharge.  
→ \_\_\_\_\_ .
9. Stay / motivated / be / good / you / as well.  
→ \_\_\_\_\_ .
10. This / help / you / be / happy / positive.  
→ \_\_\_\_\_ .

**KEY:**

1. *Here are some tips to help you keep fit.*
2. *Exercise daily for at least an hour.*
3. *You can ride a bike, run, or go swimming.*
4. *Eat the right foods and drink enough water.*

- 5. You should eat coloured vegetables and lean meat.*
- 6. Avoid eating too much fast food and sugar.*
- 7. Getting enough sleep at night is good for you.*
- 8. Six to eight hours of sleep can help your body recharge.*
- 9. Staying motivated is good for you as well.*
- 10. This helps you be happy and positive.*

=====