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| **UNITS** | **VOCABULARY** | **GRAMMAR** |
| Unit 2HEALTH | - Healthy lifestyle- Health problems | - Indefinite quantifiers- Should and Shouldn’t |

**Tiếng Anh 7 – i-LEARN SMART WORLD**

# **UNIT 2 TEST**

***Note:*** *Each correct answer earns 0.2 points.*

**I. PRONUNCIATION** **(0.8 points)**

***A. Choose the word whose underlined part is pronounced differently.***

1. A. lunch B. hurt C. junk D. much

2. A. give B. get C. ginger D. good

***B.*** ***Choose the word that has a different stressed syllable from the rest.***

3. A. advice B. tired C. toothache D. fever

4. A. vitamin B. medicine C. favorite D. overweight

**II. VOCABULARY AND GRAMMAR (2.4 points)**

***Choose the best option (A, B, C or D) to complete each of the following questions.***

5. You should \_\_\_\_\_\_\_\_\_\_ regular exercise, go swimming and lead an active life.

 A. take B. have C. do D. play

6. Fruit and vegetables are good for you because they provide \_\_\_\_\_\_\_\_\_\_ vitamins.

 A. lots of B. much C. few D. a little

7. I can’t eat \_\_\_\_\_\_\_\_\_\_ dairy foods like cheese and butter because they make me sick.

 A. much B. a few C. some D. any

8. My grandma has \_\_\_\_\_\_\_\_\_\_ good books about food and cooking.

 A. any B. some C. a little D. much

9. Jackson always \_\_\_\_\_\_\_\_\_\_ scrolling through Facebook and Instagram. That’s why he feels tired in the morning.

 A. stays up late B. gets some sleep C. takes vitamins D. takes medicine

10. You should \_\_\_\_\_\_\_\_\_\_ during winters, or you may catch a cold.

 A. have a cough B. do exercises C. see a doctor D. keep warm

11. Student A: “I have a really bad \_\_\_\_\_\_. It hurts so much that I can’t eat.”

 Student B: “Why don’t you see your dentist?”

 A. fever B. sore throat C. toothache D. headache

12. Student A: “Why are you drinking warm water?”

 Student B: I have a \_\_\_\_\_\_\_\_\_\_ and it feels better when my neck’s warm.”

 A. sore throat B. headache C. earache D. sick

13. My dad hurt his \_\_\_\_\_\_\_\_\_\_ when he was moving the sofa yesterday. It hurt so much that he couldn’t stand up.

 A. head B. back C. stomach D. ear

14. Student A: “I’m not feeling well. I think I have a fever.”

 Student B: “\_\_\_\_\_\_\_\_\_”

 A. You shouldn’t eat junk food.

 B. You shouldn’t take vitamins.

 C. You should go home and get some rest.

 D. You should get enough sleep every day.

15. What does the sign mean?

|  |  |
| --- | --- |
|  | A. You can’t eat or drink in the cafeteria on Mondays.B. The cafeteria opens every day except Monday.C. The cafeteria opens every Monday.D. The cafeteria opens next Monday. |

16. Read the prescription and choose the correct statement.

|  |  |
| --- | --- |
|  |  A. You should take the medicine after eating, twice a day. B. You should drink two tablets after every meal. C. You shouldn’t take tablets after you finish your meal.D. You should take one tablet per day after you eat. |

**III. WORD FORMATION (1.2 points)**

***Write the correct form of the words in brackets.***

17. It’s very \_\_unhealthy\_\_\_\_\_\_\_\_ to eat fried food every day. You can become overweight. **(HEALTH)**

18. If you want to be strong, you should have \_\_healthy/ healthier\_\_ meals with good ingredients. **(HEALTH)**

19. Last night, Andy ate too much and had a terrible \_\_\_stomachache\_\_\_\_\_\_\_\_. **(STOMACH)**

20. You should eat \_properly\_\_\_\_\_\_\_\_\_ every day and you shouldn’t skip breakfast. **(PROPER)**

21. Mike couldn’t sleep last night. Today he was really tired, so he fell \_\_asleep\_\_\_\_\_\_\_\_ in math class. **(SLEEP)**

22. Louisa never does any exercise. She’s \_\_unfit\_\_\_\_\_\_\_\_and feels tired all the time. **(FIT)**

**IV. LISTENING (2 points)**

***A. You will listen to an interview with James Olive. For questions 23-27, fill in the blanks with NO MORE THAN TWO WORDS.***

According to James Olive:

- Many school cafeterias sell fast food like pizza, (23) \_\_burgers\_\_\_\_\_\_\_ and soda. These foods contain lots of (24) \_\_\_sugar\_\_\_\_\_\_ and salt, so students will get (25) \_\_tired\_\_\_\_\_\_\_ and have difficulty listening in class.

- Cafeterias should sell “brain food” like fruits and (26) \_nuts\_\_\_\_\_\_\_\_. These foods help students (27) \_study better\_\_\_\_\_\_\_\_ and feel healthier.

***B. You will hear Tom talking to his friend about his visit to the doctor. For questions from 28 to 32, listen and decide whether the statements are True (T) or False (F).***

28. Tom had a headache yesterday morning. False

29. The doctor advised Tom to stay in bed. True

30. The doctor asked Tom to take some medicine. False

31. The doctor told Tom not to stay up late every night. True

32. Tom is going to play tennis tonight. False

**V. READING (2 points)**

***A. Read the following passage and complete the poster with suitable information. For each blank from 33 to 37, write NO MORE THAN THREE WORDS AND/ OR A NUMBER.***

**HOW TO BECOME HEALTHIER**

Firstly, you should eat balanced meals. You should eat lots of fruit and vegetables because they are full of important vitamins. You shouldn’t eat too much fatty food. Things like chips and burgers have a lot of fat. Also, be careful with sugar. If you eat a lot of sweet food, the sugar gives you energy for a short time, but afterwards you will feel more tired. Secondly, exercise should be part of your daily routine. Don’t hurt yourself, start with gentle exercise. Exercise for at least 15 minutes every day. Or you can try a team sport or join a gym. Exercise can also be cycling instead of taking the bus, or using the stairs instead of the lift. Moreover, staying healthy requires enough sleep. It’s sometimes OK to go to bed late; but if you stay up late too often, it will be bad for your health. Try to sleep eight hours every night. Lastly, every year, you should go to the doctor for regular check-ups. When you get fit and healthy, you will feel great.



(the) stairs

year

eight hours

fatty

fruit and vegetables

***B. Read the online post and choose the word/ phrase (A, B, C or D) that best suits each blank.***

**WHAT SHOULD I DO?**

My name is Libby and I’m 12 years old. I never manage to go to bed early during the week. I know I (38) \_\_\_\_\_\_\_\_\_\_ use my phone or tablet late at night, but I always do. I find it (39) \_\_\_\_\_\_\_\_\_\_ to fall asleep, but I don’t know why. I often miss breakfast, so I’m hungry by the morning break. In my school, you don’t need to go far for unhealthy food. There is a vending machine with (40) \_\_\_\_\_\_\_\_\_\_ sugary snacks and fizzy drinks like Coke or soda. My mum says I should eat some fruit or yogurt for a snack, but I keep forgetting to bring it to school with me. I also feel (41) \_\_\_\_\_\_\_\_\_\_ and have no energy during the day, which is really annoying. I really need to get fit and healthy for the school bicycle race. What do you think I should do to prepare for the race? Please give me (42) \_\_\_\_\_\_\_\_\_\_ advice on how to become a better me.

38. A. should B. shouldn’t C. don’t D. must

39. A. difficult B. easy C. harder D. healthy

40. A. much B. a little C. few D. lots of

41. A. healthy B. strong C. weak D. a fever

42. A. an B. some C. many D. a few

**VI. WRITING (1.6 points)**

***A. Rewrite the following sentences without changing their meaning. Use the given word(s) if any.***

43. My little brother doesn’t eat many vegetables.

→ My little brother eats only a few vegetables.

44. There is no milk in the refrigerator.

→ We don’t have any milk in the refrigerator.

45. The bottle is nearly empty of water.

→ There is not much water in the bottle.

46. It’s important for you to do exercise if you want to get fit.

→ You should do exercise if you want to get fit.

47. It’s not a good idea to sell drinks that contain lots of sugar in school cafeterias.

→ School cafeterias shouldn’t sell drinks that contain lots of sugar in school cafeterias.

***B. Use the given words or phrases to make complete sentences.***

48. Eating / lot/ candies / cookies/ is not good/ you/.

→ Eating lots of candies and/or cookies is not good for you.

→ Eating a lot of candies and/or cookies is not good for you.

49. How/ slices / pizza/ you/ want/?

→ How many slices of pizza do you want?

50. Soda/ not/ give/ you/ energy/ and/ be/ bad/ teeth.

→ Soda doesn’t give you (any) energy and is bad for your/ the teeth.

*\*\*\*****End – Of – Test****\*\*\**

**Audio scripts:**

**Listening 1**

W: Welcome back. I’m here talking to James Olive.
M: Hello.

W: Please tell everyone what you do, James.
M: Sure. I go to schools around the country and ask principals to sell healthier food in their cafeterias.

W: Why?
M: Well, lots of schools only sell food and drinks like pizza, burgers, and soda. These are not healthy and really don’t help students learn and feel healthy. Fast food and soda have a lot of sugar and salt in them. In just a few hours after eating lunch, they will feel tired and it will be harder to listen in class.

W: I see.
M: Instead, cafeterias should sell “brain food” like fruits and nuts. These foods help you study better and feel much healthier. So, if your school only sells unhealthy food, you should write a letter to your principal and ask for healthy options.

W: Thanks, James.

**Listening 2**

G: Hey, Tom. Why weren’t you in class yesterday?

B: I was sick, so I went to the doctor with my mom.

G: What was wrong with you?

B: On Tuesday night, I had a fever and a headache. Yesterday morning, I had a sore throat.

G: What did the doctor do?

B: He told me I shouldn’t go to school or go out and that I should stay in bed.

G: Did he give you any medicine?

B: No, but he did give me some advice.

G: What did he say?

B: He said I shouldn’t stay up late every night watching TV. He said that I should take vitamins to stay healthy.

G: How do you feel now?

B: I was weak and I had a headache earlier but now I feel OK.

G: How about tonight? Are you going to play basketball with us?

B: I was going to play tennis, but I’m going to bed early instead.