Full name:……

Class:……

PART 1 – PRONUNCIATION

I. Choose the word that has underlined part pronounced differently from the rest in each question (10p):

1. A. n<u>ur</u>se	B. ret<u>ur</u>n	C. pict<u>ur</u>e	D. f<u>ur</u>
2. A. s<u>i</u>ck	B. sw<u>i</u>mming	C. <u>i</u>tchy	D. r<u>i</u>ding
3. A. really	B. healthy	C. regularly	D. identify
4. A. r<u>e</u>st	B. h<u>e</u>lp	C. gard<u>e</u>n	D. pl<u>e</u>nty
5. A. g<u>a</u>me	B. <u>a</u>rrange	C. sk<u>a</u>te	D. c<u>a</u>ke

PART 2 – GRAMMAR AND VOCABULARY

II. Choose the best answer for each of the following sentences (20p):

6. Jim thinks arranging flowers is more boring than _____stamps.

A. buyin B. collecting C. swimmingD. writing

7. She puts all the stamps in an _____.

A. umbrella B. egg C. apple D. album

8. Playing sports always gives you _____ and makes you _____.

A. pleasant/ healthy B. pleasure/ health C. pleasure/ healthy D. pleased/ healthy

9. If you want to _____ weight, you should follow a low-fat diet.

A. lose B. gain C. put on D. take

10. She looks very tired. She should work _____ or she will get sick.

A. well B. less C. more D. enough

11. She stays in _____ by exercising daily and eating well.

A. health B. fit C. size D. shape

12. Why don't you take _____ a new hobby?

A. up B. in C. over D. after

13. I'll share the sandwiches _____ you, if you like.

A. with B. to C. for D. on

14. After working in computer for long hours, you should_____your eyes and relax.

A. wake B. rest C. sleep D. sleep in

15. We should follow the advice from doctors and health _____in order to keep fit.

A. managers B. experts C. people D. workers

III. Puts the verbs in brackets in the correct forms (30):

16. My brothers _____**(be, not)** engineers.

17. Mark's class _____ **(do)** sport on Monday and Wednesday.

18. How often_____ **(they/ go)** jogging?

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19. I'm sorry about losing that book. I _____ **(buy)** you another one next week.
20. She's really fond of _____ **(explore)** caves.
21. They _____**(not start)** the community garden project in 2012.
22. The children _____ **(not finish)** painting the mural over graffiti yet.
23. If it _____**(not, rain)** this afternoon, we _____ **(not, use)** our umbrellas.
24. Peter _____ **(think)** _____ **(play)** sports is good for all people.
25. OK. At 5 o'clock we _____ **(meet)** you outside the shopping centre.
26. _____ **(you/ ever/ recycle)** things, such as bottles or paper?
27. Linda _____ **(not/ meet)** her brother since he _____ **(study)** abroad.

IV. Supply the correct form of the word in each of the following sentences (10):

28. Drinking unclean water can cause _____.
(sick)

29. My uncle is a _____. He doesn't eat meat or fish.
(vegetable)

30. I got _____ during my beach vacation.
(sunburn)

31. The symptoms of the disease include fever and _____.
(head)

32. _____ can increase the risk of heart disease and diabetes.
(obese)

PART 3 – READING

V. Read the text, then decide whether the following statements are true (T) or false (F). (10p)

These are some easy habits that help you stay healthy and live longer.

Go for a jog

Exercise is key to good health. Aerobic activity, like running, is crucial for getting your blood pumping and your heart working. A recent study showed that people who run have 25 to 40 per cent reduced risk of early death, and live about three years longer.

Get more sun - but not too much

The "sunshine vitamin" – vitamin D, that is – has been shown to fight to disease, improve bone health, and prevent depression. Concerns over skin cancer are well-founded, and sunblock is generally a good idea. But getting 15 to 30 minutes of sun exposure a day should be adequate for vitamin D production.

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Stress less

The impact of stress on our overall health is huge, so reducing stress is one way to lower our risk of many deadly diseases.

Eat more fruits and veggies

If you want to live longer, eat more fruits and vegetables. The vitamins, minerals, and most importantly, the fibre help control satiety so you do not need to eat much of the animal foods. High fibre diets promote lower cholesterol levels, and reduce the risk of heart disease and cancers such as colon cancer.

	T	F
33. One of the most important things you can do to stay healthy is to exercise.		
34. Vitamin D comes from the sun.		
35. Getting too much sun can be harmful.		
36. Stress has a little impact on your health.		
37. Fruits and vegetables contain vitamins, minerals and fibre.		

VI. Choose the best answer to fill in each gap: (10p)

Many people (38) _____ crafting with paper. The materials are readily available and don't cost much; and no super special talents is needed. Anyone (39) _____ be a paper crafter.

There are many different paper craft techniques. Origami is one of ancient techniques developed in Japan where squares of paper are folded and formed into various objects such as flowers, animals, and boxes. Card (40) _____ is also a favourite paper craft technique. Birthday cards are the most popular greeting cards, followed by Christmas cards. Receiving a (41) _____ card is a special gift, because of the time and effort someone spent making it. It lets the recipients know just how much you care for (42)_____.

38. A. enjoy B. decide C. want D. learn

39. A. must B. should C. can D. will

40. A. making B. doing C. changing D. receiving

41. A. handmake B. handmaking C. handmade D. making hand

42. A. them B. it C. us D. you

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PART 4 – WRITING:

Rewrite the following sentences without changing the meaning, based on the given words: (10p)

43. Ha likes going on a picnic with her best friends at weekends. (**interested**)

=> Ha .....

44. What I always want to do every morning is to play badminton. (**enjoy**)

=> I .....

45. You have sunburn. You don't wear a sun hat. (**so**)

=> You .....

46. We all find painting interesting because it's a creative activity. (**think**)

=> We all .....

47. Do more exercise. It's very good for your health

(**Doing**)

=> .....

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