

D. SPEAKING

1. Choose the correct response.

1. How much water do you drink every day?

A. I jog every day.

B. I drink lots of water every day.

2. Do you eat junk food?

A. No, I am not.

B. Yes, she likes junk food very much.

- C. I don't have water.
D. The water here is not clean.
3. Nam jogs every morning.
A. He listens to music every morning.
B. His sister also jogs every morning.
C. My sister doesn't like cooking.
D. I get up early every morning.
5. How often does Mai go swimming?
A. Twice a week.
B. A week ago.
C. She's seventeen.
D. There are 7 days in a week.
7. She eats much fast food every week.
A. She's at home.
B. I don't like her.
C. She's ill.
D. That's not good for her health.
9. Do you drink too much coke?
A. Yes, you do.
B. Yes, I am.
C. No, I drink only a little.
D. No, we aren't.
- C. My junk food is on the table.
D. I don't eat any junk food.
4. How much exercise does she do every week?
A. She only does a little.
B. She has lots of models.
C. She doesn't do the dishes.
D. She is my best friend.
6. I eat a lot of fruit and vegetables.
A. There are some fruits in the fridge.
B. These vegetables are fresh.
C. My mother bought a lot of fruit and vegetables this morning.
D. I do, too.
8. What can I do for you?
A. You should see the dentist.
B. She does yoga every day.
C. I'm going to visit my grandma this weekend.
D. I feel tired. I don't sleep well. I have a fever.
10. Is the junk food healthy?
A. No, they don't.
B. No, it isn't.
C. Yes, it is.
D. Yes, I do.

2. Read the sentence and choose the correct advice.

1. I have a stomachache.
A. You should drink water enough.
C. You should go to the dentist.
B. You should go to the doctor.
D. You shouldn't eat lunch.
2. I have a sore throat.
A. You should eat more fruit and vegetables.
C. You should take medicine.
B. You should go to the dentist.
D. You shouldn't eat too much candy.

3. I have a toothache.

A. You should go to the dentist.

B. You should eat more fruit and vegetable.

C. You should take eye test.

D. You shouldn't drink much water.

4. I feel sick.

A. You should go to the doctor.

B. You should go to the dentist.

C. You should eat something.

D. You should eat junk food.

5. My back hurts.

A. You shouldn't drink so much soda.

B. You shouldn't sit down all day.

C. You should eat something.

D. You should go to the dentist.

6. I have a headache.

A. You should take medicine.

B. You should drink water.

C. You should watch a lot of TV.

D. You should play a lot of video games.

7. I feel weak.

A. You should eat something.

B. You should go to the dentist.

C. You should take eye test.

D. You should play soccer.

8. I have a cough.

A. You should drink much soda.

B. You should drink ice water.

C. You should take medicine.

D. You should eat more fruit and vegetables.

9. I want to lose weight.

A. You should take medicine.

B. You shouldn't eat junk food.

C. You should go to the doctor.

D. You should go to the dentist.

10. That writing is too small. I cannot read it.

A. You should go to the dentist.

B. You should eat more fruit and vegetables.

C. You should take eye test.

D. You should get some rest.

E. READING

1. Choose the correct option to complete the dialogue.

Doctor: Good morning. How can I help you?

Patient: I feel sick. I have a sore throat and I feel (1)_____.

Doctor: I see. Do you (2)_____ enough water every day?

Patient: No. I'm lazy. I drink lots of coke.

Doctor: You should drink (3)_____ every day and (4)_____ some sports.

Patient: Sometimes I eat a lot of chocolate and French fries.

Doctor: You shouldn't eat so much junk food. It's (5)_____.

Patient: OK.

Doctor: And you should (6)_____ warm and take (7)_____ medicine.

Patient: Thank you, Doctor.

Doctor: You're welcome.

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|---------------|--------------|----------|--------------|
| 1. A. strong | B. well | C. tired | D. happy |
| 2. A. eat | B. drink | C. have | D. take |
| 3. A. water | B. banana | C. fish | D. vegetable |
| 4. A. use | B. play | C. see | D. have |
| 5. A. healthy | B. unhealthy | C. sick | D. weak |
| 6. A. get | B. keep | C. is | D. are |
| 7. A. any | B. many | C. some | D. a lot |

2. Read the passage and tick True (T), False (F) or not mentioned (NM).

Nutrition

Nutrition is the process of how people get the food that is needed to grow strong and healthy. For children, good nutrition is especially important and it is necessary to eat healthy foods because kids are constantly growing. Good nutrition will lead to healthy bones and muscles. Without receiving the correct vitamins and nutrients while growing, a child will not be as tall and strong as they could be.

There are five main food groups that we should eat every day. The first food group includes grains such as breads, cereals, pasta, and rice. The second food group is dairy, including milk, cheese, yogurt, and other dairy products. Apples, oranges, grapes, bananas, and much more are a part of the third food group, fruits. Of course, vegetables is in its own food group as well. There are many vegetables available to eat including beans, broccoli, peas, carrots, corn, and others. Finally, the fifth and final food group is protein, which can be found in beef, chicken, eggs, nuts, fish, and pork.

The portion size of each food group is not the same. For example, it is recommended that a person eat slightly more vegetables and grains than fruit and protein for each meal.

Calories are a measure of the amount of energy in food items. A person's body needs to be replenished with calories to get the energy it needs to play, work, and move around. The calories get burned off during movement. But if a person eats more calories than they burn, the excess calories is stored as fat. There are also some foods that contain empty calories, meaning they have very little nutritional value such as solid fats and sugars.

There are many healthy foods that contains vitamins and minerals. For example, vitamin A is found in milk and helps keep the immune system healthy; Vitamin C is found in oranges and other vegetables, which is good for blood vessels, teeth, healing, and the brain. Vitamin D and calcium is great for healthy bones and can be found in milk. Iron is needed for the blood and is available in red meat, poultry, fish, and leafy vegetables. These are just a few of the minerals and vitamins that keep a person healthy.

- 1) Why is it most important for children to eat healthy food?
 - A. Children are smaller than adults.
 - B. They play and run more often.
 - C. Children like food better.
 - D. Children are constantly growing.
- 2) Which of the following food groups includes beef, chicken, and eggs?
 - A. Protein
 - B. Grains
 - C. Dairy
 - D. Fruits
- 3) Which of the following two food groups are needed slight more than fruit and protein?
 - A. Dairy and vegetables
 - B. Vegetables and grains
 - C. Dairy and grains
 - D. All of the above
- 4) Which of the following is the measure of energy in food?
 - A. Nutrition
 - B. Calories
 - C. Values
 - D. Percent
- 5) What happens when more calories are eaten than burned off?
 - A. Fat is stored
 - B. Fat is released
 - C. Fat is burned off
 - D. None of the above
- 6) Which of the following is good for healthy bones?
 - A. Vitamin A
 - B. Iron
 - C. Vitamin D
 - D. Vitamin C

F. WRITING

1. Reorder the words to make meaningful sentences.

1. How much / you / junk food / do / eat / every week /?
 - A. How much do junk food you eat every week?
 - B. How much junk food do you eat every week?
 - C. How much junk food you do eat every week?
 - D. How much junk food you eat do every week?

2. any / I / don't / drink / coffee /.
 - A. I don't drink coffee any.
 - B. Any coffee I don't drink.
 - C. I don't drink any coffee.
 - D. I don't any coffee drink.
3. How much / do / exercise / you / every week / do?
 - A. How much every week do you do exercise?
 - B. How much exercise do you do every week?
 - C. How much do exercise you do every week?
 - D. How much do you do exercise every week?
4. I / do / every week / a lot of / exercise /.
 - A. I do exercise a lot of every week.
 - B. I do a lot of every week exercise.
 - C. I do a lot exercise of every week.
 - D. I do a lot of exercise every week.
5. You / shouldn't / too / eat / much / sweetened food /.
 - A. You shouldn't eat too much sweetened food.
 - B. You shouldn't eat sweetened food too much.
 - C. Too much sweetened food you shouldn't eat.
 - D. You shouldn't eat much sweetened food too.
6. eat / You / should / fruit and vegetables / more /.
 - A. You should eat fruit and vegetables more.
 - B. You should eat more fruit and vegetables.
 - C. More fruit and vegetables you should eat.
 - D. You more should eat fruit and vegetables.
7. to / should / go / the dentist / You /.
 - A. You should go the dentist to.
 - B. The dentist you should go to.
 - C. You should go to the dentist.
 - D. The dentist to you should go.
8. should / You / eat / every day / properly /.
 - A. You should eat properly every day.
 - B. Properly you should eat every day.
 - C. You should eat every day properly.
 - D. You should properly eat every day.
9. I / think / should / you / get / some rest /.
 - A. I should you think get some rest.
 - B. I get you should think some rest.
 - C. I think you get should some rest.
 - D. I think you should get some rest.
10. You / seven hours / should / sleep / at least / a night /.
 - A. You should sleep seven hours a night at least.
 - B. You should sleep at least seven hours a night.

C. You should sleep a night at least seven hours.

D. You should sleep seven hours at least a night.

2. Make sentences with the given words and phrases.

1. You / not / stay up / late / .

A. You not stay up late.

B. You should stay up late.

C. You shouldn't stay up late.

D. You aren't to stay up late.

2. How much / meat / you / eat / every week /?

A. How much meat you eat every week?

B. How much meat are you eat every week?

C. How much meat do you eat every week?

D. How much meat does you eat every week?

3. How much / fruit / you / eat / yesterday /?

A. How much fruit do you eat yesterday?

B. How much fruit did you eat yesterday?

C. How much fruit you eat yesterday?

D. How much fruit are you eat yesterday?

4. He / drink / lots of / fruit juice / every week /.

A. He drink lots of fruit juice every day.

B. He is drink lots of fruit juice every day.

C. He drinks lots of fruit juice every day.

D. He does drinks lots of fruit juice every day.

5. They / not / do / much / exercise / .

A. They not do much exercise.

B. They aren't do much exercise.

C. They don't do much exercise.

D. They are not do much exercise.

6. How much / soda / Jane / drink / every week /?

A. How much soda Jane drink every week?

B. How much soda Jane drinks every week?

C. How much soda is Jane drink every week?

D. How much soda does Jane drink every week?

7. You /not / eat / so much / candy /.

A. You not eat so much candy.

B. You do not eat so much candy.

C. You shouldn't eat so much candy.

D. You are not eat so much candy.

8. You / not / sit down / all day /.

A. You not sit down all day.

B. You are not sit down all day.

C. You shouldn't sit down all day.

D. You don't sit down all day.

9. You / eat / more / fruit and vegetables / every day /.

A. You eat more fruit and vegetables on every day.

B. You should eat more fruit and vegetables every day.

C. You eat more fruit and vegetables in every day.

D. You are eat more fruit and vegetables every day.

10. you / do / exercise / every day /?

A. Are you do exercise every day?

B. Do you do exercise every day?

C. Do you do exercise on every day?

D. Are you do exercise on every day?