Trường: THCS &THPT Mỹ Thuận

Tổ :Tiếng Anh-Âm Nhạc

PRACTICE TEST

UNIT 2 :HEALTH-ENGLISH 7

I/Listening:

A/ You will hear Tom talking to his friend about his visit to the doctor. Listen and decide whether the statements are True (T) or False (F).

1. Tom had a headache yesterday morning.

2. The doctor advised Tom to stay in bed.

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

4. Tom is going to play tennis tonight.

B/ Now, listen and choose the correct answers

5.His mom says he should _____.

A. do more exercise. B. watch less TV C. eat more fruit D.eat less fruit

6. His teachers say playing sport is _____ .

A. not important B. important C. healthy D.unhealthy

7. He doesn't agree with _____ .

A. his parents B. his teachers C.his friends D. both A and B

8. He doesn't like _____ .

A. salad B. soda C. hamburgers D.pizza

II/ READING:

A/ 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 shouldn't use my phone or tablet late at night, but I always do. I find it (9) _____ to fall asleep, but I don't know why. I often miss breakfast, so I'm hungry by the morning break.

LIVEWORKSHEETS

In my school, you don't need to go far for unhealthy food. There is a vending machine with (10) _____ 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 (11) _____ 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 (12) _____ advice on how to become a better me.

9. A. difficult	B. easy	C. harder	D. healthy
10. A. much	B. a little	C. few	D. lots of
11. A. healthy	B. strong	C. weak	D. a fever
12. A. an	B. some	C. many	D. a few

KEEPING OUR TEETH HEALTHY

It's very important to have healthy teeth. Good teeth help us chew our food. They also help us look nice. How does a tooth go bad? The decay begins in a little crack in the enamel covering of the tooth. This happens after germs and bits of food have been collected there. Then the decay slowly spreads inside the tooth. Eventually, poison goes into the blood, and we may feel quite ill.

How can we keep our teeth healthy? First, we ought to visit the dentist twice a year. He can fill the small holes in our teeth before they destroy the teeth. He can examine our teeth to check that they are growing in the right way.

Secondly, we should brush our teeth with a toothbrush and fluoride toothpaste at least twice a day, once after breakfast and once before we go to bed. We can also use wooden toothpicks to clean between our teeth after a meal.

Thirdly, we should eat food that is good for our teeth and our body: milk, cheese, fish, brown bread, potatoes, red rice, raw vegetables, and fresh fruits. Chocolates, sweets, biscuits and cakes are bad, especially when we eat them between meals. They are harmful because they stick to our teeth and cause decay.

13. *When food and germs collect food in a small crack, our teeth*_____.

A. become hard	B. send poison into the blood
C. begin to decay	D. make us feel quite ill

14. A lot of people visit the dentist only when_____.

LIVEWORKSHEETS

A. their teeth grow properly

B. they have toothache

C. they have holes in their teeth

D. they have brush their teeth

15. we ought to clean our teeth_____.

A. once a day

B. at least twice a day

C. between meals

D. before breakfast

16. We shouldn't eat too much_____.

A. red meat

B. fresh fruit

C. fish

D. chocolate

III. PRONUNCIATION, VOCABULAY, GRAMMAR

* ***Choose the word whose underlined part is pronounced differently:***

17A. ice cream B. medicine C. vitamin D. lifestyle

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

18.A. advice B. fever C. soda D. burger

19. It's a good idea to eat_____ like carrots and onions, with meat and fish.

A. vegatables B. fruit C. healthy D. fast food

20. I feel tired. You should _____ a rest and sleep enough.

A. to take B. taking C. take D.took

21. I try to get at least eight hours of _____ every night.

A. get B. take C.have D.sleep

22. How much exercise_____ your brother do every week ?

A. do B. does C. did D.don't

23. You should wear a thick jacket and scarf to _____ in winter.

LIVEWORKSHEETS

A. keep warm B. feel weak C. take vitamins D. take medicine

24. My grandma has _____ good books about food and cooking.

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

IV/ WRITING

A/ Find a mistake in each sentence below

25.I am putting on weight. You should doing more exercise.

A B C D

26.Many teens stay in late to do homework or watch TV.

A B C D

B/*Rewrite the following sentences without changing their meaning:*

27.There is no milk in the refrigerator.

→ We don't have ……..

28. Eating fruit and vegetables is healthy.

→ It is …….

C/*Use the given words or phrases to make complete sentences:*

29.Eating fruit /vegetables /healthy.

……..

30.How/ beer /your father /drink every week?

……..

LIVEWORKSHEETS