

**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.

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\_\_\_\_\_.

- 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. viitamin                      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.

- 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?

.....