



**Grade 7**  
**Unit 2: Health**  
**Minitest 3**

Name: .....

Mark: .....

**I. Find the word which has a different sound in the underlined part**

1. A. leaf B. life C. knife D. of  
2. A. paragraph B. cough C. although D. enough

**II. Choose the best answer A, B, C, or D**

1. You can avoid some diseases by ..... yourself clean.  
A. keeping B. taking C. looking D. bringing
2. The Japanese eat a lot of fish instead of meat ..... they stay more healthy.  
A. but B. because C. although D. so
3. Rob eats a lot of fast food and he ..... on a lot of weight.  
A. takes B. puts C. spends D. brings
4. We need to spend less time ..... computer games.  
A. play B. to play C. playing D. to playing
5. Do more exercise ..... eat more fruit and vegetables.  
A. but B. or C. and D. so
6. Watching too much television is not good ..... you or your eyes.  
A. with B. to C. at D. for
7. When you have a flu, you may have a cough and a ..... nose.  
A. runny B. running C. flowing D. noisy
8. When you have a temperature, you should drink ..... water.  
A. most B. more C. most D. less
9. I forgot to wear a sun hat today and I got a .....  
A. stomachache B. earache C. backache D. headache
10. We should play sports or do exercise in order to stay in .....  
A. look B. shape C. fit D. health
11. Don't eat that type of fish: you may have an .....  
A. sick B. sore C. energy D. allergy
12. Eating a lot of junk food may lead to your .....  
A. obesity B. fitness C. pain D. stomachache



13. Have a healthy ..... and you can enjoy your life.

- A. lives                      B. lifestyle                      C. lifeline                      D. lively

**III. Choose the sentence that shares the same meaning with the given one**

**1. I have a terrible headache. I want to visit my doctor.**

- A. I have a terrible headache, but I want to visit my doctor.  
B. I have a terrible headache, so I want to visit my doctor.  
C. I have a terrible headache, and I want to visit my doctor.  
D. Because I have a terrible headache, so I want to visit my doctor.

**2. She felt so tired and sleepy. She couldn't sleep.**

- A. Because she felt so tired and sleepy, she couldn't sleep.  
B. She felt so tired and sleepy, so she couldn't sleep.  
C. If she felt so tired and sleepy, she couldn't sleep.  
D. She felt so tired and sleepy, but she couldn't sleep.

**3. The patient needs a special treatment. Her health condition is getting worse.**

- A. The patient needs a special treatment, because her health condition is getting worse.  
B. The patient needs a special treatment, or her health condition is getting worse.  
C. The patient needs a special treatment because her health condition is getting worse.  
D. The patient needs a special treatment; however, her health condition is getting worse.

**4. My mother should have a healthy diet. She needs to do regular exercise, too.**

- A. My mother should have a healthy diet and do regular exercise.  
B. My mother needs to do regular exercise, but she shouldn't have a healthy diet.  
C. My mother should have a healthy diet, or she needs to do regular exercise, too.  
D. Although My mother should have a healthy diet, she needs to do regular exercise, too.

**5. You need to take some pain-killers. You can visit the doctor if you want.**

- A. You need to take some pain-killers, or you can visit the doctor if you want.  
B. You need to take some pain-killers although you can visit the doctor if you want.  
C. You need to take some pain-killers, so you can visit the doctor if you want.  
D. Because You need to take some pain-killers, you can visit the doctor if you want.