

REVISION FOR THE MID TERM TEST ENGLISH 7

Choose the correct answer A, B, C or D to fill each blank in the following passage.

Heart disease kills more people in Britain than any other disease, including cancer. One adult dies every three minutes from heart disease. It is (1) _____ common in men than women. Age is also important. 80% of people who die of heart attacks are 65 or older. But there are many things you can do (2) _____ your heart. Here are our top (3) _____ for a healthy heart!

- Do more exercise. Regular exercise is very good (4) _____ your heart.
- Don't eat a lot of (5) _____. We only need about 1g of salt a day. Most people eat about 6g!
- Eat more fruit and vegetables (at least five portions a day).
- Don't drink a lot of alcohol, but a glass of red wine every day can be good for your heart.
- Lose some weight.

- | | | | |
|------------|------------|------------|-------------|
| 1.A. many | B. much | C. more | D. a lot of |
| 2.A. help | B. to help | C. helping | D. helps |
| 3.A. parts | B. roles | C. tips | D. films |
| 4.A. on | B. at | C. with | D. for |
| 5.A. salt | B. sugar | C. flour | D. wine |

Read the passage, and then choose the correct answer.

Each country has many good people who take care of others. For example, some of students in the United States often spend many hours as volunteers in hospitals, orphanages or homes for the elderly. They read books to the people in these places, or they just visit them and play games with them or listen to their problems.

Other young volunteers go and work in the homes of people who are sick or old. They paint, clean up, or repair their houses, do the shopping. For boys who don't have fathers, there is an organization called Big Brothers. College students and other men take these boys to basketball games or on fishing trips and help them to get to know things those boys usually learn from their fathers.

Each city has a number of clubs where boys and girls can go and play games. Some of these clubs show movies or hold short trip to the mountains, the beaches, museums, or other places of interest. Most of these clubs use a lot of students as volunteers because they are young enough to understand the problems of younger boys and girls.

6. What do volunteers usually do to help those who are sick or old in their homes?

- A. They do the shopping, and repair or clean up their house.
- B. They tell them stories and sing dance for them.
- C. They cool, sew, and wash their clothes.
- D. They take them to basketball games.

7. What do they help boys whose fathers do not live with them?

- A. To learn things about their fathers.
- B. To get to know thing about their fathers.
- C. To get to know things that boys want from their fathers.
- D. To learn things that boys usually learn from their fathers.

8. Which activities are NOT available for the students at the clubs?

- A. playing games B. learning photography
- C. going to interest places D. watching films

9. Why do they use many students as volunteers? – Because _____.

- A. They can understand the problems of younger boys and girls.
- B. They have a lot of free time.
- C. They know how to do the work.
- D. They are good at playing games and learning new things.

10. Where don't students often do volunteer work?

- A. hospitals B. orphanages C. clubs D. home for the elderly

11. A. find B. famous C. of D. fish
12. A. looked B. kissed C. called D. stopped
13. My sister enjoys _____ sports. She plays a lot of tennis and badminton in her free time.
A. play B. to playing C. playing D. played
14. _____ We often read the instructions carefully to make _____ of the things we like best.
A. meanings B. models C. copies D. uses
15. _____ is good for our eyes.
A. Alcohol B. Vitamin A C. Vitamin D D. Fast food
16. She exercises regularly to keep _____.
A. fit B. clean C. tidy D. unhealthy
17. I like _____ activities such as planting trees and cleaning in the park.
A. sport B. indoor C. tutor D. community
18. His uncle _____ a new house 5 years ago.
A. buy B. buys C. bought D. buying
19. When children take care of their pets, they learn how to take on _____.
A. happiness B. responsibility C. maturity D. hobby
20. Choose the word(s) **CLOSEST** in meaning to the underline words in each of the following words:
We pick up **garbage** at the local park every Sunday.
A. litter B. paper C. tree D. textbook
21. We _____ hundreds of old books and clothes for street children last month.
A. collected B. read C. are collecting D. are reading

22. Circle A, B, C or D to find one mistake that needs correcting:

Our friends like build dollhouses very much.

A B C D

23. My aunt _____ yoga every day to keep fit.

A. plays B. makes C. goes D. does

24. Children should eat _____ food like fruit or vegetables instead of fast food.

A. health B. unhealth C. unhealthy D. healthy