

FRIENDS PLUS 7

SECOND-MIDTERM TEST

TEST 2

MARK

Name: _____

Date: ____/____/____

Time: _____ To: _____

Mark the letter A, B, C or D on your answer sheet to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

1. A. astronaut B. minute C. second D. instruct
2. A. scrambled B. practice C. follow D. contain

Mark the letter A, B, C or D on your answer sheet to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

3. A. failed B. passed C. touched D. picked
4. A. end B. programmer C. society D. player

Choose the word / phrase (A, B, C or D) that best fits the space in each sentence.

5. A healthy diet should provide all your essential _____.
A. actress B. minutes C. diet D. nutrients
6. By four o'clock I was really _____.
A. practical B. hungry C. competitive D. friendly
7. Whose _____ idea was it to travel at night?
A. friendly B. bossy C. physical D. stupid
8. _____ apples are there in the basket? – ten
A. How far B. How many C. How much D. How high
9. The cheetah is known for being _____ land animal.
A. faster B. more fast C. the fastest D. fast
10. She _____ if she studies for the exam.
A. will pass B. pass C. would pass D. passes
11. Students _____ complete their assignments on time.
A. must B. should C. can D. could
12. They _____ a delicious meal last night.
A. cook B. cooked C. cooks D. cooking
13. Speaker A: "Do you mind if I open the window? It's a bit stuffy in here." Speaker B: " _____ "
A. No, go ahead. B. Yes, I do mind.
C. It won't make a difference. D. I'm not sure.
14. Speaker A: "I think we should start the meeting at 2 PM." Speaker B: " _____ "

- A. Don't be afraid to say what you think
- C. Don't be late.

- B. No, let's make it later.
- D. Yeah, let's not do that.

Read the passage and decide if the statements are True or false. Choose the correct answers for the last 2 questions.

Eating nutritious meals is crucial for bodybuilders to support their intense workout routines and muscle development. A typical meal for a bodybuilder includes a balanced mix of protein, carbohydrates, and healthy fats. Lean proteins like chicken, fish, and tofu provide essential amino acids, aiding muscle repair. Complex carbohydrates from brown rice or sweet potatoes supply energy for workouts, while healthy fats from avocados or nuts contribute to overall well-being. It's essential to consume multiple small meals throughout the day to maintain a steady nutrient supply. Proper nutrition plays a vital role in maximizing the benefits of a rigorous bodybuilding regimen.

- 15. Bodybuilders primarily focus on consuming carbohydrates to build muscle. _____
- 16. Eating multiple small meals throughout the day is recommended for bodybuilders. _____
- 17. Lean proteins like chicken and fish are essential for muscle repair in bodybuilders. _____
- 18. Healthy fats, such as those from avocados, play a minor role in a bodybuilder's diet. _____
- 19. Which of the following is a recommended protein source for bodybuilders?
 A. Pasta B. Tofu C. White bread D. Candy
- 20. What is the suggested approach to meal frequency for bodybuilders?
 A. One large meal a day B. Two moderate meals a day
 C. Multiple small meals throughout the day D. Skipping meals regularly

Choose the word (A, B, C or D) that best fits the blank space in the following passage.

William James Sidis was a child prodigy born in 1898. He had an [21] _____ intellect, with an estimated IQ [22] _____ 250 and 300. Sidis spoke multiple [23] _____ and entered Harvard University at age 11. Despite his brilliance, he faced [24] _____ and withdrew from public life. Sidis spent his later years [25] _____ on various subjects, showcasing the complexities of a unique mind that [26] _____ many during his early life.

- 21. A. except B. exception C. exceptional D. exceptionally
- 22. A. among B. between C. from D. at
- 23. A. languages B. batteries C. directions D. articles
- 24. A. advertisements B. challenges C. qualities D. contestants
- 25. A. write B. to write C. writing D. to writing
- 26. A. captivate B. captivated C. captivates D. captivating

Supply the correct form of the word given in each sentence.

27. The _____ floated weightlessly in space, gazing at the stars. [ASTRONOMY]

28. The view from the mountain top was _____. [INCREDBLY]
29. The old house on the hill has a _____ atmosphere. [MYSTERY]
30. She was very happy because her hard work and dedication made her project _____. [SUCCEED]
31. The _____ performed brilliantly on the stage last night. [ACT]
32. The journey takes _____ two hours by train. [APPROXIMATE]

Rearrange the groups of words in a correct order to make complete sentences.

33. survival show/ Two teams of/ in Steve Grant's new/ three people will/ jungle adventure/ face a sixteen-day/./

=> Two teams of _____

34. Desert challenge/ for/ is a/ survival course/ tough desert/ over-thirteen-year-olds/./

=> Desert challenge _____

Rewrite each of the following sentences in another way so that it means almost the same as the sentence printed before it.

35. The coffee is not as hot as the tea.

=> The tea _____

36. How far is it from your house to school?

=> What _____?

37. Eat your vegetables or you will not get dessert.

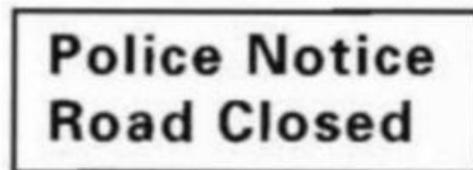
=> If _____

38. She should visit the doctor if her symptoms persist.

=> She ought _____

Look at the sign/picture. Choose the best answer (A, B, C or D) for each sign.

39. A. You can't drive this way.
 B. You are allowed to drive this way.
 C. You are not banned to drive this way.
 D. You are permitted to drive this way.



40. A. You can shop here 7 days a week.
 B. You can shop here 6 days a week.
 C. You can shop here everyday.
 D. You can shop here on Mondays.

