Healthy body,
Happy mind!

Tiếng Anh 7 Global Success
Unit 2: HEALTHY LIVING
Lesson 3 (Đọc hiểu)

Live healthy,
Live better!



Read the following passage and write T (true) or F (false) for each statement.

How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting, and sunbathing all use about 60 calories an hour. Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving, and washing up. Light activities which use between 100 and 200 calories an hour are walking, doing homework, shopping and skating. Energetic activities use 200–400 calories. Those activities include horse riding, cycling, swimming, skipping, and dancing. Finally, there are strenuous activities that use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden, and playing football.

1	Horse riding uses the most amount of calories.	T ☐	F ☐
2	Reading uses as many calories as writing.	T ☐	F ☐
3	The calories we burn for eating and washing up are the same.	T ☐	F ☐
4	Walking is a very light activity.	T ☐	F ☐
5	Sunbathing uses more calories than driving.	T ☐	F ☐
6	When we are resting, we don't burn calories.	T ☐	F ☐
7	Having a shower uses only 100 calories an hour.	T ☐	F ☐
8	Cycling and dancing use the same amount of calories.	T ☐	F ☐
9	Playing football uses fewer calories than swimming.	T ☐	F ☐
10	The amount of calories we use an hour depends on the activity we do.	T ☐	F ☐



Small changes,
BIG results!

Be healthy
Be happy
Be you!

LIVEWORKSHEETS