NAME:..... G7.2026.U2.TEST 1-MARKS:.....

1 Match the words with their Vietnamese meanings

Vocabulary	Meaning
1. sunburn	a. tránh
2. cycling	b. hoạt động ngoài trời
3. lip balm	c. cháy nắng
4. chapped lips	d. tình trạng da
5. dim light	e. đạp xe
6. skin condition	f. khỏe mạnh
7. fit	g. ảnh hưởng
8. avoid	h. son dưỡng môi
9. affect	i. môi nứt nẻ
10. outdoor activities	j. ánh sáng mờ



2 Fill in the blanks with the correct words

Word bank: exercise, healthy, sunburn, suncream, vegetables, soft drinks, chapped, acne

1. You should wear a hat and use _____ when you go out in the sun.
2. _____ affects about 80% of young people between 12 and 30.
3. Eating more fruit and _____ is good for your health.
4. _____ are not good for your teeth and health.
5. My lips are _____ because of the cold weather.
6. We need to _____ every day to keep fit.
7. If you spend too much time in the sun, you might get _____.
8. A _____ diet includes lots of fresh food and water.

3 Complete the collocations

1. vegetables (coloured/colored/white) .....
2. drinks (hard/soft/strong) .....
3. food (quick/fast/speed) .....
4. condition (skin/face/body) .....
5. outdoor (action/exercise/activities) .....
6. red (dots/spots/points) .....



LIVEWORKSHEETS

4 Circle the word with a different sound

1	A. food	B. vitamin	C. fit	D. fruit
2	A. active	B. affect	C. vegetable	D. avoid
3	A. breakfast	B. fresh	C. have	D. fat
4	A. very	B. favourite	C. live	D. level






7 Tick (✓) the simple sentences

A simple sentence has one subject and one verb.

1. I like vegetables, but my brother doesn't. ☐
2. We should eat healthy food. ☐
3. She goes jogging every morning. ☐
4. He is tired, so he goes to bed early. ☐
5. My family often goes cycling on weekends. ☐
6. Wash your hands before meals. ☐



8 Rearrange the words to make simple sentences



1. a lot of / My family / vegetables / eats / .

.....



2. every day / should / You / exercise / .

.....



3. affects / Acne / many teenagers / .

.....



4. drink / I / never / soft drinks / .

.....



5. keeps / Cycling / us / fit / .

.....

10 KHOANH TRÒN TỪ CÓ ÂM KHÁC

1	A. food	B. foot	C. tooth	D. good
2	A. vitamin	B. active	C. avoid	D. calorie
3	A. fit	B. fish	C. five	D. finger
4	A. fever	B. very	C. every	D. exercise



LIVEWORKSHEETS