NAME:..... G7.2026.U2.TEST 4-MARKS:.....

1 Match the words with the pictures.

1. soft drink
2. sunburn
3. vitamin
4. coloured vegetables
5. fit
6. vegetarian
7. exercising
8. skin condition
9. fast food
10. dim light


1. ____


2. ____



3. ____


4. ____


5. ____


6. ____


7. ____


8. ____


9. ____


10. ____

2 Choose the correct word.

1. My sister ..... a lot of water every day.
   A. drinks B. drink C. drinking
2. We shouldn't ..... too much fast food.
   A. eat B. to eat C. eating
3. Exercising ..... keep you fit.
   A. helps B. help C. helping
4. Too much sun can cause ..... .
   A. sunburn B. vitamin C. soft drink
5. I prefer ..... food.
   A. vegetarian B. fast C. coloured

3 Complete the sentences with the words in the box.

skin condition	soft drink	coloured vegetables	fit
sunburn	vitamin	exercising	vegetarian

1. I try to eat more ..... to stay healthy.
2. Too much sun can cause ..... .
3. Drinking a lot of ..... is not good for your health.
4. Regular ..... helps me keep ..... .
5. A healthy diet with enough ..... can improve your health.

Good Habits Brighter Days!

5 Circle the odd one out.

1	soft drink	juice	water	carrot
2	sunburn	exercise	vitamin	fit
3	pizza	burger	fast food	apple
4	vegetarian	vegetables	fruit	chicken
5	acne	pimples	skin condition	tomato



LIVEWORKSHEETS

1 Match the words with the pictures. (Nối từ với tranh)

Tomorrow!



1. .....
2. .....
3. .....
4. .....
5. .....
6. .....
7. .....
8. .....

2 Fill in the blanks with the words from the box. (Điền từ vào chỗ trống)

affects	avoid	tips
enough sleep	fast food	special soap

1. Acne _____ many young people.
2. We should _____ junk food.
3. Here are some _____ for healthy skin.
4. Go to bed early and get _____.
5. Wash your face with _____.
6. Eating less _____ is good for your health.

3 Choose the correct word. (Chọn từ đúng)

Healthy Skin Happy You!

1. Acne is a _____.
   A. skin condition B. fruit C. drink
2. We should eat more _____.
   A. soap B. vegetables C. spots
3. Don't _____ your spots.
   A. pop B. sleep C. wash
4. Too much junk food is not _____.
   A. healthy B. early C. enough

4 Unscramble the words. (Sắp xếp chữ cái)

1. cnea → _____
2. aftfce s → _____
3. aiodv → _____
4. sipt → _____
5. jnuk doof → _____
6. spceial paos → _____

You Can Do It!

5 Make meaningful sentences. (Sắp xếp từ thành câu)

1. acne / is / a / skin condition
   _____
2. we / should / avoid / junk food
   _____
3. we / need / enough sleep
   _____
4. don't / touch / your / spots
   _____
5. eat / more / fruit and vegetables

Great Job!



LIVEWORKSHEETS