ĐỀ CƯƠNG ÔN TẬP GIỮA HỌC KÌ 1

MÔN TIẾNG ANH LỚP 7 NĂM HỌC 2026 - 2027

Exercise 1: Mark the letter A, B, C or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. stayed	**B.** listened	**C.** played	**D.** stopped
2. A. service	**B.** expert	**C.** sunburn	**D.** shelter
3. A. why	**B.** who	**C.** when	**D.** where
4. A. fast	**B.** find	**C.** before	**D.** of
5. A. provided	**B.** watched	**C.** finished	**D.** stopped
6. A. laugh	**B.** rough	**C.** though	**D.** tough
7. A. son	**B.** come	**C.** some	**D.** open
8. A. across	**B.** about	**C.** away	**D.** apple
9. A. meat	**B.** reading	**C.** bread	**D.** seat
10. A. donated	**B.** provided	**C.** changed	**D.** flooded
11. A. works	**B.** plays	**C.** wants	**D.** stops
12. A. followed	**B.** reduced	**C.** helped	**D.** worked
13. A. school	**B.** chair	**C.** chess	**D.** chat
14. A. labour	**B.** neighbour	**C.** colour	**D.** pour
15. A. loved	**B.** needed	**C.** provided	**D.** wanted

Exercise 2: Mark the letter A, B, C or D to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

1. A. donate	**B.** insect	**C.** patient	**D.** easy
2. A. popular	**B.** gardening	**C.** volunteer	**D.** vitamin
3. A. soybean	**B.** collect	**C.** sunburn	**D.** jogging
4. A. cardboard	**B.** indoor	**C.** homeless	**D.** disease
5. A. elderly	**B.** benefit	**C.** orphanage	**D.** unusual
6. A. divide	**B.** begin	**C.** hobby	**D.** belong
7. A. common	**B.** action	**C.** model	**D.** upstairs
8. A. product	**B.** soybean	**C.** outdoors	**D.** sleepy
9. A. centre	**B.** early	**C.** avoid	**D.** dirty
10. A. homeless	**B.** litter	**C.** receive	**D.** water

Exercise 3: Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

1. The last time I _____ Jefferson was Wednesday afternoon.
A. seen **B.** see **C.** saw **D.** sees

2. COVID-19 is a dangerous _____.
A. health **B.** activity **C.** disease **D.** habit

3. Emma went home, _____ her clothes and cleaned the floor.
A. washing **B.** washes **C.** washed **D.** wash

4. What kind of music does your brother enjoy _____ to?
A. listen **B.** listening **C.** listens **D.** listened

5. When you grow your own fruits and vegetables, you get all the fun of _____.
A. gardening **B.** riding **C.** cooking **D.** swimming

6. You should see the _____ when you are sick.
A. engineer **B.** vegetarian **C.** doctor **D.** teacher

7. I often listen to music or draw to reduce _____.
A. headache **B.** pimple **C.** stomachache **D.** stress

8. My brother frequently makes models of cars _____ relax in his free time.
A. about **B.** on **C.** to **D.** in

9. My mum enjoys _____. She spends all her free time in the garden.
A. gardening **B.** walking **C.** jogging **D.** cooking

10. If our programme is good for others, _____ us?
A. do you help **B.** did you help **C.** will you help **D.** are you helping

11. The earth _____ round the sun.

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A. move **B.** moving **C.** moves **D.** to move

12. They like _____ English with native speaker.
A. learning **B.** learn **C.** learns **D.** learned

13. My father _____ me happy and comfortable.
A. make always **B.** always make **C.** always makes **D.** always making

14. Children enjoy _____ football.
A. playing **B.** play **C.** played **D.** to play

15. Mr. Cuong _____ to New Zealand to visit my wife next week.
A. will travel **B.** travels **C.** travelling **D.** to travel

16. Sandra _____ learning Spanish language in her free time.
A. takes up **B.** takes part in **C.** takes off **D.** takes on

17. You should _____ eating too much fast food.
A. spend **B.** take up **C.** avoid **D.** love

18. The community job will provide you _____ invaluable experience.
A. with **B.** for **C.** about **D.** from

19. You can get social _____ from doing volunteer work.
A. media **B.** languages **C.** skills **D.** clubs

20. The documentary on VTV2 today is _____ from the one yesterday.
A. differ **B.** difference **C.** differences **D.** different

21. To make a pie, you need 300 ml of milk, 120 ml of water and 500 _____ of flour.
A. kilos **B.** grams **C.** millilitres **D.** liters

22. Playing soccer is a common hobby _____ kids in my town.
A. from **B.** between **C.** about **D.** among

23. I take up gardening as a hobby because I enjoy planting flowers and _____.
A. vegetables **B.** vegetarianism **C.** vegetable **D.** vegetarian

24. You can choose to go cycling _____ go swimming with me.
A. and **B.** but **C.** or **D.** so

25. She always welcomes me with a _____ and a handshake.
A. mouth **B.** smile **C.** lip **D.** smiles

26. I participated in voluntary work to help the local _____ last summer.
A. official **B.** communal **C.** community **D.** office

27. The local authorities should provide shelter and housing for _____ people.
A. homeless **B.** elderly **C.** wealthy **D.** happy

28. Have you got a lip balm? My lips are _____.
A. dry **B.** dark **C.** red **D.** chapped

29. He first made his name as a writer of children's books _____ 2017.
A. since **B.** in **C.** on **D.** for

30. My grandma volunteered as a nurse in the_____ in 1940.
A. bank **B.** hospital **C.** library **D.** restaurant

Exercise 4: Choose the word or phrase (A, B, C, or D) that best completes each of the following exchanges.

1. **- Mai:** What's your hobby, Lan? **- Lan:** "_____"

A. I love books B. Reading story books

C. I'm reading The Trumpet D. I do it every day

2. **- Tom:** Do you like sport? **- Jack:** "_____"

A. Yes, I'd love to. B. Yes, I do

C. No, I don't like football D. My favourite one is cycling

3. "How many hours do we need to sleep a day? "_____"

A. Sleep as much as possible. B. 8 to 10 hours.

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C. A lot of sleep. D. Sleep well!

4. "My eyes are tired." "_____"

A. Let's go to the dentist. B. Thank you.

C. You shouldn't read in dim light. D. You are welcome

5. "Why do you want to join this volunteer work?"

A. I don't want to help other people. B. I want to waste my time.

C. I want to help the elderly. D. I want to improve my marks.

6. "I'm doing some voluntary work at the local hospital."

A. You are so busy! B. You are so kind! C. You are so smart! D. You are so bad!

Exercise 5: Choose the correct answer (A, B, C, or D) to arrange the following sentences into a meaningful conversation.

1.a. Brian: Not really. I prefer classical music, it's very relaxing.

b. Ally: Do you like listening to pop music, Brian?

c. Ally: Oh, I find classical music a bit boring. I like pop because it makes me want to dance!

A. a-b-c B. b-a-c C. b-c-a D. c-a-b

2.a. Brian: Oh, you mean the man with the red car? Yes, he's obese.

b. Ally: I hope he's healthy.

c. Ally: I saw a new neighbor today. He looks quite big.

A. a-b-c B. c-a-b C. b-c-a D. a-c-b

3.a. Brian: That's a wonderful idea! They always need help.

b. Ally: I hope I can make a difference for the children there.

c. Ally: I'm thinking of volunteering at the local orphanage.

A. a-b-c B. a-c-b C. b-c-a D. c-a-b

4.a. Brian: Yes, it's a difficult situation for them. Many don't have homes or schools.

b. Ally: That's a good idea. I'll look for some clothes to give.

c. Ally: I saw some homeless children near the market today. It made me sad.

d. Brian: We could donate old clothes or books to local charities. They help children in need.

e. Ally: Is there anything we can do to help them?

A. c-a-e-d-b B. a-c-e-d-b C. c-e-a-d-b D. e-c-a-d-b

Exercise 6: Read the following passage and mark the letter A, B, C or D to indicate option that best fits each numbered blank.

❶ Headache is a very common disease. The symptoms **(1)**_____ a headache are various. People may **(2)**_____ pains only one side of the head. Sometimes when the pain goes away, the head is sore. People have a headache **(3)**_____ they work too hard or they are too nervous about something. **(4)**_____ can help cure the disease but people usually have to do more than taking tablets. They can prevent headaches by changing their diets or their **(5)**_____ or simply by going to bed.

1. A. on **B.** in **C.** of **D.** at

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2. A. be	**B.** have	**C.** happen	**D.** take
3. A. when	**B.** but	**C.** so	**D.** and
4. A. Medicine	**B.** Doctor	**C.** Sport	**D.** Fruit
5. A. life	**B.** lifestyles	**C.** hobbies	**D.** Working

❷ Breakfast is the (1) _____ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) _____ and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (3) _____ to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4) _____ weight if you eat in the morning rather than later in the day. Dividing the day's calories (5) _____ three meals helps take-off weight more efficiently than skipping breakfast and having two larger meals a day does.

1. A. healthy	B. tasty	C. main	D. most
2. A. strength	B. power	C. energy	D. effort
3. A. able	B. enable	C. unable	D. capable
4. A. lose	B. put	C. gain	D. drop
5. A. in	B. into	C. up	D. for

❸I am very fond of being a volunteer because of many reasons. I feel satisfied that I will not waste my time and can help those (1)_____ are in need. Voluntary work offers young people a lot of precious opportunities to increase independence and build the ability to deal (2)_____ challenges in different situations. Moreover, it is an ideal way to have better career development. We can (3)_____ a lot of useful life skills through volunteering such as teamwork, problem-solving and time-management. Volunteering gives people free chances to try out new fields in order for us (4)_____ the most appropriate future jobs. In addition, it helps to broaden our relationship by making new friends (5)_____ we join various activities of clubs or organisations.

1. A. who	B. which	C. that	D. where
2. A. for	B. about	C. with	D. on
3. A. give	B. gain	C. grow	D. guide
4. A. find	B. finding	C. to finding	D. to find
5. A. when	B. because	C. although	D. after

Exercise 7: Read the following passage and mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

❶ Stamp collecting is an interesting hobby. You can learn many things, such as the geography of a country from stamps. Postal stamps are a source of interesting facts and important dates about every country in the world. It makes stamp collecting become very **popular**.

As you look at the pages of a stamp album, you can learn interesting details of foreign customs, arts, literature, history and culture. **Their** colours can make you feel relaxed and happy.

Collecting stamps can become a business. If you are lucky in finding a special stamp, it will bring you some money besides knowledge and pleasure.

1. What can be the best title for the passage?

A. The History of Stamps B. The Benefits of Stamp Collecting

C. How to Collect Stamps D. Dangerous Hobbies

2. The word "**popular**" in line 3 is closest in meaning to _____.

A. expensive B. well-liked C. difficult D. boring

3. The word "**Their**" in line 5 refers to _____.A. pages B. facts C. stamps D. customs

4. Which of the following is NOT true according to the passage?

A. You can learn geography from stamps. B. Stamps can teach you about different cultures.

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C. Collecting stamps can sometimes earn you money. D. All stamps are very old and rare.

5. Which of the following can be inferred from the passage?

A. Stamp collecting is only for old people. B. Stamps are always brightly colored.

C. You can gain knowledge and enjoyment from collecting stamps.

D. It is impossible to make money from stamp collecting.

❷ A healthy lifestyle can help maintain weight. It can also prevent heart diseases and high blood pressure. By eating better and being more active, you can be healthy and happy. Here are some tips for you to do so.

* Start the day with a good breakfast. It **refuels** the body and provides energy for the day.
* Take time eating, and chew slowly. It takes 20 minutes for the brain to tell the body that you are full.
* Serve food in small portions.
* Do housework. For example, you can dust, vacuum, garden, or walk the dog. These activities are good ways to burn calories.
* Limit TV, computer, and video game time to less than two hours per day. Encourage physical activities instead.
* It is important to create healthy habits as early as possible. **These** will help you make smart choices for your health.

1. What is the main purpose of the passage?

A. How to Study Effectively **B.** Tips for a Healthy Lifestyle
C. The Importance of Sleeping Well **D.** Ways to Save Time Every Day

2. What is one benefit of starting the day with a good breakfast?

A. It helps you sleep better. **B.** It refuels the body and gives energy.
C. It prevents you from feeling thirsty. **D.** It makes food taste better.

3. What is the word "**refuels**" in line 3 closest in meaning to _____.

A. lets the body relax **B.** gives the body more nutrients
C. gives the body power **D.** provides better body shape

4. Which of the following activities is mentioned as a way to burn calories?

A. Reading books **B.** Gardening **C.** Watching TV **D.** Playing video games

5. What does the word "**These**" in the last sentence refer to?

A. Physical activities **B.** Healthy habits **C.** Physical education **D.** Healthy choices

❸ In 2010, I arrived in Nairobi with a group of other volunteers. We were supposed to work in an orphanage there, but there were already enough staff and volunteering felt a little unnecessary. I asked to be moved to a different project, and went to an orphanage in a small village not far from Mombasa. There wasn't any work for us to do there either, apart from playing with the children and helping them with their homework. The orphanage was set up in individual houses, each with its own "mother" who would look after the children, cook, clean and help with homework. I felt useless, so I asked for a different project again.

Along with two other volunteers, I started to work at another place not far from our **homestay**. We volunteered our time by teaching English and Maths and helping out at lunchtime. The children were very excited by three white girls coming to visit **them** - we must have been more of a distraction than anything else!

1. Why did the volunteer feel that working at the first orphanage in Nairobi was unnecessary?

A. Because there were too many children. **B.** Because there were already enough staff.
C. Because the orphanage did not accept volunteers. **D.** Because the children were not friendly.

2. What kind of work did the volunteer do at the orphanage near Mombasa?

A. Cooking meals for the children. **B.** Repairing the houses.
C. Playing with the children and helping with homework. **D.** Teaching English and Maths.

3. The word "**homestay**" in the second paragraph is closest in meaning to _____.

A. A hotel where tourists stay. **B.** A house where volunteers live with a local family.
C. A classroom for students. **D.** An orphanage for children.

4. The word "**them**" in paragraph 2, line 2 refers to _____.

A. the three white girls **B.** the homestay staff **C.** the children **D.** other volunteers

5. Which of the following is NOT true according to the passage?

A. The first orphanage had a shortage of staff. **B.** The author taught English and Maths at the final project.
C. The author first volunteered in Nairobi. **D.** The orphanage in the small village had its own "mothers" for the children.

Exercise 8 : Circle the underlined part (A, B, C, or D) that needs correction in each ofthe following sentences.

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1.My brother enjoy (A) collecting (B) stamps and reading (C) books in his free time (D).

2.Last week, we clean (A) up the school yard and p lanted (B) some (C) new flowers (D).

3.She usually go (A) to school by (B) bike, but yesterday she walked (C) with her friends (D).

4.Don't spend (A) too much time on (B) video games or (C) you will get acne (D).

5.They donate (A) a lot ofwarm clothes (B) to poor children (C) last winter (D).

6.My father loves watch (A) football matches on (B) TV every (C) Sunday evening (D).

7.You shouldn't (A) drink much (B) water because it is very (C) healthy (D).

8.We started (A) cleaning the lake (B) two hours ago (C) and finish (D) it now.

9.Lan hate (A) eating (B) fast food because it is (C) bad for her health (D).

10.Did you visited (A) the nursing home (B) with your class (C) last month (D)?

Exercise 9: Rewrite the sentences, so that their meaning stays the same, using the beginning given for each.

1. What food do you like most?
→ What's ..... _____

2. Tam's hobby is reading book.
→ Tam likes..... _____

3. I walked in the sun so long, so I got sunburn.
→ I got sunburn ..... _____

4. Anna doesn't eat much in order not to be overweight.
→ Anna doesn't eat much because ..... _____

5. Your father has a very big collection of paintings.
→ What ..... _____

6. Can you share some money for the homeless, please?
→ Please ..... _____

7. I spent two hours writting this essay.
→ It took ..... _____

8. Jefferson is intelligent than all students in my class.
→ Jefferson is the..... _____

9. He thinks that watching TV too much is not good.
→ He finds ..... _____

10. The nursing home has only some empty rooms.
→ There are ..... _____

11. There are three main activities in this volunteer programme.
→ This volunteer programme includes ..... ____

12. If you do not rest enough, you will be ill soon.

• **TOPIC 1 (My Hobby):**My favorite hobby is reading books. I started this hobby three years ago when my mother bought me a storybook. I usually read books for thirty minutes before going to bed. Sometimes, I read with my sister in our quiet room. Reading helps me relax after stressful school hours and broadens my knowledge about the world. I love reading very much, and I will continue it in the future.

• **TOPIC 2 (Healthy Living Advice):** To live a healthy life, we should maintain good daily habits. First, we need to eat a balanced diet with a lot of vegetables and fresh fruits, and avoid fast food. Second, doing daily exercise like cycling or running helps us stay fit and strong. Third, we should sleep for about 8 hours a night to recharge energy. Finally, keeping our living space clean and staying positive are also key factors for good health.

• **TOPIC 3 (Community Service Activity):** Last Sunday, my classmates and I took part in a community activity in our neighborhood. We collected plastic bottles, paper, and glass along the local streets to recycle them. We also planted some young trees in the small park near our school. Although we felt a bit tired, we were very happy because we helped make our community cleaner and greener. I hope to join more volunteer activities like this in the future."

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