

## E7-UNIT 2- TEST 1B

### I. Find the word which has a different sound in the underlined part.

1. A. <u>put</u>	B. <u>adult</u>	C. <u>junk</u>	D. <u>sun</u>
2. A. <u>itchy</u>	B. <u>riding</u>	C. <u>sick</u>	D. <u>swimming</u>
3. A. <u>chemical</u>	B. <u>children</u>	C. <u>headache</u>	D. <u>architect</u>
4. A. <u>regularly</u>	B. <u>identify</u>	C. <u>really</u>	D. <u>healthy</u>
5. A. <u>cycling</u>	B. <u>doctor</u>	C. <u>aerobics</u>	D. <u>calories</u>

### VII. Choose the word or phrase that best fits the blank space in the following passage.

It's important to (1) \_\_\_\_\_ well, especially when you are studying. If you are at primary (2) \_\_\_\_\_, you may not go home for lunch and have a cooked meal of meat or (3) \_\_\_\_\_ and vegetables. A chicken and lettuce sandwich, with some (4) \_\_\_\_\_ fruit would be a light but (5) \_\_\_\_\_ lunch. Many people around the world eat plain, boiled (6) \_\_\_\_\_ two or three times a day. Pupils and students often don't eat (7) \_\_\_\_\_ when they're revising for an exam – they eat chocolate and (8) \_\_\_\_\_ lots of black coffee! And by the way, doctors say everybody should start the day with healthy (9) \_\_\_\_\_. It's also good for you to drink a lot of (10) \_\_\_\_\_ through the day.

1. A. launching	B. emitting	C. eat	D. peaking- khuyéch đại
2. A. school	B. weapons	C. spaceships	D. rockets
3. A. to	B. towards	C. with	D. fish
4. A. as soon as	B. fresh	C. as well as	D. such as
5. A. burnt	B. explored	C. went off	D. healthy
6. A. rice	B. audience	C. observatories	D. watcher
7. A. sent back	B. returned to	C. well	D. except for
8. A. weightlessness	B. drink	C. wavelengths	D. length
9. A. space	B. atmosphere	C. vacant	D. breakfast
10. A. scientists	B. drivers	C. water	D. astronauts

### VIII. Fill in the blank with a suitable word in the box.

**spend      from      exercise      fit      ride  
for      tired      energy      in      calorie**

We need calories or (1) \_\_\_\_\_ to do the things every day. For example, when we walk or (2) \_\_\_\_\_ a bike to school, we spend a certain amount of (3) \_\_\_\_\_ and even when we sleep, we also use them. But how many calories should we (4) \_\_\_\_\_ a day to stay in shape? It's difficult (5) \_\_\_\_\_ us to calculate. If people want to keep (6) \_\_\_\_\_, they should remember that everyone should have between 1600 and 2500 calories a day.

We get calories (7) \_\_\_\_\_ the food we eat. If we get too much food and don't take part (8) \_\_\_\_\_ any activities, we can get fat quickly. So besides studying, we should do some (9) \_\_\_\_\_, play sports or do the housework, such as cleaning the floor, cooking etc., if we don't eat enough, we feel (10) \_\_\_\_\_ and weak.

**IX. 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 about 100 calories an hour include playing the piano, getting dressed and having a shower. Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating. Energetic activities use 200-400 calories. Those activities include horse riding, cycling, swimming, skipping and dancing. Finally there are strenuous activities which 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.
2. Reading uses as many calories as writing.
3. The calories we burn for eating and washing up are the same.
4. Walking is a very light activity.
5. Sunbathing uses more calories than driving.
6. When we are resting, we don't burn calories.
7. Having a shower uses only 100 calories an hour.
8. Cycling and dancing use the same amount of calories
9. Playing football uses fewer calories than swimming.
10. The amount of calories we use an hour depends on the activity we do.