# UNIT 2: HEALTH

## I. PHONETICS

***Choose the word whose underlined part is pronounced differently from the other three in each question.***

| | | | |
|---|---|---|---|
| 1. A. laugh | B. tough | C. though | D. rough |
| 2. A. weave | B. live | C. receive | D. teach |
| 3. A. Asian | B. basketball | C. tennis | D. soldier |

***Choose the word which has a different stress pattern from the other three in each question.***

| | | | |
|---|---|---|---|
| 4. A. human | B. behave | C. extinct | D. engage |
| 5. A. surprise | B. outcome | C. result | D. success |

## II. VOCABULARY

***Choose the word or phrase that best completes each sentence below.***

6. My sister eats a lot of junk food so she is putting on _____ now.

A. weigh B. weight C. weights D. weighing

7. Remember to apply sunscreen before you go out in the summer or you will get _____

A. sunburn B. sunburnt C. sunburning D. sunburnment

8. Let's do something _____ instead of watching TV!

A. outdoors B. outdoor C. indoors D. indoor

9. My teacher said that I had to stop playing games on his ipad and that he wouldn't _____ no as an answer.

A. make B. do C. take D. get

10.Hoa got a bad mark in her recent exam so she is a little bit _____.

A. up B. down C. in D. on

11. Playing sports like football is _____ than playing computer games.

A. healthy B. healthiest C. more healthy D. healthier

12. You should do exercise daily to stay _____ shape.

A. on B. with C. in D. by

13. Obesity is the problem of people getting fatter or _____.

A. weight B. weight C. underweight D. overweight

14. If you want to _____ weight, you need to cut down on soft drink!

A. waste B. lose C. cut D. close

15. I want to buy an iPhone but I can only _____ a cheap Nokia.

A. affect B. effect C. afford D. effort

16. Scientists believe that olive oil and tomatoes can help you ____ healthy.

A. keep B. maintain C. grow D. develop

LIVEWORKSHEETS

***Choose the word or phrase that is CLOSET in meaning to the underlined part in each of the following sentences.***

17. If you are going out tonight, you will have to **count me out**.

A. excluded me B. number me C. persuade me D. ask for my permission

18. He comes from a very **wealthy** family, so he has a lot expensive cars.

A. rich B. traditional C. expensive D. Normal

***Choose the word or phrase that is OPPOSITE in meaning to the underlined part in each of the following sentences.***

19. Although he had a lot of money, he was **far from happy**.

A. pleased B. unhappy C. relaxed D. hard-working

20. **It's up to me to decided** whether I should do my homework or go out to play sports.

A. I can decide B. I have no choice C. I wonder D. I am uncertain

## III. GRAMMAR

***Choose the word or phrase that best completes each sentence below.***

21. Trent: "How much are those socks, please?"

Shopkeeper: "_____"

A. Are you blind? B. Read the price tag!

C. The white ones? D. How about you?

22. Lauren: "What was Irene's party like?"

Anton: "_____"

A. I didn't go to it. B. Thanks, that's nice.

C. I'd like a big cake. D. She was very lovely.

23. Justin: "Send me a text message tomorrow."

Katie: "_____"

A. I phoned you at 7.30 B. What's your number?

C. Thank you, Justin. D. How dare you?

24. Lan doesn't feel like _____ out today because she's a little bit sick.

A. going B. go C. went D. goes

25 .I am very tired now. I think I _____.

A. am going to faint B. am fainting

C. faint D. have fainted

26. Children do more exercise than adults, _____ they are more active.

LIVEWORKSHEETS

A. but B. because C. and D. so

27. I think she is the _____ girl I have ever met.

A. most good-looking B. good-looking

C. better-looking D. best-looking

28. I _____ Ho Chi Minh City once when I was a child.

A. visit B. have visited

C. visiting D. visited

29. Hoa often volunteers _____ foreign tourists around Hanoi in her free time.

A. guiding B. to guide C. guides D. guided

30. She works hard to improve her teaching techniques _____ she loves her students.

A. although B. so C. And D. because

***Choose the underlined part that needs correcting in each sentence below.***

31. Using the computer too much hurt your eyes.
A B C D

32. Being careful with what you eat and drink or you will get food poisoning.
A B C D

33. She took an aspirin because she wants to stop her toothache.
A B C D

34. Eating junk food makes her fat and healthy.
A B C D

35. He didn't have maps, so he got lost.
A B C D

## IV. READING

***Read the passage and then decide whether the sentences are True (A) or False (B)***

Parents hear lots of advice about helping their family eat better, exercise more, and maintain a healthy lifestyle. So much advice, in fact, that sometimes the real message gets lost.

*Nemours Health and Prevention Services* (NHPS), a nonprofit organization focused on children's health, makes it easy to get the facts straight. Its formula – called *5-2-1-Almost None* – helps parents and kids remember the basics of a healthy lifestyle. What involved?

5: eating 5 or more servings of fruits and vegetables daily

2: limiting screen time to no more than 2 hours a day

1: getting 1 or more hours of physical activity every day

Almost none: drinking almost no sugary beverages

The guidelines? In the *5-2-1-Almost None* formula have been shown to help people prevent obesity, maintain a healthy weight, and improve their overall well-being.

*(Adapted from http://kidshealth.org/en/parents/healthy-lifestyle.html)*

36. Parents sometimes don't' know what to do because they don't have enough information.

A. True B. False

37. NHPS is an organization that works for money.

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A. True B. False

38. Children should watch TV or use computer no more than 2 hours a day.

A. True B. False

39. Sweet drink is not good for our health.

A. True B. False

40. The *5-2-1-Almost None* formula can help people enjoy life.

A. True B. False

***Read the following passage and choose the option (A, B, C or D) that best answers each of the question below.***

The canteen is a place in the school where students eat and drink. Students have to obey the rules and regulations of the canteen to keep the orderliness and cleanliness of the place. The following are some dos and don'ts in the canteen:

Dos:

- Queue up in front of the stalls to buy food.
- Carry your good with care.
- Keep the place clean and tidy.
- Put the dishes into the **receptacles** beside the stalls.

Don'ts:

- Don't run.
- Don't litter.
- Don't jump the queue.

*(Exam target English 1, published by SAP Education)*

41. What is the main purpose of the notice?

A. To show the students how tidy the canteen is.

B. To advertise the students to treasure the canteen.

C. To tell the students how they should behave in the canteen.

D. To announce that the canteen is ready to be used after renovation.

42. The school canteen is a place for students to _____.

A. have their meals

B. skip their meals

C. play games

D. do their work

43. What should Lina do if she wants to buy noodles from a stall?

A. She should walk up to the stallholder and place her order

B. She should line up in front of the stall.

C. She should signal to the stallholder.

D. She should shout out her order.

LIVEWORKSHEETS

44. The word "receptacles" means _____.

A. sinks

B. tanks

C. dustbins

D. containers

45. Which of the following students does the wrong thing?

A. Joanathan carries his cup of hot tea carefully.

B. Joanne advises her friend not to jump the queue.

C. Sam leaves the wrapper of the cake on the table after eating.

D. Peter throws the plastic bag into the dustbins.

## V. WRITING

***Choose the sentence (A, B, C or D) that is closest in meaning to the root sentence or best combines the two given sentences.***

46. ***It was very hot. He switched on the fan.***

A. It was very hot, so he switched on the fan.

B. Because he switched on the fan, it was very hot.

C. It was very hot, but he switched on the fan.

D. So it was very hot, he switched on the fan.

47. ***You will miss the train. You must hurry.***

A. You must hurry, so you will miss the train.

B. Because you must hurry, you will miss the train.

C. You must hurry, or you will miss the train.

D. Missing the train means you must hurry.

48. ***She had a sunburn. She didn't apply sunscreen on her body.***

A. She had a sunburn or she didn't apply sunscreen on her body.

B. Although she had a sunburn, she didn't apply sunscreen on her body.

C. Because she had a sunburn, she didn't apply sunscreen on her body.

D. She had a sunburn because she didn't apply sunscreen on her body.

49. ***Helen has a temperature. She has a headache.***

A. Although Helen has a temperature, she has a headache.

B. Helen has a temperature or a headache.

C. Helen has a temperature and a headache.

D. Helen has a temperature because she has a headache.

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50. ***You have to get up early. You will be late for school.***

A. Because you have to get up early, you won't be late for school.

B. Get up early or you will be late for school.

C. You have to get up early and you will be late for school.

D. Although you get up early, you will still be late for school.

**_____The end_____**

LIVEWORKSHEETS