Name: _____ **Class:** _____

Mini Test 1

I. Put the verbs in brackets in the correct verb tense: *the Present Perfect* or *Past Simple.*

1. Tom (call) _____ his boss yesterday.
2. I (meet) _____ Robert at the supermarket this morning.
3. We (fly) _____ to Ha Noi several times, but last summer we (go)_____ there by train.
4. When (your father/ give up) _____ smoking?
5. My uncle (move) _____ to Da Lat in 2005.

II. Choose the best answer a, b, c, or d to complete the sentence.

6. If you want to _____ weight, you should follow a low-fat diet.
   a. lose b. gain c. put on d. take
7. Junk foods are high in fat, sodium and sugar, which can lead to _____.
   a. fever b. allergy c. obesity d. stomachache
8. If you want to stay healthy, eat _____ vegetables, whole grains, fruit and fish.
   a. much b. fewer c. more d. less
9. Fruit tastes good _____ it's healthy for your body.
   a. so b. but c. or d. and
10. She stays in _____ by exercising daily and eating well.
    a. health b. fit b. size d. shape

III. Choose the word which best fits each gap.

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 (6) _____ 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
6. a. skipping b. making c. buying d. serving

IV. Rewrite the sentences as directed.

7. Susan went to the park. She had a ride on the swing. (and)

   _____

8. I love fruit. I am allergic to strawberries. (but)

   _____

9. There was a heavy rain. The roads were flooded. (so)

   _____

10. Phong/ eat/ lots of/ junk food/ so/ he/ putting/ weight.

    _____

LIVEWORKSHEETS