

PHIẾU BÀI TẬP LỚP 7 SỐ 2 – UNIT 2

Exercise 1: Find the word which has a different sound in the underlined part.

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|------------------------|----------------------|----------------------|----------------------|
| 1. A. <u>put</u> | B. <u>ad</u> ult | C. <u>j</u> unk | D. <u>s</u> un |
| 2. A. <u>i</u> chy | B. <u>r</u> iding | C. <u>s</u> ick | D. sw <u>i</u> mming |
| 3. A. <u>ch</u> emical | B. <u>ch</u> ildren | C. head <u>a</u> che | D. <u>ar</u> chitect |
| 4. A. regular <u>y</u> | B. ident <u>i</u> fy | C. real <u>l</u> y | D. health <u>y</u> |
| 5. A. <u>c</u> ycling | B. do <u>c</u> tor | C. aerob <u>i</u> cs | D. <u>c</u> alories |

Exercise 2: Find the odd one out A, B, C or D.

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|---------------|-------------|------------|----------------|
| 1. A. tired | B. weak | C. sick | D. temperature |
| 2. A. do | B. although | C. and | D. but |
| 3. A. allergy | B. fat | C. flu | D. stomachache |
| 4. A. well | B. sick | C. healthy | D. fit |
| 5. A. live | B. smile | C. sleep | D. happy |

Exercise 3: Choose the best one (A, B, C or D) to complete the sentence.

- You should eat a lot of fruits and vegetables because they _____ vitamin A, which is good for the eyes.
A. run B. take C. provide D. get
- The health _____ from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.
A. advices B. ideas C. tip D. tips
- The seafood I ate this morning makes me feel _____ all over.
A. itchy B. weak C. running D. well
- If you want to be fit, stay outdoors more and do more _____ activities.
A. physics B. physic C. physical D. physically
- Do more exercise _____ eat more fruit and vegetables.
A. and B. so C. but D. although
- After working in computer for long hours, you should _____ your eyes and relax.
A. wake B. rest C. sleep D. sleep in
- Eat less high-fat foods to keep you from _____ fat.
A. gaining B. reducing C. getting D. rising
- We should follow the advice from doctors and health _ in order to keep fit.
A. managers B. experts C. people D. workers
- Have a healthy _____ and you can enjoy your life.
A. lifeline B. lively C. lives D. lifestyle
- They go _____ outside even when it's cold.
A. B. swiming C. swimming D. swam
- Rob eats a lot of fast food and he _____ on a lot of weight.
A. spends B. brings C. takes D. puts
- We need to spend less time _____ computer games.
A. playing B. to playing C. play D. to play

13. To prevent _____, you should eat a lot of garlic and keep your body warm.
 A. cold B. Mumps C. flu D. headache
14. Be careful with _____ you eat and drink.
 A. who B. this C. what D. that
15. Eating a lot of junk food may lead to your _____.
 A. pain B. stomachache C. obesity D. fitness

Exercise 4: Matching 1-8 with A-H.

1. A pain cause by something being wrong with one of your teeth.	A. Headache
2. A pain in your back.	B. Stomachache
3. A very severe pain that you feel in your head.	C. Toothache
4. Pain in your stomach.	D. Backache
5. A pain in the inside part of your ear.	E. Sore throat
6. A problem which is like a very bad cold, but which cause a temperature.	F. Cough
7. A pain in your throat.	G. Earache
8. A health problem that you make a lot of loud sounds.	H. Flu

Exercise 5: Look at the advice for a healthy lifestyle, and complete the sentences using *more* or *less*.

- You have toothache. Eat _____ candy.
- Get up early and do _____ exercise.
- The examination is coming. Watch _____ TV.
- Watch _____ television and you can protect your eyes.
- You look tired, sleep _____.
- She should eat _____ fast food.
- You are putting on weight. Eat _____ fast food.
- I will spend _____ time on computer games.
- You have a cough. Drink _____ warm water.
- We should eat _____ junk food and eat _____ fruit and vegetables.

Exercise 6: Fill in each blank with the correct conjunction: *if, so, and, but, or, when*.

- Do more exercise _____ you want to lose weight.
- I have a lot of homework to do this evening, _____ I don't have time to _____ watch the football match.
- Eat more vegetables, _____ you will feel healthier.
- Take up a new hobby _____ you'll have some new friends.
- Eat more fish, _____ you will be smarter.
- He has toothache _____ he still eats a lot of sweets and cakes.
- Try to talk less _____ you have a sore throat.
- Smoke less _____ give it up.
- Sunbathe less, _____ you'll get sunburnt.

10. If you spend less time on computer games _____ television programmes, you will have more time for outdoor activities.

Exercise 7: Choose the word or phrase among A, B, C or D 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.

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| 1. A. launching | B. emitting | C. eat | D. peaking |
| 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 |

Exercise 8: 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.