Teacher's name : Ms An **Test 45 minutes**

Class : Grade 7 – basic class **Date : 21st October**

I. Choose the odd one out.

1.	a. running	b. coughing	c. cycling	d. swimming
2.	a. vegetables	b. fish	c. fried chicken	d. fruits
3.	a. cold	b. cough	c. stuffy nose	d. sunburn
4.	a. soda	b. milk	c. fruit Juice	d. water
5.	a. fever	b. health	c. obesity	d. headache

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

1. Please wake me _____ at 5 and we will leave at 6 in the morning.
   a. up b. on c. over d. in
2. If you want to _____ weight, you should follow a low-fat diet.
   a. lose b. gain c. put on d. take
3. Junk foods are high in fat, sodium and sugar, which can lead to _____.
   a. fever b. allergy c. obesity d. stomachache
4. He looks so _____. He can't keep his eyes open!
   a. happy b. tired c. healthy d. fit
5. If you want to stay healthy, eat _____ vegetables, wholegrains, fruit and fish.
   a. much b. fewer c. more d. less
6. Fruit tastes good _____ it's healthy for your body.
   a. so b.but c. or d. and
7. You are _____ you eat, so don't eat unhealthy foods.
   a. what b.who c. which d. that
8. She looks very tired. She should work _____ or she will get sick.
   a. well b. less c. more d. enough
9. She stays in _____ by exercising daily and eating well.
   a. health b. fit b. size d. shape
10. Don't sit too close to the screen, _____.
    a. and you'll hurt your eyes b. so you can see more clearly
    c. or you'll get a headache d. but it's bad for your health

III. Complete the sentences with the correct form or tense of the verb *play, go, do* or *collect*.

LIVEWORKSHEETS

1. He _____ tennis with his father every Sunday.
2. We _____ camping in Dam Sen Park next Saturday.
3. _____ you _____ coins some day in the future?
4. Do you want _____ a jigsaw puzzle with me?

IV. Underline the correct words.

1. Your eyes look very tired. Let your eyes rest _____ and watch _____ TV.
2. If you want to stay in shape, eat _____ healthy food like fruits, vegetables or fish.
3. Drink _____ water when you have a high fever.
4. If you want to lose weight, eat _____ junk food.
5. Sunbathe _____ to avoid getting sunburnt.

V. 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. strenght	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

VI. Join each pair of sentences by using a suitable conjunction: *and, but, or, so*.

1. The bus stopped. The man got off.

_____

2. He is a vegetarian. He doesn't eat any meat.

_____

LIVEWORKSHEETS