

Bài tập Tiếng Anh 7 Unit 2: Health (số 1)

I/ Complete the sentences with the words from the box.

headache	cough	hurts	sick	stomachache
burn	pain	temperature	toothache	well

1. "Ow! Be careful with that coffee." - "Look, now I have a _____ on my arm."
2. Don't eat so quickly. You'll get a _____.
3. That's a bad _____. Why don't you have a glass of water?
4. I feel _____. Quick, I must get to the bathroom!
5. "I have a _____." - "That's because you watch too much TV."
6. My arm _____ after that game of table tennis.
7. "I have _____." - "Why don't you telephone the dentist?"
8. I have a _____ in my back. I'm going to lie down.
9. Rob has a _____ of 39.5°C.
10. Is she _____ enough to run one kilometer?

II/ Put the verbs in brackets in the correct tense form.

1. (Eat) _____ junk food and inactivity (be) _____ the main causes of obesity.
2. I (have) _____ a headache and I need to rest more.
3. I (have) _____ a toothache so I (have to/ see) _____ the dentist.
4. A healthy diet (help) _____ us feel healthier.
5. Watching TV much (hurt) _____ your eyes.

III/ Choose the correct answer

1. My father does morning _____ every day.
A. running
B. well
C. exercise
D. weak

2. You can avoid some diseases by _____ yourself clean.

- A. looking
- B. bringing
- C. keeping
- D. taking

3. Watching too much television is not good _____ your eyes.

- A. at
- B. for
- C. with
- D. to

4. When you have a temperature, you should drink more water and rest _____.

- A. least
- B. less
- C. most
- D. more

5. Don't eat that type of fish: you may have a/an _____.

- A. energy
- B. allergy
- C. sick
- D. sore

IV/ Read and decide if each statement is true or false or not given

Mark always gets up at twelve in the morning. He does not have breakfast. Mark likes having hamburgers, pizza, crisps and hot dogs for lunch. He always has fizzy drinks like cola. So there are not any vegetables or fruit at home. After lunch, he takes the bus to school - 300 meters far away. At six o'clock, Mark goes to the bus stop and comes back home. He sits on his dad's sofa and watches TV for three hours. When he is hungry, he eats lots of sweets or chocolate biscuits and he always drinks cola. He usually goes to sleep at eleven or twelve because that he likes playing computer games. He usually stays at home all day at weekends.

Statements	True/ False/ NG
1. Mark starts his day at about 7 a.m.	
2. There is a very big refrigerator at Mark's home.	
3. Mark goes back home by bus.	
4. Although Mark likes playing games, he never goes to bed after 10:30 p.m.	
5. Mark usually spends hours playing games at home.	

V/ Rewrite the sentences without changing the meaning

1. My father spends more time going to work than my mother.

My mother _____

2. My mother bought more food than Linh's mother.

Linh's mother _____

3. My house has less furniture than Huong's house.

Huong's house _____

-The end-

Bài tập Unit 2 lớp 7: Health (số 2)

Exercise 1: Choose the word whose underlined part is pronounced differently from the others

- | | | | |
|------------------------|--------------------|-------------------|-----------------|
| 1. A. <u>h</u> eadache | B. <u>s</u> pread | C. <u>h</u> ealth | D. <u>w</u> eak |
| 2. A. <u>f</u> lu | B. <u>s</u> unburn | C. <u>j</u> unk | D. <u>m</u> uch |
| 3. A. <u>w</u> ash | B. <u>w</u> ear | C. <u>w</u> ake | D. <u>w</u> rap |

Exercise 2: Choose the odd one out

- | | | | |
|------------------|-------------|------------------|-------------|
| 1. A. running | B. coughing | C. cycling | D. swimming |
| 2. A. vegetables | B. fish | C. fried chicken | D. fruits |

Exercise 3: Choose the correct answer

1. Please wake me _____ at 5 and we will leave at 6 in the morning.

A. up

B. on

C. over

D. in

2. Fruit tastes good _____ it's healthy for your body.

A. so

B. but

C. or

D. and

3. In order to have good _____, you should eat lightly and laugh cheerfully.

A. spirit

B. body

C. health

D. mood

4. I forgot to wear a sun hat today and I got a _____.

A. backache

B. headache

C. stomachache

D. earache

5. Watching too much television is not good _____ your eyes.

A. at

B. for

C. with

D. to

6. He eats a lot of burger and chips so he's putting on _____.

A. weigh

B. weightless

C. weight

D. weighting

7. The Japanese eat a lot of fish instead of meat _____ they are more healthy.

A. although

B. so

C. but

D. because

8. You can avoid some diseases by _____ yourself clean.

A. looking

B. bringing

C. keeping

D. taking

9. When you have a temperature, you should drink more water and rest _____.

A. least

B. less

C. most

D. more

10. When you have flu, you may have a cough and a _____ nose.

A. following

B. noisy

C. runny

D. runing

Exercise 4: Write the correct form or tense of the verbs in brackets

1. She _____ (have) a sore throat, and she _____ (cough) terribly now.

2. You should try _____ (exercise) a couple times a week.

3. He keeps _____ (sneeze), so I think he's got a cold.

4. What _____ (you/ do) tomorrow evening?

5. My mother doesn't like _____ (eat) fast food.

Exercise 5: Supply the correct form of the words in brackets

1. _____ can increase the risk of heart disease and diabetes. (obese)
2. I'm _____ to shellfish, so I can't eat lobster and shrimp. (allergy)
3. I got _____ during my beach vacation. (sunburn)

Exercise 6: 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 |

Exercise 7: Write sentences, using the words given

1. She/ often/ take/ paracetamol/ if/ she/ get / bad/ headache.

2. how many calories/ you/ burn/ do/ aerobics/ 2 hours?

3. getting/ enough/ sleep/ help/ students/ do/ their best/ the classroom.

Exercise 8: Read the text, then decide whether the following statements are true (T) or false (F).

These are some easy habits that help you stay healthy and live longer.

Go for a jog

Exercise is key to good health. Aerobic activity, like running, is crucial for getting your blood pumping and your heart working. A recent study showed that people who run have 25 to 40 per cent reduced risk of early death, and live about three years longer.

Get more sun - but not too much

The “sunshine vitamin” – vitamin D, that is – has been shown to fight to disease, improve bone health, and prevent depression. Concerns over skin cancer are well-founded, and sunblock is generally a good idea. But getting 15 to 30 minutes of sun exposure a day should be adequate for vitamin D production.

Stress less

The impact of stress on our overall health is huge, so reducing stress is one way to lower our risk of many deadly diseases.

Eat more fruits and veggies

If you want to live longer, eat more fruits and vegetables. The vitamins, minerals, and most importantly, the fibre help control satiety so you do not need to eat much of the animal foods. High fibre diets promote lower cholesterol levels, and reduce the risk of heart disease and cancers such as colon cancer.

1. One of the most important things you can do to stay healthy is to exercise.
2. Vitamin D comes from the sun.
3. Getting too much sun can be harmful.
4. Stress doesn't impact on your health.
5. Fruits and vegetables contain vitamins, minerals and fibre.
6. A high fibre diet can cause heart disease and colon cancer.

Exercise 9: Read the passage, and then answer the questions.

Everyone suffers from the common cold at some time or other. It isn't a serious illness, but people spend a lot of money on medicine. The medicine can only relieve the symptoms. That is, it can make you cough less, make you feel better, and stop your nose running for a while. So far, there is no cure for the common cold and no medicine to prevent it. People also drink a lot of hot water with sugar, lemon juice. It helps provide them with a lot of vitamin C.

1. Why is the common cold very popular?

2. Is the common cold a serious illness?

3. What does the medicine help people with the common cold?

4. Besides medicine, what do people do to make them feel better?

5. Why is it useful?
