Name :

Test 2

Class :

A. Phonetics and Speaking

Chọn từ có phần gạch chân được phát âm khác.

Question 1: A. of B. coffee C. leaf D. fault

Question 2: A. cough B. laugh C. enough D. through

Question 3: A. knee B. knife C. king D. knitting

Question 4: A. daughter B. weigh C. rough D. thought

Question 5: A. daughter B. draught C. flu D. tough

Question 6: A. allergy B. calorie C. coordinate D. triathlon

Question 7: A. compound B. concentrate C. monopoly D. melody

Question 8: A. essential B. attention C. vegetarian D. depression

Question 9: A. sick B. swimming C. itchy D. riding

Question 10: A. really B. healthy C. regularly D. identify

Question 11: A. eat B. head C. dead D. bread

Question 12: A. attention B. guess C. express D. expression

Question 13: A. kind B. ride C. knife D. kid

Question 14: A. moreover B. enough C. boring D. off

LIVEWORKSHEETS

Question 15: A. game B. arrange C. skate D. cake

B. Vocabulary and Grammar

BÀI 1: Chọn từ khác loại.

Question 1: A. cough B. weak C. headache D. sore throat

Question 2: A. sunburn B. toothache C. earache D. unhealthy

Question 3: A. sick B. temperature C. tired D. weak

Question 4: A. flu B. stomachache C. allergy D. fat

Question 5: A. sleep B. happy C. live D. smile

BÀI 2: Chọn đáp án đúng để hoàn thành câu.

Question 6: You should eat _____fruits and vegetables because they are good for your health.

A. more B. less C. little D. no

Question 7: She looks very tired after coming back from work. She should rest _____.

A. more B. less C. little D. no

Question 8: We should spend _____time on computer games.

A. more B. less C. little D. no

Question 9: Drink _____ green tea and _____ coffee.

A. more/less B. less /less C. little/more D. no/little

Question 10: Smoking can lead to lung cancer, so smoke _____.

LIVEWORKSHEETS

A. more B. less C. little D. no

Question 11: _____ vegetables everyday is important.

A. eat B. to eat C. eating D. eats

BÀI 3: Chọn câu đúng.

Question 12:

A. I have stomach ache, so I don't want to eat anything.

B. I have stomach ache, or I don't want to eat anything.

Question 13:

A. My mother eats a lot of fruit and vegetables, so she does exercise every morning.

B. My mother eats a lot of fruit and vegetables, and she does exercise every morning.

Question 14:

A. My cousin, Trang is very fat, but she is too lazy to walk.

B. My cousin, Trang is very fat, or she is too lazy to walk.

Question 15:

A. You can eat less, but you can do more exercise.

B. You can eat less, or you can do more exercise.

C. Reading

Bài 1. Chọn đáp án đúng để hoàn thành bài văn sau.

LIVEWORKSHEETS

We need calories or (1)……..to do the things every day. For example, when we walk to school or (2) ……..a bike to school we spend a certain amount of (3)…….and even when we sleep, we also use them. But how many calorie should we (4) ……a day to stay in shape? It's difficult (5)……..us to calculate. If people want to keep (6) ……., they should remember that everyone should have between 1600 and 2500 calories a day.

We get calories (7) ……the food we eat. If we get too many food and don't take part (8)…… any activities, we can get fat quickly. So besides studying, we should do some (9)……., play sports or do the housework, such as cleaning the floor, cooking etc. Otherwise, we don't eat enough, we will be (10)…….and weak.

Question 1: A. food B. energy C. drink

Question 2: A. ride B. come C. drive

Question 3: A. things B. food C. calories

Question 4: A. do B. spend C. have

Question 5: A. for B. with C. in

Question 6: A. health B. fit C. active

Question 7: A. in B. of C. from

Question 8: A. with B. in C. on

Question 9: A. exercises B. activities C. healthy

Question 10: A. good B. tired C. thirsty

LIVEWORKSHEETS

Bài 2. Chọn thông tin đúng về bài đọc sau.

A. Calories are units of energy. They refer to the amount of energy you get from foods and drinks, and the amount of energy you use through physical activities. For example, an apple has about 80 calories, while a 1.6 km walk might use up 100 calories. Calories are important for human health, and the key is having the right amount of it.

B. Everyone needs different amounts of energy per day depending on age, size and activity levels. An athlete needs more calories than an office worker. To stay in shape, an average adult requires at least 1,800 calories per day (according to the Food and Agriculture Organization of the United Nations). If we eat just the number of calories our body needs each day, we will probably be healthy. However, eating too much can make you put on weight. To lose weight, eat fewer calories than your body burns each day.

C. These are some experts' tips to reduce calorie intake. First, you must know how many calories you need each day and always count them in your diet. Have small frequent meals and drink more water too. This will help you feel less hungry. Furthermore, avoid all sugary drinks and junk food. They are high in energy but low in nutritional value.

Question 1: What are calories?

A. They are units of energy. B. They are the amount of energy.

C. They are important. D. Each person needs different amounts of calories.

Question 2: How many calories does an apple contain?

A. 100 calories B. About 80 calories

C. About 160 calories D. None are correct.

Question 3: What factor decides the amount of energy a person needs each day?

A. Age B. Size C. Activity levels D. All are correct.

LIVEWORKSHEETS

Question 4: What is a healthy number of calories per day?

A. At least 160 calories B. About 80 calories

C. At least 1,800 D. None are correct.

Question 5: What happens when we eat too many calories?

A. We can put on weight B. We will be healthy.

C. We can lose weight. D. We can reduce calorie intake.

D. Writing

Bài 1. Tìm lỗi sai trong các câu sau.

Question 1: Laughing is good with health.

A B C D

Question 2: Some people have a very bad habit in littering in public.

A B C D

Question 3: People who live in a dusty area often suffer on diseases.

A B C D

Question 4: In prevent flu, we should keep our hands clean, our feet warm.

A B C D

Question 5: She has a sore throat yesterday.

A B C

LIVEWORKSHEETS

Bài 2. Make sentences using the words and phrases given.

Question 1: Do / exercise / regularly / help / you / stay / healthy.

A. Doing exercise regularly helps you stay healthy.

B. Doing exercise regularly help you stay healthy.

C. Do exercise regularly helps you stay healthy.

D. Doing exercise regularly helps you are stay healthy.

Question 2: We / need / calories / or / energy / do / things / every day.

A. We need calories or energy do things everyday.

B. We need calories or energy doing things everyday.

C. We needs calories or energy do things everyday.

D. We need calories or energy to do things everyday.

Question 3: We / should / balance / calories / we / get / from / food / with / calories / we / use / physical activity.

A. We should balance calories we get from food with calories we use physical activity.

B. We should balance calories we get from food with calories we use for physical activity.

C. We should be balance calories we get from food with calories we use physical activity.

D. We should balances calories we get from food with calories we use to physical activity.

Question 4: Eat / healthy/ be / important / part / maintain / good / health.

LIVEWORKSHEETS

A. Eat healthily is an important part to maintain good health.

B. Eat healthily is an important part to maintain good health.

C. Eating healthily is an important part to maintain good health.

D. Eating healthily is a important part to maintain good health.

Question 5: Eat / less / sweet / food / and / eat / more / fruit / vegetables.

A. Eating less sweet food and eat more fruits and vegetables.

B. Eating less sweet food and eating more fruits and vegetables.

C. Eating less sweet food and to eat more fruits and vegetables.

D. Eat less sweet food and eat more fruits and vegetables.

Question 6: Drink / lots / water / be / good / our health.

A. Drinking lots of water is good for our health.

B. Drink lots of water is good for our health.

C. Drinking a lots of water is good for our health.

D. Drink a lots of water is good for our health.

Question 7: I / have / toothache / so / I / have to / see / dentist.

A. I have a toothache so I have to see dentist.

B. I have toothache so I have to see dentist.

C. I have a toothache so I have to see the dentist.

D. I have toothaches so I have to see the dentists.

LIVEWORKSHEETS

Question 8: Watch / much / TV / not / good / your eyes.

A. Watch much TV is not good for your eyes.

B. Watching much TV is not good for your eyes.

C. Watch too much TV is not good for your eyes.

D. Watching too much TV is not good for your eyes.

Question 9: When/ I/ ten/ begin/ play football.

A. When I was ten, I began to play football.

B. When I was ten, I begin to play football.

C. When I am ten, I began to play football.

D. When I was ten, I began play football.

Question 10: Calories / important / human / health.

A. Calories are important for human health.

B. Calories is important for human health.

C. Calories are important with human health.

D. Calories is important with human health

LIVEWORKSHEETS