

GRADE 7 - UNIT 2: HEALTH

I. PHONETICS: Choose the word whose underlined part is pronounced differently from the other three in each question.

1. A. laugh B. tough C. though D. rough

2. A. weave B. live C. receive D. teach

3. A. Asian B. basketball C. tennis D. soldier

Choose the word which has a different stress pattern from the other three in each question.

4. A. human B. behave C. extinct D. engage

5. A. surprise B. outcome C. result D. Success

II. VOCABULARY: Choose the word or phrase that best completes each sentence below.

6. My sister eats a lot of junk food so she is putting on ____ now.
A. weigh B. weight C. weights D. weighing

7. Remember to apply sunscreen before you go out in the summer or you will get ____.
A. sunburn B. sunburnt C. sunburning D. sunburnment

8. Let's do something ____ instead of watching TV!
A. outdoors B. outdoor C. indoors D. indoor

9. My teacher said that I had to stop playing games on his ipad and that he wouldn't ____ no as an answer.
A. make B. do C. take D. get

10. Hoa got a bad mark in her recent exam so she is a little bit ____.
A. up B. down C. in D. on

11. Playing sports like football is ____ than playing computer games.
A. healthy B. healthiest C. more healthy D. healthier

12. You should do exercise daily to stay ____ shape.
A. on B. with C. in D. by

13. Obesity is the problem of people getting fatter or ____.
A. weight B. weight C. underweight D. overweight

14. If you want to ____ weight, you need to cut down on soft drink!
A. waste B. lose C. cut D. close

15. I want to buy an iPhone but I can only ____ a cheap Nokia.
A. affect B. effect C. afford D. effort

16. Scientists believe that olive oil and tomatoes can help you ____ healthy.
A. keep B. maintain C. grow D. Develop

Choose the word or phrase that is CLOSEST in meaning to the underlined part in each of the following sentences.

17. If you are going out tonight, you will have to count me out.
A. excluded me B. number me C. persuade me D. ask for my permission

18. He comes from a very wealthy family, so he has a lot expensive cars.
A. rich B. traditional C. expensive D. Normal

35. He didn't have maps, so he got lost.

A B C D

IV. READING: Read the passage and then decide whether the sentences are True (A) or False (B)

Parents hear lots of advice about helping their family eat better, exercise more, and maintain a healthy lifestyle. So much advice, in fact, that sometimes the real message gets lost.

Nemours Health and Prevention Services (NHPS), a nonprofit organization focused on children's health, makes it easy to get the facts straight. Its formula – called *5-2-1-Almost None* – helps parents and kids remember the basics of a healthy lifestyle. What involved?

5: eating 5 or more servings of fruits and vegetables daily

2: limiting screen time to no more than 2 hours a day

1: getting 1 or more hours of physical activity every day

Almost none: drinking almost no sugary beverages

The guidelines? In the *5-2-1-Almost None* formula have been shown to help people prevent obesity, maintain a healthy weight, and improve their overall well-being.

(Adapted from <http://kidshealth.org/en/parents/healthy-lifestyle.html>)

36. Parents sometimes don't know what to do because they don't have enough information.

A. True B. False

37. NHPS is an organization that works for money.

A. True B. False

38. Children should watch TV or use computer no more than 2 hours a day.

A. True B. False

39. Sweet drink is not good for our health.

A. True B. False

40. The 5-2-1-Almost None formula can help people enjoy life.

A. True B. False

Read the following passage and choose the option (A, B, C or D) that best answers each of the question below.

The canteen is a place in the school where students eat and drink. Students have to obey the rules and regulations of the canteen to keep the orderliness and cleanliness of the place. The following are some dos and don'ts in the canteen:

Dos:

- Queue up in front of the stalls to buy food.
- Carry your good with care.
- Keep the place clean and tidy.
- Put the dishes into the receptacles beside the stalls.

Don'ts:

- Don't run.
- Don't litter.
- Don't jump the queue.

(Exam target English 1, published by SAP Education)

41. What is the main purpose of the notice?

A. To show the students how tidy the canteen is.

B. To advertise the students to treasure the canteen.

C. To tell the students how they should behave in the canteen.

D. To announce that the canteen is ready to be used after renovation.

42. The school canteen is a place for students to _____.

A. have their meals B. skip their meals C. play games D. do their work

43. What should Lina do if she wants to buy noodles from a stall?

A. She should walk up to the stallholder and place her order
B. She should line up in front of the stall.
C. She should signal to the stallholder.
D. She should shout out her order.

44. The word “receptacles” means _____.

A. sinks B. tanks C. dustbins D. containers

45. Which of the following students does the wrong thing?

A. Joanathan carries his cup of hot tea carefully.
B. Joanne advises her friend not to jump the queue.
C. Sam leaves the wrapper of the cake on the table after eating.
D. Peter throws the plastic bag into the dustbins.

V. WRITING: Choose the sentence (A, B, C or D) that is closest in meaning to the root sentence or best combines the two given sentences.

46. It was very hot. He switched on the fan.

A. It was very hot, so he switched on the fan.
C. It was very hot, but he switched on the fan.
B. Because he switched on the fan, it was very hot.
D. So it was very hot, he switched on the fan.

47. You will miss the train. You must hurry.

A. You must hurry, so you will miss the train.
C. You must hurry, or you will miss the train.
B. Because you must hurry, you will miss the train.
D. Missing the train means you must hurry.

48. She had a sunburn. She didn't apply sunscreen on her body.

A. She had a sunburn or she didn't apply sunscreen on her body.
B. Although she had a sunburn, she didn't apply sunscreen on her body.
C. Because she had a sunburn, she didn't apply sunscreen on her body.
D. She had a sunburn because she didn't apply sunscreen on her body.

49. Helen has a temperature. She has a headache.

A. Although Helen has a temperature, she has a headache.
B. Helen has a temperature or a headache.
C. Helen has a temperature and a headache.
D. Helen has a temperature because she has a headache.

50. You have to get up early. You will be late for school.

A. Because you have to get up early, you won't be late for school.
B. Get up early or you will be late for school.
C. You have to get up early and you will be late for school.
D. Although you get up early, you will still be late for school.

The end