











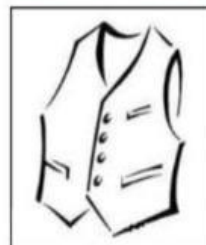
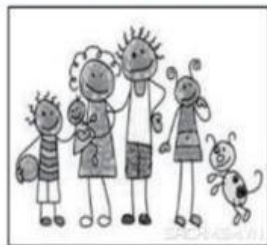
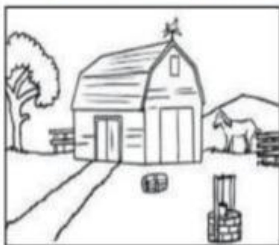


I. Put the words in the box under each appropriate picture and say them aloud in pairs.

calf halve fan very leaf van leaves carve half ferry

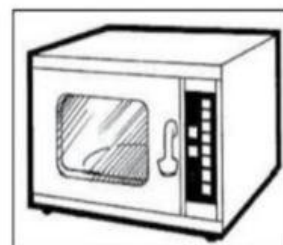
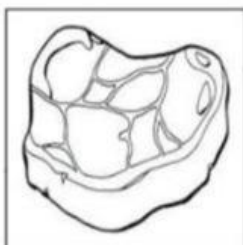
/f/		/v/	
1. _____		6. _____	
2. _____		7. _____	
3. _____		8. _____	
4. _____		9. _____	
5. _____		10. _____	

II. Write the correct word under each picture then read the whole sentence aloud.



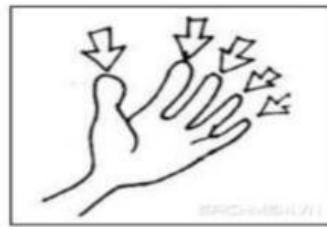
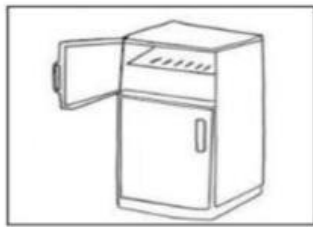
1. Farmer Fred lives on a _____ with his _____.

2. My father is packing a volleyball, a _____ and a _____.



3. The chef cut the _____ with a _____ and wrapped it in a leaf.

4. Fred lives in a cave and he has no _____ and no _____.



5. Vanessa takes the food out of the ___ with her ___.

III. Put the correct sentence under each picture.

- A. I feel tired. B. I have a cough. C. I have toothache. D. I have earache.
 F. I have flu. G. I have stomachach. H. I feel cold. I. I have a sore throat.
 E. I have a temperature.
 J. I have a headache.

1. 2. 3. 4.
 5. 6. 7.
 8. 9. 10.

IV. Match the problem in Column A with the appropriate advice in Column B.

A	B
1. I have spots.	A. Wear a sun hat.
2. I get sunburnt.	B. Wear warm clothes and drink hot water.
3. I have toothache.	C. Eat less junk food.
4. I feel sad.	D. Go outside and play with friends.
5. I'm putting on weight.	E. Stay at home and take a rest.
6. My eyes are getting weaker.	F. Stop eating too many sweets.
7. I feel tired.	G. Spend less time on computer.
8. I have a cold.	H. Don't shout, sing or chew gum.
9. I have a temperature.	I. Cool down your room.
10. I have a sore throat.	J. Wash your face regularly.

1 2 3 4 5 6 7 8 9 10

V. Complete each of the following sentences, using imperatives with "more" or "less" and the words given.

1. You have toothache, **eat less candy**. (candy).
2. (exercise) _____ if you want to lose weight.
3. (vegetables) _____, and you will feel healthier.
4. The examination is coming, _____ (TV).
5. You look like lack of sleep, _____ (sleep).
6. (fish) _____, and you will be smarter.
7. You are putting on weight, _____ (fast food).
8. (try / talk) _____ when you have a sore throat.
9. You have a cough, _____ (warm water).
10. (sunbathe) _____, or you'll get sunburnt.

VI. Combine the sentences, using an appropriate coordinating conjunction in the box.

and

but

or

so

1. I eat more fruit and vegetables. I want to be fitter and healthier.
_____.
2. You have a sunburn. You don't wear a sun hat.
_____.
3. You may have an allergy. Be careful with what you eat and drink.
_____.
4. Tom has a temperature. Tom has a sore throat.
_____.
5. You are catching flu. You don't wash your hands very often.
_____.

VII. Reorder the sentences to make a dialogue.



1. _____	A. Did you go to the doctor's?
2. _____	B. Yes, I'm fine now, thanks.
3. _____	C. Were you here last week, Phong?
4. _____	D. I had a sore throat and a headache.
5. _____	E. Do you feel better now?
6. _____	F. Oh, I'm sorry to hear that. What was wrong?
7. _____	G. No, I didn't. I just stayed in bed.
8. _____	H. No, I wasn't. I didn't feel well.

VIII. Fill each blank with a correct word to complete the passage.

Do you want to be fitter and healthier? Would you like to look younger? Do you want to feel _____ (1) relaxed? Then try a few days at a health farm. Health farms are becoming _____ (2) of the most popular places _____ (3) a short break. I went to Henley Manor for a weekend. It's _____ (4) largest health farm in the country _____ (5) it isn't the most expensive. After two days of exercise I _____ (6) ten times better. But the best thing for me was the food. It was all very healthy, of _____ (7), but it was excellent, too!

If you're looking for something a _____ (8) cheaper, try a winter break. Winter is the darkest and the coldest _____ (9) of the year, and it can also be the worst time for your body. We all eat too _____ (10) and we don't take enough exercise. A lot of health farms offer lower prices Monday to Friday from November to March.

IX. Read the following passage and choose the best answer for each blank.

Your head aches and you sneeze and cough. Your _____ (1) is all stuffed up, and it keeps running, so you have to blow it every few minutes. You know by these _____ (2) that you have a cold, and you feel completely _____ (3). You are not sure if you will live through the day.

Everyone suffers _____ (4) the common cold at some time or other. It isn't a serious _____ (5), but over a billion dollars a year is spent on different kinds of cold medicine every year. This medicine can relieve the symptoms. That is, it can make you cough _____ (6), make your head less intense, and stop your nose _____ (7) for a while. However, it can't cure your cold. So far, _____ (8) no cure for the common cold and no medicine to prevent it.

Although there is no cure or preventive medicine for colds, people have all kinds of ideas about _____ (9) to prevent and treat colds. Some people think that if you eat a lot of onions, you won't catch cold. _____ (10) say that you should avoid getting wet and chilled, or you will catch cold. However, this is apparently not so.

- | | | | |
|----------------|-------------|--------------|--------------|
| 1. A. nose | B. face | C. head | D. mouth |
| 2. A. diseases | B. fevers | C. cures | D. symptoms |
| 3. A. sad | B. hungry | C. miserable | D. thirsty |
| 4. A. from | B. of | C. with | D. about |
| 5. A. misery | B. illness | C. headache | D. wrong |
| 6. A. less | B. fewer | C. much | D. more |
| 7. A. walking | B. jogging | C. running | D. flowing |
| 8. A. it is | B. there is | C. they are | D. there are |
| 9. A. what | B. why | C. where | D. how |
| 10. A. Other's | B. Another | C. Others | D. Other |

X. 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. These 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.

	TRUE	FALSE
1. The amount of calories we use an hour depends on the activity we do.	<input type="checkbox"/>	<input type="checkbox"/>
2. When we are resting, we don't burn calories.	<input type="checkbox"/>	<input type="checkbox"/>
3. Reading uses as many calories as writing.	<input type="checkbox"/>	<input type="checkbox"/>
4. The calories we burn for eating and washing up are the same.	<input type="checkbox"/>	<input type="checkbox"/>
5. Sunbathing uses more calories than driving.	<input type="checkbox"/>	<input type="checkbox"/>
6. Having a shower uses only 100 calories an hour.	<input type="checkbox"/>	<input type="checkbox"/>
7. Walking is a very light activity.	<input type="checkbox"/>	<input type="checkbox"/>
8. Cycling and dancing use the same amount of calories.	<input type="checkbox"/>	<input type="checkbox"/>
9. Horse riding uses the most amount of calories.	<input type="checkbox"/>	<input type="checkbox"/>
10. Playing football uses fewer calories than swimming.	<input type="checkbox"/>	<input type="checkbox"/>

XI. Complete the following compound sentences.

1. Julia has a headache, and _____.
2. _____, so I choose food and drink very carefully.
3. You should spend less time playing computer games, or _____.
4. _____, but he doesn't go to bed early.
5. Trung eats too many sweets, so _____.

XII. Complete each sentence of the following letter. Use the word given.

Dear Mum and Dad,



1. Last week / doctor / advise / not / swim / few weeks /.
_____.
2. He say / rash / due / sun / should / stay away / chlorine /.
_____.
3. I / almost / break down / hear / because / school swimming carnival / just / corner /.
_____.
4. I / have to / give / miss / this year / and / feel / very blue / think / about /.
_____.
5. See / during / December holidays / when / come / visit /.
_____.

Love,

Mary