Name: _____ **UNIT 2. HEALTHY LIVING**

Class: _____

PART A: LISTENING

Listen and write True (T) or False (F) (1 point)

1. Healthy habits help us keep fit and avoid disease. _____
2. Eating too much meat, eggs, and cheese can help us lose weight. _____
3. We are advised to drink enough water, especially drink lots of soft water. _____
4. Going to bed early and getting about 8 hours of sleep daily prevent tiredness. _____
5. Keeping the room tidy and clean is a healthy habit. _____

PART B: PHONETICS

Exercise 1: Put the word into the correct column according to the underelined part. (1 point)

festival	of	coffee	leave	village
phonetic	belief	have	vast	rough

/f/	/v/

Exercise 2: Find the word which has a different sound in the underlined part. (1 point)

1.	A. lunchbox	B. harmful	C. brushing	D. sunscreen
2.	A. pimple	B. vitamin	C. virus	D. itchy
3.	A. earache	B. disease	C. soybean	D. breathe
4.	A. adult	B. affect	C. avoid	D. allergy
5.	A. laugh	B. cough	C. daughter	D. enough

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PART C: VOCABULARY AND GRAMMAR

Exercise 1: Choose the best one (A, B, C or D) to complete the sentence. (2 points)

1. His _____ to pet means he can't have a cat.
   A. energy B. allergy C. sick D. sore
2. _____ and swimming are great outdoor activities for staying fit.
   A. Cycling B. Sleeping C. Eating D. Loving
3. Make sure to get about 8 hours of _____ for a healthy lifestyle.
   A. fruits B. sleeping C. exercise D. water
4. You should eat a lot of fruits and vegetables because they _____ vitamin A, which is good for the eyes.
   A. run B. take C. provide D. get
5. It's essential to apply _____ before going out in the sun to protect your skin.
   A. fat B. sunburn C. pimple D. sun cream
6. Outdoor activities are good _____ our health.
   A. at B. for C. to D. about
7. Every Friday, our family likes to go _____ to a nearby park for a picnic and some outdoor games.
   A. out B. up C. to D. on
8. You should do exercise daily to stay _____ shape.
   A. on B. with C. in D. by
9. It's important to be _____ with what you eat and drink to maintain good health and well-being.
   A. care B. carefully C. cares D. careful
10. I feel really sick because I _____ flu.
    A. have B. have a C. get D. feel

Exercise 2: Tick (✓) the simple sentences. (1 point)

1. _____ Running and playing sports is a fun way to exercise.
2. _____ I do exercise regularly to keep fit.

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3. _____ I like riding my bike in the park because it's fun and good exercise.
4. _____ Every day, I eat fruits and vegetables, and I feel super healthy!
5. _____ Drinking enough water is important for good health.

Exercise 3: Read and underline the Subject (S), Verb (V), Object (O) (1 point)

1. We need enough sleep each night.

   _____

2. She avoids junk food to keep fit.

   _____

3. She plays badminton every morning.

   _____

4. He eats a healthy breakfast before school.

   _____

5. The doctor advises patients to take medicine regularly.

   _____

PART D: READING

Exercise 1: Choose the correct word A, B, or C for each gap to complete the following passage. (1 point)

Staying healthy (1) _____ important for feeling great! Doing exercises, eating good foods, and (2) _____ well are key things. Moving your body through fun activities helps you stay strong and keeps your heart healthy. Eating different yummy and nutritious foods gives you (3) _____ and helps you grow. Sleep is like your body's refresh time, making you ready for each new day. Don't forget to drink water to keep your body running (4) _____! Being happy and having good friends are also part of being healthy. Remember, being healthy is awesome for a happy (5) _____!

1. A. is	B. are	C. am	D. does
2. A. sleeps	B. sleeping	C. sleep	D. sleepes
3. A. obesity	B. cold	C. medicine	D. energy
4. A. easy	B. easily	C. easing	D. easiness

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5. A. life B. live C. living C. liver

Exercise 2: Read the passage and write True (T) or False (F) (1 point)

Living in today's busy world, we often spend a lot of time watching TV. But do you know that reducing TV time can make you healthier and happier? Let's see how this small change can lead to a better life.

Watching less TV means more time for fun physical activities. You can ride a bike, dance, or play sports, making you feel energetic and strong. Also, spending less time in front of the TV means more time with family and friends. Talking and playing with them makes your relationships stronger and happier. Less TV time means better sleep. Too much TV before bed can make it hard to fall asleep, but less screen time helps you relax and sleep well. Moreover, with less TV, you can read, try new hobbies, and learn new things. This keeps your brain active and helps you be more creative. In conclusion, reducing TV time can lead to a healthier and more exciting life. So, let's turn off the TV and explore the wonderful world around us!

1. Reducing TV time can lead to a healthier and happier life. _____
2. Watching more TV provides more time for physical activities. _____
3. We can spend more time with family and friends if we watch less TV. _____
4. Too much TV before bed can help sleep well. _____
5. Reading and trying new hobbies are mentioned as benefits of reducing TV time. _____

PART E: WRITING

Exercise 1: Rearrange the words and phrases to create meaningful sentences about health. (0,4 point)

1. is/ really/ Smoking/ to/ our/ harmful/ health.

   _____

2. water/ should/ We/ drink /plenty of/ always/ /all the day.

   _____

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Exercise 2: Complete the second sentence so that it means the same as the first one. (0,6 point)

1. To keep your teeth healthy, remember to brush them.
   => Don't forget _____
2. Do exercise every day to keep your body strong.
   => Keep your body _____
3. Playing outside makes her feel happy.
   => She feels _____

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