

PART 1 PRONUNCIATION (5 questions)

Choose the word that has the underlined part pronounced differently from the others.

- | | | | |
|---------------------|--------------------|------------------|------------------|
| 1. A. <u>tea</u> | B. <u>sea</u> | C. <u>heat</u> | D. swe <u>at</u> |
| 2. A. <u>we</u> | B. <u>chest</u> | C. <u>pet</u> | D. <u>leg</u> |
| 3. A. <u>pea</u> | B. <u>head</u> | C. <u>team</u> | D. <u>peach</u> |
| 4. A. <u>letter</u> | B. <u>sentence</u> | C. <u>twenty</u> | D. <u>fever</u> |
| 5. A. <u>key</u> | B. <u>tent</u> | C. <u>hen</u> | D. <u>pen</u> |

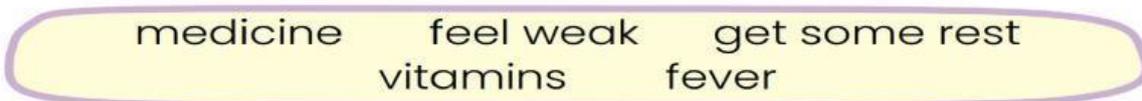
PART 2 VOCABULARY (10 questions)

Complete the text using the words in the box. (5 questions)



6. _____ a temperature
 7. _____ some aspirins
 8. _____ a headache
 9. _____ some rest
 10. _____ better

Complete the conversation using the words or phrases in the box. (5 questions)



Mom: What's the matter with you, Misa?

Misa: I don't know. But I (11) _____ and tired.

Mom: Let me see. You have a (12) _____.

Misa: What should I do? Should I take (13) _____?

Mom: No, you shouldn't. First, stay in bed, lie down and (14) _____. Then, I will help you reduce your body temperature.

Misa: And may I drink orange juice, Mom?

Mom: Sure. (15) _____ from fruit and vegetables are good for you.

Misa: Thank you, Mom.

PART 3 GRAMMAR (10 questions)

Complete the conversation using the indefinite quantifiers in the box. (5 questions)



Mom: I'm making chocolate cakes today, Susie.

Susie: That's great, Mom. How can I help?

Mom: First, I need (16) _____ sugar for making cakes. Please pass me the jar on the table.

Susie: Here you are. Anything else, Mom?

Mom: Thanks, Susie. I need (17) _____ eggs, too.

Susie: There aren't (18) _____ eggs left in the fridge.

Mom: How about the flour on the shelf?

Susie: Yes, Mom. There is a (19) _____ flour here.

Mom: I also need salt.

Susie: There isn't (20) _____ salt left.

Mom: So we need to go to the market to get some.

Choose the correct options. (5 questions)

21. She doesn't like to take _____ medicine when she is sick.
A. any B. many C. a lot D. some
22. The baby drinks _____ milk. He loves it.
A. many B. any C. a lot D. lots of
23. Would you like to have _____ fried chicken?
A. any B. some C. a lot D. a little
24. I need _____ eggs to make a birthday cake for my daughter.
A. any B. much C. lots of D. a little
25. You shouldn't add too _____ salt to your dishes.
A. some B. a little C. many D. much

PART 4 READING (10 questions)

Read the class survey report on healthy living. Choose the correct answers. (5 questions)

Questions	Students' answers				
	not at all	a little / not much	some	much	a lot / very much
How much do you ... every day?					
<i>eat fast food</i>	5	15	10	3	2
<i>eat vegetables</i>	3	5	12	10	5
<i>eat fruit</i>	6	7	11	6	5
<i>drink healthy drinks (e.g. water, milk)</i>	0	5	11	10	9
<i>drink unhealthy drinks (e.g. soda)</i>	1	11	16	4	3
<i>exercise</i>	3	8	17	5	2

26. How many survey questions are there?
A. 5 B. 6 C. 7 D. 8
27. How many students do not exercise at all every day?
A. 0 B. 3 C. 17 D. 35
28. Which do most students do much every day?
A. eat fast food B. eat fruit C. exercise D. drink healthy drinks
29. What does the report show?
A. Most of the students eat vegetables every day.
B. All of the students eat a lot of fruit every day.
C. About half of the students drink healthy drinks every day.
D. Under half of the students exercise every day.
30. Which is NOT true according to the report?
A. Two of the students eat a lot of fast food.
B. Twelve of the students just eat some vegetables.
C. Nine of the students drink a lot of water.
D. Nobody in the survey exercises.

Read the text about how to have a healthy eating habit. Complete each sentence with ONE WORD. (5 questions)

HOW TO HAVE A HEALTHY EATING HABIT

Do Not Eat Too Much Fast Food

Fast food contains a lot of unhealthy fats and calories. When you eat fast food too often, it is easy for you to gain weight. Besides, your cholesterol level and your risk of cancer will be very high.

Do Not Eat Too Much Red Meat

It is OK to eat red meat, but eating too much red meat is unhealthy and may increase your health risks. Red meat is high in cholesterol, sodium, and saturated fat - a type of fat that is bad for your health.

Do Not Drink Too Much Soda

A can of soda is high in calories and sugar. Those who consume too much soda face health risks, such as diabetes and tooth decay. They may also gain weight and have high cholesterol levels.

Eat More Fruit and Vegetables

Fruit and vegetables contain a lot of nutrition and vitamins. They can protect you from many diseases. This type of food can lower cholesterol levels and help you lose weight.

Drink Enough Water

Water is essential for the proper functioning of all body parts and organs. A person should drink eight glasses of water per day on average. Your organs, particularly your brain, begin to shut down after three to five days of not drinking water.

- Fast food contains (31) _____ fats. They can be harmful to one's health.
- Eating too much red meat can raise your health (32) _____.
- Too much soda can cause (33) _____ levels to increase.
- Nutrition and (34) _____ in fruit and vegetables help protect people from diseases.
- Drinking (35) _____ glasses of water per day is good for the human body.

PART 5 LISTENING (10 questions)

Listen to an interview with David Chang. Choose the correct options. (5 questions)

36. David Chang is _____.
- A. a chef B. a food expert C. a doctor D. a book publisher
37. David's book is mainly about _____.
- A. a teenager B. teenagers' food choice C. teenage lifestyles D. teenagers' study
38. Teenagers tend to have _____ fast food and soft drink.
- A. a little B. some C. lots of D. too much
39. David says teenagers have to study more at learning centers _____.
- A. after school B. on weekends C. after relaxing time D. on weekdays
40. _____ the problems can affect teenagers' health.
- A. None of B. One of C. Two of D. All of

Listen again. Fill in each gap with ONE WORD. (5 questions)

- Bad eating (41) _____ make teenagers become overweight.
- Too much study can cause bad eyesight, stress and lack of (42) _____.
- Teenagers should learn how to manage their time and spend more time on (43) _____ activities.
- Many teenagers choose to (44) _____ in bed after studying rather than exercise.
- Lack of exercise causes many health risks, so teenagers should do (45) _____ such as yoga, aerobics or walking.

PART 6 SPEAKING (5 questions)

Complete the conversation using the sentences in the boxes. (5 questions)



A You shouldn't eat too much unhealthy food.



C You should take some medicine to reduce the pain.



B You should get enough sleep to get well soon.



D You should drink more water.



E I feel tired, and I have a sore throat.

Doctor: Good morning. How can I help you?

Patient: (46) _____

Doctor: I see. Do you drink enough water every day?

Patient: No. Sometimes, I drink too much coke.

Doctor: (47) _____

Do you eat fruit and vegetables?

Patient: No, not really. I eat a lot of fast food such as French fries.

Doctor: (48) _____

Patient: OK.

Doctor: Do you sleep eight hours a night?

Patient: Actually, I don't.

Doctor: (49) _____

Patient: Now, I can see that I have an unhealthy lifestyle.

Should I take some medicine?

Doctor: Yes. (50) _____

Patient: Thank you, Doctor.

Doctor: You're welcome.

PART 7 WRITING (5 questions)

Complete the request letter using the phrases or sentences in the box. (5 questions)

- A Mr. Richardson
- B I look forward to hearing from you
- C They are not good for students
- D I am writing to ask for healthy food in the cafeteria
- E We want to promote a healthy lifestyle at our school



Andy Tran
12 Oak Street
Ryde NSW 2112
Brian Richardson
607 Dennis Ave

Dear (51) _____ ,

My name is Andy Tran, and I am in Class 7F. (52) _____. Our school's cafeteria serves food such as fast food and soda. (53) _____. As a principal, you should decide what food the cafeteria will serve and add healthier options to the menu. (54) _____. Please listen to us and provide us with healthier food.

(55) _____.

Sincerely,

Andy Tran

---THE END---