NAME:……..…… G7-TEST 13 UNIT 2-MARKS:…….

1. Find the word which has a different sound in the underlined part.

1.	A. cough	B. enough	C. through	D. laugh
2.	A. dolphin	B. uphill	C. earphone	D. alphabet
3.	A. night	B. tough	C. flight	D. high
4.	A. ate	B. about	C. amazing	D. above
5.	A. learn	B. early	C. earth	D. hear
6.	A. of	B. for	C. family	D. often
7.	A. eight	B. brighten	C. through	D. cough

2. Find the odd one out A, B, C or D.

1.	**A.** cough	**B.** weak	**C.** headache	**D.** sore throat
2.	**A.** sunburn	**B.** toothache	**C.** earache	**D.** unhealthy
3.	**A.** sick	**B.** temperature	**C.** tired	**D.** weak
4.	**A.** flu	**B.** stomachache	**C.** allergy	**D.** fat
5.	**A.** sleep	**B.** happy	**C.** live	**D.** smile

3. Look at the picture and choose the correct word or phrase.

1. 	A. milk	B. sunburn	C. suncream
2. 	A. boating	B. cycling	C. exercising
3. 	A. acne	B. red spots	C. chapped lips
4. 	A. tofu	B. soybeans	C. soft drinks
5. 	A. dim light	B. lip balm	C. lunch box
6. 	A. chapped skin	B. coloured vegetables	C. outdoor activities

4. Circle the best answers.

1. 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

2. The health _____ from the diet expert is that you should eat less junk food and count your calories if you are becoming fat.
A. advices B. ideas C. tip D. tips

3. The seafood I ate this morning makes me feel _____ all over.
A. itchy B. weak C. running D. well

4. If you want to be fit, stay outdoors more and do more _____ activities.
A. physics B. physic C. physical D. physically

5. Do more exercise _____ eat more fruit and vegetables.
A. and B. so C. but D. or

6. After working on computers for long hours, you should _____ your eyes and relax.
A. wake B. rest C. sleep D. sleep in

7. Eat less high-fat food to keep you from _____ fat.
A. gaining B. reducing C. getting D. rising

8. We should follow the advice from doctors and health _____ in order to keep fit.
A. managers B. experts C. people D. workers

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9. Have a healthy _____ and you can enjoy your life.
A. lifeline B. lively C. lives D. lifestyle
10. They go _____ outside even when it's cold.
A. swims B. swimming C. swimming D. swam
11. Rob eats a lot of fast food, and he _____ on a lot of weight.
A. spends B. brings C. takes D. puts
12. We need to spend less time _____ computer games.
A. playing B. to playing C. play D. to play
13. To prevent the _____, you should eat a lot of garlic and keep your body warm.
A. cold B. mumps C. flu D. headache
14. Be careful with _____ you eat and drink.
A. who B. this C. what D. that
15. Eating a lot of junk food may lead to your _____.
A. pain B. stomachache C. obesity D. fitness
16. My father does morning _____ every day.
A. running B. well C. exercise D. weak
17. Don't eat that type of fish: you may have a/an _____.
A. energy B. allergy C. sick D. sore
18. Do you want to know how you can _____ healthy?
A. make B. have C. stay D. create
19. When you have a temperature, you should drink more water and rest _____.
A. most B. less C. few D. more
20. I forgot to wear a sun hat today, and I got a _____.
A. backache B. headache C. stomachache D. earache

Exercise 5. Match the situations in column A with its advice in column B.

1. I have chapped lips.	**A.** She shouldn't spend too much time in the sun.	**1.**
2. My sister gets a sunburn.	**B.** She should exercise regularly and eat less junk food.	**2.**
3. My father has a backache	**C.** You should put on some lip balm.	**3.**
4. She often feels tired in early morning.	**D.** She shouldn't stay up too late.	**4.**
5. Jane is putting on weight.	**E.** He should take an aspirin.	**5.**
6. My brother has the flu.	**F.** He shouldn't bring heavy things.	**6.**

Exercise 6. Reorder the letters to make the words of health problems.

1. ance _____ **2.** sbuurnn _____
3. hheeaadc _____ **4.** rde otsps _____
5. chgou _____ **6.** bacackhe _____
7. tthoochea _____ **8.** chdeapp psli _____
9. appched skni _____ **10.** reso tthroa _____

Exercise 7. Choose the word which best fits each gap.

Breakfast is the (1) _____ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) _____ and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (3) _____ to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4) _____ weight if you eat in the morning rather than later in the day. Dividing the day's calories (5) _____ three meals helps take-off weight more efficiently than (6) _____ breakfast and having two larger meals a day does.

1.	A. healthy	B. tasty	C. main	D. most
2.	A. strength	B. power	C. energy	D. effort
3.	A. able	B. enable	C. unable	D. capable
4.	A. lose	B. put	C. gain	D. drop
5.	A. in	B. into	C. up	D. for
6.	A. skipping	B. making	C. buying	D. serving

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