

Friend Plus 7 - Unit 1

A- USE OF ENGLISH (2PTS).

I/ **Pronunciation.** Identify the underlined letters that are pronounced differently from the others.

- 1- A. sleeps B. wants C. says D. starts
- 2- A. reads B. watches C. lives D. studies

Identify the words whose main stresses are different from the others.

- 3- A. China B. Brazil C. Vietnam D. Thailand
- 4- A. restaurant B. different C. computer D. countryside

II/ Vocabulary and grammar.

- 5/ She loves being _____ bed.
 - A- in B- on C- at D- over
- 6/ Where do people _____ their time around the world?
 - A- sleep B- spend C- have D- go
- 7/ My dad _____ phones when we're eating together at home.
 - A- gets B- lets C- spends D- bans
- 8/ He's older and he _____ more.
 - A- studies B- don't study C- doesn't study D- study
- 9/ Some students _____ school at 5 p.m.
 - A- finish B- finishes C- to finish D- finishing
- 10/ My mum _____ much.
 - A- work B- to work C- doesn't work D- don't work

C/ READING. (2 PTS) Read the text and answer the questions.

Getting a good night's sleep

Sleep is very important. It lets your body and mind rest after a busy day. Everyone has trouble sleeping sometimes. There are things you can do to help you sleep better. Think about what you drink in the afternoon and evening. Cola drinks can keep you awake. Don't eat too much before bedtime and have at least an hour after dinner to let your food go down. Try to get some fresh air each day. You don't have to do a sport every day. Just going outside is good.

Try not to have your bedroom too hot or too cold. Put a nightlight on if you like to have some light. Try dark curtains if you don't. Try to go to bed at the same time each day. This should be the same at weekends as well as on school nights.

Have a warm bath or shower before bed to relax you. A milky drink could also help you sleep. Don't watch the television or use a phone or tablet before bed. The light they give off can wake up your brain. Remember to go to the toilet before you go to bed.

1) How often does everyone have trouble sleeping?

- A) always B) sometimes C) usually

2) Which kind of drink is NOT good for sleeping?

- A) milky drinks B) water C) Cola drinks

3) The light from television or phone could

- A) wake your brain up. B) help your brain sleep quickly. C) relax your body.

4) How does the writer say about food before bedtime?

- A) You can eat as much as you like. B) You shouldn't eat too much.
C) It is pleasant.

5) What is the main idea of the text? (main idea: ý chính)

- A) Give advice on how to sleep well B) Describe eating habit before bed
C) Talk about the importance of light