

TRẮC NGHIỆM UNIT 2

1. I don't often drink _____ drinks.
A. soft B. heavy C. long D. short

2. Doing exercises helps keep you _____.
A. large B. fit C. weak D. short

3. Last year I'd been working extremely hard, and physically I wasn't in good _____.
A. money B. touch C. mind D. shape

4. By the end of the winter, everyone said I looked _____ and sleepy all the time.
A. light B. colourless C. tired D. healthy

5. I often play badminton with my brother to _____ stress.
A. release B. increase C. burn D. keep

6. You should eat _____ fruits and vegetables because they are good for your health.
A. more B. less C. little D. no

7. _____ is a pain caused by something being wrong with one of your teeth.
A. Earache B. Backache C. Stomachache D. Toothache

8. _____ is a pain in your back.
A. Earache B. Backache C. Stomachache D. Toothache

9. _____ is a pain in your stomach.
A. Earache B. Backache C. Stomachache D. Toothache

10. _____ is a pain inside your ear.
A. Earache B. Backache C. Stomachache D. Toothache

11. _____ is a very serve pain you feel in your head.
A. Headache B. Flu C. Cough D. Sore throat

12. My brother doesn't want to suffer from toothache, so he _____ his teeth twice.
A. brushes B. doesn't brush C. washes D. doesn't wash

13. My friend wishes to become a doctor one day, so _____.
A. he studies very hard B. he wants to work in his hometown's hospital
C. he doesn't study hard D. he doesn't want to work in his hometown's hospital

14. You should eat lots of fruits and vegetables because they _____ vitamins.
A. run B. take C. provide D. get

15. The health _____ 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

16. Don't eat so quickly. You'll get a _____.
A. headache B. flu C. cough D. stomachache

17. If you want to be fit, do more _____ and physical activities.
A. outside B. out C. outdoors D. outdoor

18. Do more exercise _____ eat more fruits and vegetables.

A· and B· so C· but D· although

19. After working in computer for long hours, you should your eyes and relax.
A· wake B· rest C· sleep D· sleep in

20. Eat less high-fat foods to keep you from fat.
A· gaining B· reducing C· getting D· rising

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

22. Have a healthy and you can enjoy your life.
A· lifeline B· lively C· lives D· lifestyle

23. They go outside even when it's cold.
A· swims B· swimming C· swim D· swam

24. To prevent , you should eat a lot of garlic and keep your body warm.
A· cold B· acne C· chapped lips D· headache

25. You can avoid some diseases by yourself clean.
A· keeping B· taking C· looking D· bringing

26. Rob eats a lot of fast food and he on a lot of weight.
A· takes B· puts C· spends D· brings

27. Eating a lot of junk food may lead to your .
A· obesity B· fitness C· pain D· stomachache

28. I have lips.
A· chap B· chapped C· dry D· spots

29. When you have flu, you may have a cough and a nose.
A· runny B· chapped C· flowing D· noisy

30. We should play sports or do exercise in order to stay in .
A· look B· shape C· fit D· health

31. He usually jogging for half an hour before breakfast.
A· goes B· rides C· takes D· cycles

32. Playing sports is very good for our .
A· chapped lips B· suncream C· acne D· health

33. You should wear a hat and put on suncream to avoid .
A· skin B· fitness C· activity D· sunburn

34. is good for our eyes.
A· Alcohol B· Vitamin A C· Vitamin D D· Fast food

35. She exercises regularly to keep .
A· fit B· clean C· tidy D· unhealthy

36. is a product from soybeans.
A· fish B· meat C· tofu D· lemons

37. He doesn't eat meat or fish. He is a .
A· actor B· cooker C· vegetarian D· writer

38. _____ and fruit have many vitamins.

A. Bread B. Soft drinks C. Cakes D. Vegetables

39. Turn on the light. You shouldn't read in _____ lights.

A. dim B. fresh C. bright D. tasty

40. _____? => I have a headache

A. what's it? B. How old are you? C. what's the matter? D. where are you?

41. Mai is a good student.

The subject is: _____.

A. Mai B. is C. good D. student

42. She has a new uniform.

The verb is: _____.

A. She B. has C. a D. uniform

43. She draws flowers very beautifully.

The object is: _____.

A. draws B. flowers C. very D. beautifully

44. We go cycling every day.

The adverb is: _____.

A. We B. cycling C. every D. every day

45. The Japanese often eat lots of tofu.

The subject (S) is: _____.

A. The B. Japanese C. The Japanese D. lots of tofu

46. My mother and I jog every morning.

The subject is: _____.

A. My mother B. My mother and I C. jog D. every morning

47. Most children love fast food and soft drinks.

The verb is: _____.

A. Most B. love C. fast D. soft

48. He doesn't read science books.

The object is: _____.

A. doesn't B. science C. books D. science books

49. My sister rarely drinks orange juice.

The verb is: _____.

A. My B. rarely C. drinks D. orange

50. They went to Paris two weeks ago.

The adverb is: _____.

A. two B. weeks C. ago D. two weeks ago

LISTENING

Exercise 1. Listen to the conversation twice and circle the correct answer to each of the following questions.

1. What does Keren say about jogging?

A. She jogs at the gym B. She jogs 4 times a week
C. She jogs in the evening D. She jogs for an hour

2. What does Karen say about running in the morning?

A. She doesn't like it B. It's easier in the summer
 C. She ran this morning D. It's hard on the weekend

3. What food does she eat in her balanced diet?
 A. Meat B. Chicken C. Vegetables D. Egg

4. What help Karen relax?
 A. Yoga B. Music C. Sleep D. Walking

Exercise 2: Listen to the passage and decide whether the following sentences are True or False.

No.	Statements	T	F
1.	Good teeth help us look nice and chew well.		
2.	We ought to visit our dentist twice a month.		
3.	We should brush our teeth twice a day		
4.	We should drink much water to keep our teeth healthy.		