

REVIEW UNIT 2: HEALTHY LIVING - TEST 1**Môn: Tiếng Anh – Lớp 7 Bộ sách: Global Success****Thời gian làm bài: 60 phút****A. LISTENING: (2.5 points)**

PART 1: Listen to the audio talking about Healthy Living and complete the blanks with NO MORE THAN TWO WORDS. You can listen to the recording TWICE.(1.0 point) 120-140W

1. **(NB)** 1. Doctors in Britain are concerned about the health of _____.
2. **(TH)** 2. Teenagers say they don't eat well because of school _____.
3. **(NB)** 3. Fast food contains too much _____ and sugar.
4. **(VD)** 4. A good diet helps teenagers live better, longer, and feel strong _____ every day.

PART 2: Listen to the talk about Healthy Living. Circle A, B C or D to answer each question. You will listen TWICE.(1.5 points) skill 2 unit 2 120-140W

(NB)Question 5. Which vegetables are mentioned as especially good for health?

- A. Cabbage and spinach
- B. Potatoes and onions
- C. Carrots and tomatoes
- D. Beans and pumpkins

(NB)Question 6. How many hours of sleep are recommended daily?

- A. 6
- B. 7
- C. 8
- D. 9

(TH) Question 7. What may happen if you eat too much meat and cheese?

- A. You will get stronger
- B. You may feel tired

- C. You may put on weight
- D. You may lose vitamins

(TH)Question 8. Why should we open windows in our room?

- A. To avoid insects
- B. To let in air and sunshine
- C. To cool down the room
- D. To keep the room dark

(VD)Question 9. Which drink is suggested to avoid?

- A. Water
- B. Milk
- C. Soft drinks
- D. Juice

(VD)Question 10. Which activity is NOT mentioned as a way to stay fit?

- A. Swimming
- B. Cycling
- C. Playing video games
- D. Playing sports

B. KNOWLEDGE OF LANGUAGE: (2,5 points)

PART 1: Read the following advertisement/ announcement and mark the letter A, B, C and D on your answer sheet to indicate the option that best fit each of the numbered blanks from 11 to 15 (1.25 points)

Announcement: Staying Healthy in Winter

Winter is coming, and it's important to protect your body. Cold weather can cause (11) _____, so remember to use (12) _____ to keep your lips soft. Many teenagers get (13) _____ on their face due to dry skin or bad diet.

Also, try to eat healthy meals every day. (14) _____ coloured vegetables gives your _____ body _____ more _____ vitamins.

And don't forget exercise! My father (15) _____ for a run every morning. It keeps him fit and strong.

(NB) Question 11.

- A. chapped lips

- B. skin condition
- C. sunburn
- D. soft drinks

(NB) Question 12.

- A. shampoo
- B. soap
- C. lip balm
- D. toothpaste

(NB) Question 13.

- A. sunburn
- B. chapped lips
- C. dim light
- D. red spots

(TH) Question 14.

- A. Getting
- B. Eating
- C. Buying
- D. Selling

(TH) Question 15.

- A. creates
- B. goes
- C. likes
- D. gets

PART 2: Read the following leaflet and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 16 to 20. (1.25 points)

How to Stay Healthy Every Day

We all know that healthy habits help us avoid illness and (16) _____ our bodies strong. One simple way is to eat more fruit and vegetables, especially (17) _____ ones like carrots and tomatoes. These foods provide a lot of vitamins that are good for your skin and eyes.

You should also avoid sugary drinks like (18) _____, and try to drink more water during the day. (19) _____, sleeping regularly and eating well are both important habits.

Finally, remember to sleep well and exercise regularly. All of these things help improve your (20) _____ health.

(TH) Question 16.

- A. help
- B. keep
- C. have
- D. do

(NB) Question 17.

- A. light-coloured
- B. straw-colour
- C. coloured
- D. colour

(NB) Question 18.

- A. lemon juice
- B. soft drinks
- C. coconut water
- D. tea

(VD) Question 19.

- A. To watch TV late at night
- B. To skip breakfast often
- C. To avoid getting sick
- D. To play video games all night

(NB) Question 20.

- A. overactive
- B. overage
- C. over
- D. overall

C. READING (2.5 points)

PART 1: Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 21 to 25. (1.25 pts) 120-150w

Tips for Healthy Living

To stay healthy, people should follow simple but effective habits. One important tip is (21) _____ less salt and sugar, because they can increase the risk of heart disease. It is also essential to drink about one and a half litres of water daily. (22) _____, this water must be clean and safe, as unsafe water can cause many diseases.

People are also advised to be more physically active. Sports and housework help us stay fit and active. Convenience and technology make us sit too much, so we should (23) _____ our screen time and stand up regularly.

Another key factor is good sleep. Everyone needs seven to eight hours of sleep a night. (24) _____ sleep helps both the body and the mind. Finally, washing hands with soap and water (25) _____ germs and protects our health.

(Adapted from Global Success workbook)

(TH) Question 21.

- | | |
|-----------|-----------|
| A. to own | B. to eat |
| C. to get | D. to buy |

(NB) Question 22.

- | | |
|--------|------------|
| A. But | B. However |
| C. And | D. Or |

(NB) Question 23.

- | | |
|-------------|--------------|
| A. reducing | B. reduces |
| C. reduce | D. to reduce |

(NB) Question 24.

- | | |
|----------|-----------|
| A. Light | B. Enough |
| C. Early | D. Heavy |

(TH) Question 25.

- | | |
|----------|------------|
| A. falls | B. rescues |
| C. kills | D. helps |

PART 2: Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 26 to 30. (1.25 pts) 120-150w

In 2019, Spain was the healthiest country in the world. The secret is their Mediterranean diet. This diet focuses on healthy fats and proteins. This includes cold tomato soup, plenty of seafood (especially fish), and veggies. Spanish people say that they have some of the most delicious salads in the world. Due to the Mediterranean diet, the Spanish suffer from fewer diseases than the rest of the world. Physical health is important, but mental health is important too. Eight out of ten Spanish people are happy. Why? A major reason is the weather. Spain has beautiful weather all year round. Another reason is that Spain is home to a lively and relaxing culture. The Spanish enjoy the simple pleasures of life.

(Adapted from Global Success workbook)

(NB) Question 26. What helped make Spain the healthiest country in 2019?

- A. Its public hospitals
- B. Its green parks
- C. Its Mediterranean diet
- D. Its education system

(NB) Question 27. What kind of food is included in the Mediterranean diet?

- A. Red meat and fast food
- B. Seafood, vegetables, and cold tomato soup
- C. Bread and cheese
- D. Fried food and sugar

(NB) Question 28. How many Spanish people are reported to be happy?

- A. One out of ten
- B. Five out of ten
- C. Eight out of ten
- D. Ten out of ten

(TH) Question 29. What is one reason why the Spanish have good mental health?

- A. They work very hard
- B. They live in a lively and relaxing culture
- C. They eat cold soup every day
- D. They use technology more

(VD) Question 30. What is the best paraphrase of the last sentence: *“The Spanish enjoy the simple pleasures of life.”*

- A. They enjoy big cities and crowded places.
- B. They find happiness in small things and daily life.
- C. They only eat simple meals.
- D. They live a very difficult life.

D. WRITING (2.5 points)

PART 1: Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful paragraph in each of the following questions from 31 to 32 . (0.5 pt)

(TH) Question 31:

- a. A: My eyes are tired.
- b. B: And you shouldn't read in dim light.
- c. B: You can use eyedrops.
- d. A: Thank you.

- A. a – c – b – d
- B. a – b – c – d
- C. c – a – b – d
- D. d – b – a – c

(VD) Question 32:

- a. B: That sounds serious. Maybe you should see a doctor.
- b. A: I've been having headaches every day after school.
- c. A: I also feel very tired in the evening and can't concentrate.
- d. B: How many hours of sleep are you getting each night?
- e. A: Only about five. I stay up late doing homework or watching YouTube.
- f. B: That's not enough. Try sleeping earlier. It may help you feel better.

- A. b – c – a – d – e – f
- B. b – a – c – d – f – e
- C. d – b – c – a – f – e
- D. a – b – d – e – f – c

PART 2: Combine each pair of sentences to make one sentence, using the words given in brackets in each of the following questions from 33 to 36. (1,0 pt)

(TH) Question 33:

My sister walks to school. My brother rides a bike. (**WHILE**)

→ _____

(TH) Question 34:

I brush my teeth. Then I go to bed. (**AFTER**)

→ _____

(VD) Question 35:

Nam eats fast food. He doesn't drink enough water. (**BUT**)

→ _____

(VD) Question 36:

He plays video games. He never does any exercise. (**ALTHOUGH**)

→ _____

PART 3: Write a short paragraph of about 60-80 words to give advice on how to avoid viruses. The following cues below might help you. (1.0 pt)

USEFUL LANGUAGE:

- wear a mask
- wash your hands regularly
- avoid crowds
- clean your surroundings
- eat more fruit and vegetables
- do exercise every day

- stay healthy
- fight viruses
- prevent infection

✓ **OUTLINE:**

Introduction:

There are several things we can do to avoid viruses.

Body:

- Wear a mask in public
- Wash hands with soap regularly
- Avoid crowds
- Clean your surroundings
- Eat fruit and vegetables
- Do physical exercise every day

Conclusion:

These habits help protect our health and prevent the spread of viruses.

Writing Sample:

There are several things we can do to avoid viruses. First, we should wear a mask when going outside and avoid crowded places. Second, it is important to wash our hands with soap regularly. We also need to clean our surroundings, such as our home and personal items. Eating more fruit and vegetables helps us stay healthy. Finally, we should do physical exercise every day. These habits can help protect us and stop viruses from spreading.

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