

REVIEW UNIT 2: HEALTHY LIVING - TEST 2

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

(NB) 1. Doctors in Britain are worried about the health of _____.

(TH) 2. Teenagers say they don't have enough time to prepare _____

(NB) 3. Fast food contains too much _____ and sugar.

(VD) 4. A good diet helps teenagers live longer, feel better, and _____.

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) 120-140W

(NB) Question 5: What are students advised to eat more of?

- A. Rice and bread
- B. Fast food
- C. Coloured vegetables
- D. Sweet snacks

(NB) Question 6: What do they say is better than drinking soft drinks?

- A. Fruit juice
- B. Water
- C. Milk tea
- D. Coffee

(TH) Question 7: Why does Linh start going to bed earlier?

- A. To watch less TV
- B. To feel fresh and healthy
- C. To do homework better
- D. Because she has to wake up early

(TH) Question 8: What do they say about tidy rooms?

- A. They save time cleaning
- B. They make us sleep better
- C. They help bring in fresh air and sunshine
- D. They help reduce noise

(VD) Question 9: What kind of change has one speaker made to be healthier?

- A. Eating more fast food
- B. Going out with friends
- C. Cycling to school
- D. Sleeping less

(VD) Question 10: What is the overall purpose of these healthy habits?

- A. To look better
- B. To avoid diseases and stay fit
- C. To save money
- D. To study longer

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 Fit Every Day

Being healthy is not only about eating well, but also about your daily routine. One common (11) _____ that teenagers often face is feeling tired in class. That's why it's important to have enough sleep and avoid staying up too late.

You should also protect your eyes. Use eyedrops or take a break if you spend a lot of time reading or using a screen. Some students get (12) _____ after long hours of study in poor lighting.

Another problem is (13) _____, which may appear due to stress or a poor diet. To help your body stay strong, eat more vegetables and drink plenty of water.

(14) _____ outdoor activities like running or cycling can improve your mood and fitness. My brother (15) _____ his bike to school every day – it keeps him active and saves time too.

(NB) Question 11.

A. tired B. tiredly C. tiredness D. tire iron

(NB) Question 12.

A. red eyes B. dim rooms C. soft chairs D. chapped lips

(NB) Question 13.

A. skin cream B. red spots C. acne D. face soap

(TH) Question 14.

A. having B. Playing C. learning D. studying

(TH) Question 15.

A. is getting B. is driving C. is riding D. is playing

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)

Build Healthy Habits Today

Many students are busy with homework and don't care much about their health. But small changes in your lifestyle can (16) _____.

Start with eating. Add more natural foods to your meals. Vegetables, especially (17) _____ ones, are full of vitamins.

Don't drink too much sugar. Drinks like (18) _____ contain lots of sugar and are bad for your teeth and weight.

(19) _____ daily and getting enough sleep can help you stay strong and focused. If you keep these habits, you will enjoy better (20) _____ and feel more positive.

(TH) Question 16.

A. give a small help
B. make a big difference
C. take a short break
D. take a small chance

(NB) Question 17.

- A. soft-coloured
- B. light-coloured
- C. brightly coloured
- D. warmly coloured

(NB) Question 18.

- A. lemon juice
- B. Coca-Cola
- C. orange juice
- D. apple juice

(VD) Question 19.

- A. Exercise
- B. Do
- C. Exercising
- D. Doing

(NB) Question 20.

- A. healthy center
- B. health
- C. unhealthy
- D. condition

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

Healthy Diet

Having a healthy diet means eating the right types and amounts of food. If people eat too much or (21) _____ food, they can become overweight or lack energy. One key tip is to reduce high-calorie meals and avoid sugary snacks. (22) _____, sugar is bad for your teeth and gives your body empty calories.

Another important part of a healthy diet is fibre. We can find fibre in bread, rice, and vegetables. These foods are (23) _____ in energy and don't cause weight gain. They help with digestion and give you a full feeling after meals.

Clearly, (24) _____ fat and more fibre helps you stay strong and avoid health problems. Finally, you should eat (25) _____ meals every day to stay active and focused.

(Adapted from Futurelang)

(TH) Question 21:

- A. right
- B. wrong
- C. tasty
- D. cooked

(NB) Question 22:

- A. clear
- B. Clearly
- C. clear-cut
- D. clearing

(NB) Question 23:

- A. richness
- B. rich
- C. richly
- D. riches

(NB) Question 24:

- A. eating many
- B. eating more
- C. eating less
- D. eating much

(TH) Question 25:

- A. huge
- B. fancy
- C. regular
- D. late

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

It's important to eat properly, especially when you are studying. If you are at school, you may not be able to go home for lunch and have a cooked meal with meat or fish and vegetables. You might bring some food with you to school and eat it during your lunch break. A chicken and lettuce sandwich with some fresh fruit can be a light but healthy lunch. Many people around the world eat plain, boiled rice two or three times a day. Students often don't eat well when they're revising for exams—they snack on chocolate and drink lots of black coffee, which is not good. Doctors say everyone should start the day with a healthy breakfast. It gives energy for both the body and brain. Also, remember to drink lots of water during the day to stay hydrated. Healthy eating habits help you stay strong, focused, and ready to learn.

(Adapted from Futurelang)

(NB) Question 26: Why is eating properly important when you study?

- A. Because it saves your time.
- B. Because it gives your brain energy.
- C. Because it is cheap and easy.
- D. Because it tastes better.

(NB) Question 27: What do students often eat when they revise for exams?

- A. Sandwiches and fruit.
- B. Rice and vegetables.
- C. Chocolate and coffee.
- D. Soup and meat.

(NB) Question 28: What kind of lunch is mentioned as both light and healthy?

- A. Fried noodles and milk.
- B. A sandwich and fruit.
- C. Rice and chicken.
- D. Hamburger and fries.

(TH) Question 29: What does the passage suggest about breakfast?

- A. It should be eaten at lunch.
- B. It is good for your muscles.
- C. It gives energy to the brain.
- D. It must include chocolate.

(VD) Question 30: What is the main idea of the passage?

- A. Students should cook their own meals.
- B. Eating well helps you study better.
- C. Junk food is better during exam time.
- D. Coffee helps students stay awake.

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: I've got chapped lips again.
- b. B: You should drink more water and use some lip balm.
- c. B: Don't forget it next time. Staying hydrated is very important!
- d. A: I think I forgot to bring my bottle today.

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

(VD) Question 32:

- a. B: That might be the reason you often feel sleepy in the morning.
- b. A: I always feel tired and have no energy in the first lesson.
- c. B: Do you go to bed late?
- d. A: Yes. I usually sleep at midnight after finishing homework and playing mobile games.
- e. B: You should sleep earlier. Getting 7–8 hours of sleep is very important for teens.
- f. A: I'll try to change my routine. Thanks for the advice!

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

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. (1,0pt)

(TH) Question 33:

My dad eats fruit. My sister eats fruit. **(TOO)**

→ _____

(TH) Question 34:

She drinks milk. Then she brushes her teeth. **(BEFORE)**

→ _____

(VD) Question 35:

Tom stays up late. He still wakes up early for school. **(ALTHOUGH)**

→ _____

(VD) Question 36:

Linh eats a lot of sweets. She doesn't do exercise. **(BUT)**

→ _____

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

USEFUL LANGUAGE

- eat more fruit and vegetables
- drink more water
- sleep early and enough
- do exercise regularly
- avoid fast food and soft drinks
- keep your room clean
- stay away from screens before bed

- have good daily routines

OUTLINE

Introduction: Why teenagers should live healthily

Body:

- Advice 1: diet (e.g. more vegetables, less junk food)
- Advice 2: sleep and hydration
- Advice 3: physical activities and rest

Conclusion: Benefits of healthy living

WRITING SAMPLE

Teenagers should follow a healthy lifestyle to grow well and stay strong. First, they should eat more fruit and vegetables and avoid fast food. Second, it is important to sleep early and drink enough water every day. They also need to do regular exercise like walking or cycling. Lastly, they should keep their rooms clean and avoid using phones before bedtime. Good habits help teenagers feel fresh, stay fit, and study better.

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