NGOẠI NGỮ PHƯƠNG THẢO

GRADE 7 - UNIT 2 - HEALTHY LIVING

Mark the letter A, B, C, or D on your answer sheet to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1.	A. i<u>f</u>	D. o<u>f</u>	C. <u>f</u>ive	D. <u>f</u>ine
2.	A. m<u>i</u>lk	B. v<u>i</u>tal	C. chill<u>i</u>	D. luck<u>y</u>

Mark the letter A, B, C, or D on your answer sheet to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

3.	A. regularly	B. hobby	C. amazing	D. jogging
4.	A. interesting	B. activity	C. cycling	D. reason

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.

5. Doing sports or exercise is a great way to ……. healthy

A. maintain B. good C. better D. protect

6. Consuming alcohol can ……. health problems such as mental and behavioural disorders.

A. avoid B. effect C. lead to D. never

7. When people are stressed for a long time, they might ……. depression.

A. important B. suffer from C. energy D. for

8. Eating too much sugar increases the …… tooth decay and unhealthy weight gain.

A. risk of B. risk about C. risk to D. risk

9. Depression has negative ……. people's mental health.

A. affects to B. effects to C. affects on D. effects on

10. To stay strong and have enough energy, you should eat food that gives your body lots of …….

LIVEWORKSHEETS

A. vegetable B. vitamin C. fruit D. vegetarian

11. You shouldn't drink too much _____ because it contains a lot of sugar and can harm your teeth

A. soft drink B. water C. lemonade D. juice

12. Many people like eating _____ because it's quick and tasty, but it's not good for your health.

A. fruit B. vegetarian C. vegetable D. fast food

Read the following announcement 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 13 to 16.

The Japanese live long lives. The main reason is their diet. They eat a lot of fish and vegetables. They cook fish with little cooking oil. They also eat a lot of tofu, a product from…….. Tofu has vegetable protein and vitamin B. It doesn't have any ……. The Japanese work ……. and do a lot of …… activities too. This helps them keep fit.

13. A. soybeans B. beans C. leaf D. fish

14. A. slimfit B. weight gain C. fat D. taste

15. A. lazy B. inside C. outdoor D. hard

16. A. hard B. outdoor C. inside D. lazy

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to question 17.

a. I stayed up late playing games last night.

b. Mark: That's not good. You should go to bed earlier.

c. Lisa: Lisa: You look so tired today!

d. Mark: Yes, I will. Thanks for your advice.

17. a. b-a-d-a b. c-d-a-b c. c-a-b-d d. d-b-c-a

LIVEWORKSHEETS

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 numbered blank from 18 to 24.

One of the most obvious (18) _____ to stay healthy is to eat a (19) _____ of foods, including fruit, vegetables, (20) _____ and whole grains. Adults should eat at least five portions of fruit and vegetables per day. You can (21) _____ your intake of fruits and vegetables by always including vegetables and fruits in your meal and eating them as snacks. You should also (22) _____ at least 2 liters of water a (23) _____. There are numerous benefits (24) _____ drinking more water - it helps us to control our calorie intake and keeps our kidneys healthy.

18.	A. way	B. ways	C. road	D. path
19.	A. various	B. vary	C. variety	D. varieties
20.	A. meat	B. nuts	C. milk	D. eggs
21.	A. improve	B. movement	C. impress	D. involve
22.	A. drink	B. eat	C. take	D. bring
23.	A. time	B. day	C. week	D. month
24.	A. for	B. with	C. of	D. about

Mark the letter A, B, C or D on your answer sheet to indicate the sentence that is closest in meaning to the original sentence in each of the following questions.

25. I think doing morning exercise is good for our health.
A. I believe doing morning exercise is healthy.
B. I think doing morning exercise is boring.
C. I believe doing morning exercise is a waste of time.
D. I think doing morning exercise makes us tired.

26. You should eat more fruit and vegetables every day.
A. It's bad to eat fruit and vegetables every day.
B. You shouldn't eat fruit and vegetables.
C. It's a good idea to eat more fruit and vegetables daily.
D. You mustn't eat any fruit or vegetables.

Mark the letter A, B, C or D on your answer sheet to indicate the sentence that is made from the given cues in each of the following questions.

LIVEWORKSHEETS

27. There/is/countryside. There/is/a lot of/ fresh air.
A. There are a lot fresh air in countryside.
B. There is a lot fresh air in the countryside.
C. There is a lot of fresh air in the countryside.
D. There are a lot of fresh airs in countryside.

28. Children/ should/ avoid/ fast food. They should avoid soft drinks.
A. Children should avoid fast food and soft drinks.
B. Children should avoids fast food and soft drinks.
C. Children should avoid fast food or soft drinks.
D. Children shouldn't avoiding fast food and soft drinks.

Read the following sign or notice and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

29. What is the meaning of the sign below?



A. Vehicles can move in both directions.

B. You can only go in one direction.

C. You must stop and turn back.

D. You mustn't drive on this street.



32. What is the meaning of the sign below?

A. People can throw rubbish everywhere.

B. You must throw rubbish here.

C. You mustn't throw rubbish here.

D. It is good to drop litter on the street.

LIVEWORKSHEETS