LỚP 7 HK1 FORM 2026 TEST 1

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.

Question 1. A. blanket B. donate C. calorie D. allergy

Question 2. A. loved B. needed C. visited D. excited

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.

Question 3. A. mention B. purpose C. expect D. active

Question 4. A. homeless B. children C. garden D. prepare

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

Question 5. Last year, I _____to visit a children village in Yen Bai with my teachers and friends.

A. goed B.went C. goes D. to go

Question 6. Did you join a _____ activity last March?

A. cleaning B. clean-up C. clean up D. cleaning up

Question 7. How _____ does Jack go to the judo club? - Three times a week.

A. often B. far C. long D. many

Question 8. Be careful, please! All of things in this box are very .....

A. gallery B. fragile C. carved D. collage

Question 9. The film that I _____ last night _____ very interesting.

A. saw / was B. saw / were C. see / wore D. see / was

Question 10. Tom and his friends _____the plants in their neighbourhood every weekend.

A.water B.clean C.donate D.pick up

Question 11. Their house is really big. It looks _____ a palace.

A. like B. dislike C. alike D. unlike

Question 12. The _____ performed its final concert of the season yesterday.

A. scientists B. orchestra C. group D. team

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.

Community Service Opportunity!

Students are invited to (13) _____ our upcoming Community Service Program this weekend. It's a great chance (14) _____ others, make new friends, and develop useful skills. Activities (15) _____ cleaning the park, visiting the elderly, and collecting clothes for (16) _____ .

Time: 8:00 AM – 11:30 AM, Saturday

Place: School gate (for group departure)

Let's work together to make a difference! Sign up with your class teacher by Friday.

Question 13. A. develop B. join C. exchange D. protect

Question 14. A. to help B. to helping C. helping D. help

Question 15. A. consists B. covers C. such D. include

Question 16. A. donate B. donating C. donation D.donates

Question 17: Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

LIVEWORKSHEETS

Pizza is a popular food around the world. _____
a. In fact, you can find pizza in almost every country, each with its own unique twist.
b. First, it originated in Italy as a simple dish with tomato and cheese.
c. Nowadays, pizza comes with various toppings, from vegetables to seafood.

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

Question 18: Choose the sentence that you can end the text (in Question 17) most appropriately.
A. This is why people love pizza so much.
B. Pizza is now considered a global dish.
C. Many people think pizza is unhealthy.
D. Therefore, pizza is not a good choice for dinner.

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 19 to 24.

We need calories or (19) _____ to do the things every day. For example, when we walk to school or (20) _____ a bike to school we spend a certain amount of calories and even when we sleep, we also use them. But how many calories should we (21) _____ a day to stay in shape? It's difficult (22) _____ us to calculate. If people want to keep (23) _____, they should remember that everyone should have between 1600 and 2500 calories a day.
We get calories from the food we eat. If we get too many food and don't take part (24) _____ any activities, we can get fat quickly. So besides studying, we should do some exercises, play sports or do the housework, such as cleaning the floor, cooking etc. Otherwise, we don't eat enough, we will be tired and weak.

Question 19. A. food	B. sleep	C. drink	D. energy
Question 20. A. ride	B. come	C. drive	D. walk
Question 21. A. spend	B. do	C. have	D. decrease
Question 22. A. in	B. with	C. for	D. about
Question 23. A. health	B. fit	C. Active	D. energy
Question 24. A. with	B. on	C. in	D. of

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.

Question 25. It's a good idea to do exercise regularly.
A. You should never do exercise even if it's a good idea.
B. You should do exercise regularly.
C. You should avoid doing exercise for good health.
D. You should not do regular exercise.

Question 26. She eats fruits and veggies every day, but she keeps gaining weight.
A. Although she eats fruits and veggies every day, she keeps gaining weight.
B. Although she keeps gaining weight, she eats only fast food.
C. Because she eats fruits and veggies every day, she keeps gaining weigh.
D. Although she doesn't eat fruits, she still gains weight.

LIVEWORKSHEETS

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.

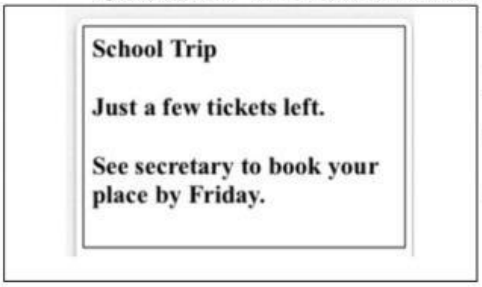
Question 27. She/ often/ take/ paracetamol/ if/ she/ get/ bad/ headache.

A. She often takes paracetamol if she gets a bad headache.
B. She often take paracetamol if she get a bad headache.
C. She is often taking paracetamol if she gets headache.
D. She often taking paracetamol if she gets bad headache.

Question 28. Peter/ eat/ lot of/ junk food/ he/ put/ weight.

A. Peter eat a lot of junk food, so he put on weight.
B. Peter is eating junk food because he is putting on weight.
C. Peter eats a lot of junk food, so he puts on weight.
D. Peter is eating junk food so he put on weight.

- ***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.***
- **Question 29**: What does Mom want to tell his daughter?



A. You must see the secretary soon to buy a ticket.

B. You should wait until Friday to buy your ticket.

C. There is no ticket to buy

D. The school trip is on Friday.

Question 30: What is the meaning of the sign below?



A. You can go through this door

B. The door is closed for now.

C. There are 2 other doors you can enter.

D. You can't open this door.

LIVEWORKSHEETS

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 following questions from 31 to 36.

The Healthy Eating Diet

Healthy eating is about feeling great and having more energy. If you choose the right foods, your healthy diet will be a tasty diet, too. You can still enjoy your favourite sweet and salty foods, but too much sugar and salt is bad for your body.

Dairy products like milk, cheese, and yoghurt are great because they **contain** calcium and keep your teeth and bones healthy. You should choose low-fat dairy products.

Meat, fish, eggs, beans, and nuts are important, too. They keep our bodies healthy and they give us energy to work and play.

Whole grains are an important part of every meal. If you eat lots of whole grains, you will have a healthy heart. Whole grains are in bread, cereal, pasta, and rice. Dark bread and brown rice are great sources of whole grains.

Fruit and vegetables are the most important part of a healthy diet. They are low in calories and full of vitamins. Eat lots of fruit and vegetables with every meal, and as snacks during the day. Fruit and vegetables with darker colours have more vitamins.

Question 31. What is the main idea of the passage?

A. Healthy eating means avoiding all fats and sugars.

B. Healthy eating requires expensive food.

C. Healthy eating is only for athletes.

D. Healthy eating is about feeling good and choosing the right foods.

Question 32. Why should you choose low-fat dairy products?

A. They help you gain weight.

B. They are more expensive.

C. They are better for your health.

D. They taste better than other foods.

Question 33. Which of the following is NOT mentioned in the passage?

A. You must never eat sweet or salty food.

B. Low-fat dairy products are better for your health.

C. You should eat fruit and vegetables every day.

D. Whole grains help your heart stay healthy.

Question 34. The word "**contain**" in the passage is **CLOSEST** in meaning to:

LIVEWORKSHEETS

A. change B. hide C. avoid D. hold

Question 35. According to the passage, which food group is the most important for a healthy diet?

A. Meat and fish B. Fruit and vegetables

C. Grains and rice D. Dairy products

Question 36. What is the benefit of eating whole grains?

A. They help keep your heart healthy.

B. They make you sleep better.

C. They help build muscles.

D. They are full of sugar and salt.

Four phrases/ sentences have been removed from the text below. For each question, 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 37 to 40.

I'm going to have a party! I hope you can come!!
It's going to start at 5 o'clock in the afternoon (37) _____. We're going to have it in Tom's house on Wilton Avenue. (38) _____.
Did you know that my birthday is on the eighth? (39) _____, the party is going to be on the tenth. (40) _____Parties are better on the weekend!

A - There's a big garden and we're going to have the party in the garden.
B - Why?
C - on the second Saturday in August
D - But as you can see

Question 37 _ _ _ _ _ **Question 38** _ _ _ _ _
Question 39 _ _ _ _ **Question 40** _ _ _ _ _

LỚP 7 HK1 FORM 2026 TEST 2

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.

Question 1. A. yo<u>g</u>a B. w<u>a</u>tch C. <u>a</u>round D. <u>a</u>mazing

Question 2. A. t<u>u</u>rn B. h<u>u</u>rt C. tr<u>u</u>th D. s<u>u</u>rf

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.

Question 3. A. common. B. lesson C. building D. create

Question 4. A. future. B. return C. picture D. culture

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

Question 5. Do you like _____ models?

LIVEWORKSHEETS

A. going B. riding C. playing D. making

Question 6. My cousin is a famous _____.

A. collect B. collection C. collector D. collecting

Question 7. You should wear a hat and put on suncream to avoid _____.

A. skin B. fitness C. activity D. sunburn

Question 8. Activities like running and cycling are good _____ our health.

A. in B. for C. to D. with

Question 9. Nguyen Dinh Chieu was known as one of the most famous _____ in Viet Nam.

A. poet B. poetry C. poets D. poem

Question 10. I think Jazz music is _____ from classical music.

A. the same B. different C. similar D. same

Question 11. Arts are of great _____ in education, especially for young children.

A. unimportant B. importance C. importantly D. unimportance

Question 12. How can I know the meaning of a new word? - _____.

A. Read it B. Use the dictionary C. You spell it out D. Write the answers

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.

Announcement: My Hobbies

Hello everyone,

I'm excited to share with you some of my favorite (13) _____. In my free time, arranging flowers and collecting dolls – each one is unique and special to me. These activities help me (14) _____ and have fun. I also like playing board games (15) _____ my family and surfing the Internet to learn new things. Hobbies (16) _____ my life more interesting and help me learn new skills.

Thank you for listening!

Question 13. A. occasion B. lyrics C. hobbies D. display

Question 14. A. relaxing B. relaxed C. relax D. relaxation

Question 15. A. to. B. for C. about D. with

Question 16. A. make B. take C. spend D. made

Question 17: Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

Tea is one of the oldest drinks in the world. _____

a. Also, tea is known for its health benefits, such as improving digestion.

b. It was first discovered in China thousands of years ago.

c. Today, people drink tea in many forms, including black, green, and herbal tea.

A. b-a-c

B. a-c-b

C. c-b-a

D. b-c-a

LIVEWORKSHEETS

Question 18: Choose the sentence that you can end the text (in Question 17) most appropriately.
A. Many people around the world drink tea daily.
B. Tea has a long history and is enjoyed by many people.
C. Therefore, tea is considered a healthy beverage.
D. Finally, tea is only popular in certain countries.

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 19 to 24.

Nowadays, teenagers seem to be too busy with their studies to (19) _____ a hobby. However, if you have a little spare time, it is advisable to have a hobby because of the emotional, mental and physical (20) _____ it brings. Focusing on an activity that you like will help you reduce stress and pressure (21) _____ your schoolwork. Additionally, spending time with people of similar (22) _____will enable you to make friends more easily. This (23) _____ improve your communication skills and promote teamwork. Affording up a hobby can be a real challenge, (24) _____ it is not the type of stressful challenge coming from school. Instead, challenging yourself to do a skill that you like will bring satisfaction and pride.

Question 19. A. in the habit of	B. make up	C. sign up for	D. take up
Question 20. A. model	B. benefits	C. melody	D. foreign
Question 21. A. from	B. about	C.to	D. at
Question 22. A. interest	B. interesting	C. interested	D. interests
Question 23. A. take	B. bring	C. helps	D. make
Question 24. A. so	B. but	C. because	D. or

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.

Question 25. Do you like seeing a water puppet show?
A. You must see a water puppet show
B. Did you watch the water puppet show yesterday?
C. Would you like to watch a water puppet show?
D. You don't like water puppets, do you?

Question 26. My English is better than my French.
A. I speak French better than English.
B. I'm better at English than at French.
C. My French is as good as my English.
D. I don't know how to speak French or English.

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.

Question 27. I think / your sister / look / singer Hong Nhung.
A. I think your sister looks like singer Hong Nhung.
B. I think your sister look as singer Hong Nhung.
C. I think your sister is like looks singer Hong Nhung.
D. I think your sister look like singer Hong Nhung.

Question 28. Grapefruit juice / not be / sweet / orange juice.
A. Grapefruit juice isn't sweet like orange juice.
B. Grapefruit juice not be sweet than orange juice.
C. Grapefruit juice isn't as sweet as orange juice.

LIVEWORKSHEETS

D. Grapefruit juice is more sweet than orange juice.

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.

Question 29: What does the notice require?



A. Feed the birds without letting others know
B. Play with the birds
C. Do not feed the birds any food
D. Only give the birds water, do not feed the birds

Question 30: What is the meaning of the sign below?



A. You can sit on the furniture if you want.
B. Only some pieces of furniture can be used for sitting.
C. Sitting on the furniture is not allowed here.
D. You may sit on the furniture only during designated breaks.

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Whole grains are an important part of every meal. If you eat lots of whole grains, you will have a healthy heart. Whole grains are in bread, cereal, pasta, and rice. Dark bread and brown rice are great sources of whole grains.

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LIVEWORKSHEETS

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D. Whole grains help your heart stay healthy.

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Question 37 _ _ _ _ _ **Question 38** _ _ _ _ _
Question 39 _ _ _ _ **Question 40** _ _ _ _ _

LIVEWORKSHEETS