

Name: _____ Class: _____ Date: _____

Vocabulary	<p>1. Danh từ chỉ các bộ phận cơ thể: <i>brain, blood vessels, lungs, heart, bones, muscles, skull, spines, ribs, pulse, head, tummy, throat, thumb, elbow, wrist, arm, knee, finger</i></p> <p>2. Danh từ chỉ các loại hoa quả: <i>kumquats, pears, kiwis, strawberries, pineapples, fruit kebabs</i></p> <p>3. Danh từ chỉ các loại rau: <i>root, leaves, seeds, flowers, vegetables</i></p> <p>4. Danh từ chỉ các loại thuốc: <i>hurt, plaster, ice pack, pill, , protein, vitamins, minerals</i></p> <p>5. Động từ chỉ những hoạt động tốt cho sức khỏe: <i>do yoga, do karate, skip rope, get enough sleep, show kindness, do exercise, keep clean, eat healthy food</i></p> <p>6. Tính từ chỉ vị của thức ăn: <i>salty, sweet, sour, bitter, umami</i></p>
Use of Language	<ul style="list-style-type: none"> • Luyện tập sử dụng đại từ chỉ định This/ That/ These/ Those <ul style="list-style-type: none"> - <i>That is a fresh mango.</i> - <i>Those are fruit kebabs.</i> • Luyện tập mẫu câu hỏi về sức khỏe và đề xuất giúp đỡ: <ul style="list-style-type: none"> - <i>What's the matter? - My head hurts. / I fell and hit my knee.</i> - <i>Shall I bring you an ice pack? – OK. / Thank you.</i> • Luyện tập sử dụng will và won't để đưa ra dự định trong tương lai: <ul style="list-style-type: none"> - <i>I will eat healthy food.</i> • Luyện tập sử dụng giới từ chỉ thời gian: before, after. <ul style="list-style-type: none"> - <i>I brush my teeth before going to bed.</i> - <i>I play with my friends after school</i>

PART A - VOCABULARY

I. Read and complete.

0. The organ in the chest that sends blood around the body, usually on the left in humans.

h e a r t

1. Any of the tubes through which blood flows in the body

b _ _ _ _ _

2. The bones that curve round from your back to your chest.

r _ _ _

3. . A pain you feel inside your head

h _ _ _ _ _

4. The smallest unit of living matter that can exist on its own.

c _ _ _

5. One of the many substances found in food such as meat, cheese, fish, or eggs.

p _ _ _ _ _

PART C - READING

III. Read the text and choose the best answer A, B, or C

Vitamin ABCs

You've probably heard that broccoli is good for you because it's full of vitamins. Your breakfast cereal might claim to be packed with vitamins, too. But what exactly are vitamins? And why are they important?

Vitamins help your body in hundreds of ways. Most vitamins have long names, so people usually shorten them by calling them by letters.

From A to E

Vitamin A helps you see well and makes your skin healthy. You can get plenty of vitamin A from eating melons, carrots, spinach and nuts.

There are different **B vitamins**. They work together to keep your blood healthy and give you energy. B vitamins are found in fish, beef, chicken, and pork. Whole wheat bread, cereal and green veggies also have B vitamins.

Vitamin C is a germ fighter! It helps your body fight off illnesses and heal cuts. Oranges, strawberries, watermelon, and green pepper all have loads of vitamin C.

Vitamin D helps your bones and teeth grow strong. It is in milk, eggs, and salmon.

Vitamin E keeps your eyes, skin, and heart healthy. You get it when you eat nuts, banana, and leafy green vegetables like spinach.

- | | | | | | |
|---|---|---|---|---|---|
| 1. Which vitamin helps to fight off illnesses and heal cuts ? | A | B | C | D | E |
| 2. Which vitamin can be found in beef and chicken ? | A | B | C | D | E |
| 3. Which vitamin helps your bones and teeth grow ? | A | B | C | D | E |
| 4. Which vitamin can be found in oranges and strawberries ? | A | B | C | D | E |
| 5. Which vitamin keeps your heart healthy ? | A | B | C | D | E |

IV. Read and choose the best answer to fill into the blanks

HEALTHY EATING HABITS

My name is Mary and I am an architect. I **(0)** *get*..... up every morning and have cereal for breakfast. I also have a can of coke. My Mom said that I shouldn't **(1)** too much coke because it's not good, but I really like it. For lunch, I have a sandwich but I also eat **(2)**..... fruit because fruit is healthy. I do enough exercise because I want **(3)** strong muscles. For dinner, I usually have chicken and salad. I can get protein from chicken and vitamins from salad. My brother is called Tim and he **(4)** in an office. He doesn't **(5)** breakfast in the morning, but he has salad and a glass of orange juice for lunch. He never does exercise and he usually goes to bed very late. Besides, he drinks **(6)** milk tea. He drinks 2-3 cups of milk tea per day. He works very hard and he sometimes just has a sandwich for dinner. I don't think he is having healthy habits.

- | | | | |
|----|----------|----------|---------|
| 0. | get | got | getting |
| 1. | drink | drunk | drank |
| 2. | a lot of | some | any |
| 3. | having | to have | had |
| 4. | works | worked | working |
| 5. | eat | eats | ate |
| 6. | too much | too many | some |

V. Put the words in the correct orders.

0. is / flower / a / This / stripes. / with

→ This is a flower with stripes.

1. do / will / I / lots of exercises / to stay healthy.

→

2. two/ on/ are/ little/ the/ blue/ flower./ There/ bugs

→

3. Luca/ Will/ play/ with/ you?/ tennis

→

4. Yasmin / on her phone. / too much time/ won't/ spend.

→

5. mother / climbed / five / mountains. / has/ My

→

VI. Answer the questions with I will or I'll.

0. What will you do next week?

I will go on a holiday next week.

1. How often will you brush your teeth each day next week?

_____.

2. What fruit or vegetable will you eat?

_____.

3. What exercise will you do to keep active?

_____.

4. What sports will you play?

_____.

5. How many hours will you sleep?

_____.

PART E - LISTENING

VII. Listen and choose the correct answers. (5 points)

0. *What is Vicky's brother's work?*

- A. A football soccer
- B. A farmer
- C. A movie star

1. **What does Fred want to eat?**

- A. Salad
- B. Cheese sandwiches
- C. Tomato soup

2. **Where is the cat?**

- A. It's sleeping on the bed.
- B. It's sleeping under the sofa.
- C. It's sleeping on the top of mom's laptop.

3. **What is Lily doing now?**

- A. She is practicing her singing.
- B. She is reading her book
- C. She is listening to music.

4. **What did Peter do today?**

- A. He played hockey.
- B. He made a tractor's model.
- C. He read books about the moon and the stars

5. **What is the weather like today?**

- A. It is cloudy and windy.
- B. It is rainy.
- C. It is windy.

VIII. Listen and fill in the blank.

Things lost in school

What:

School bag

6. **Colour?**

7. **Where lost?**

in _____

8. **What was inside ?**

9. **Child's name ?**

Jill _____

10. **Child's class number?**
