Test For Unit – GRADE 7

UNIT 2 - HEALTHY LIVING

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. sleep B. mask C. busy D. serious

Question 2. A. active B. affect C. trap D. acne

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. condition B. surrounding C. tomato D. vegetable

Question 4. A. cheesecake B. pimple C. without D. quiet

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. We need to spend less time _____ computer games.

A. playing B. to play C. play D. to playing

Question 6. Be careful with _____ you eat and drink.

A. who B. which C. what D. this

Question 7. The Japanese eat a lot of fish instead of meat _____ they stay more healthy.

A. so B. because C. although D. but

Question 8. We should play sports or do exercise in order to stay in _____

A. look B. shape C. fit D. health

Question 9. Sunscreen, _____, hats and gloves can protect sensitive skin from sunburn.

A. lip balm B. red spots C. dry hair D. chapped lips

Question 10. She is going to see the doctor because she has _____.

A. a vitamin B. an exercise C. a headache D. a diet

Question 11. He usually _____ jogging for half an hour before breakfast.

A. rides B. goes C. takes D. cycles

Question 12. Justin: "Send me a text message tomorrow."

Katie: "_____"

A. It's my pleasure B. How dare you?

C. Thank you, Justin. D. What's your number?

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.

JOIN THE HEALTHY LIVING CLUB TODAY!

Do you want to stay fit and (13) _____ full of energy every day? The Healthy Living Club is here to help! Our experts in health and fitness will (14) _____ you to eat well, stay active, and break bad habits like eating too much junk food.

Many people suffer from problems like backaches, colds, or even serious (15) _____ because of poor lifestyle choices. That's why we encourage all members to follow a balanced diet and take regular exercise.

Don't (16) _____ your health—join us this weekend and get a free health check-up!

Question 13. A. are B. being C. be D. was

Question 14. A. advise B. affect C. ignore D. operate

Question 15. A. diets B. calories C. medicines D. diseases

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Question 16. A. avoid B. ignore C. listen D. harm

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

Question 17. a. Some people don't know how junk food can do harm to their health.

b. For example, my brother used to eat a lot of fast food and never exercised.

c. Now he follows a balanced diet and plays sports more.

d. After he became overweight and suffered from a bad backache, the doctor advised him to stay in shape.

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

Question 18. Choose the sentence that can end the conversation (in Question 17) most suitably.

A. He also caught a cold last winter.

B. He says he feels stronger and has more energy now.

C. I don't like his current lifestyle.

D. He forgot to take his medicine one day.

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.

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.

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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 the sign mean?

A. If you use this area, you must clean it.
B. You can not enter this area if it is dirty.
C. Someone comes to clean this place every day.
D. You don't have to keep anything clean here.

Question 30: What does the sign mean?

A. All cakes are free.
B. The sale lasts all day on Friday.
C. Get a free cake with one you buy.
D. You can still get the discount at 5pm

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.

Everyone wants to be healthy. People see doctors. They take pills to stay healthy. However, plants have been used to heal for thousands of years. More and more people are trying herbs to stay healthy. Plants used to heal are called "herbal medicine". There are many plants used in herbal medicine. Each plant is used in a certain way. Herbal medicine works more slowly than most pills. Many people think plants are **gentle** on the body. There are a lot of examples of helpful plants. Ginger can help your body. Eating ginger often may help you stay healthy. Another helpful plant is parsley. It can stop bad breath. Herbs may be gentler than some pills. However, this does not mean that anyone can take them in any way. You should always be careful. Some herbs can be **harmful**, too. Too much rosemary can be very bad for your stomach. It can make you sick. Foxglove is a very pretty flower. It also has poison in it. Nevertheless, if you are afraid of using herbs, you may be surprised.

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You have probably already used some kind of herbal medicine. Coffee, garlic, ginseng, and peppermint are all used in herbal medicine. Herbal medicine is becoming popular again, as people become more interested in their health.

Question 31. What does the passage talk about?

A. The dangers of medicine
B. The history of medicine
C. How doctors use pills to treat illness
D. The benefits and risks of herbal medicine

Question 32. Which of the following is NOT TRUE according to the passage?

A. Ginger and parsley are examples of helpful herbs.
B. Herbal medicine always works faster than pills.
C. Some herbs can be harmful if used incorrectly.
D. Many people believe herbs are gentle on the body.

Question 33. The word "**harmful**" in the passage is OPPOSITE in meaning to:

A. Strong B. Natural C. Helpful D. Bitter

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

A. Weak B. Strong C. Soft D. Harmless

Question 35. Why should people be careful when using herbal medicine?

A. Because herbs are always dangerous
B. Because they are stronger than pills
C. Because some herbs are dangerous
D. Because herbs are not used by doctors

Question 36. What is one reason herbal medicine is becoming popular again?

A. Pills are too expensive
B. More people are becoming interested in their health
C. Doctors are recommending only herbs now
D. Plants are easier to find than medicine

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.

Many people today are trying to live healthier lives. (37) _____. Some people also turn to natural remedies when they feel sick. (38) _____ For example, many drink ginger tea when they have a sore throat or feel cold.

However, not all natural remedies are safe for everyone. (39) _____ It's important to ask a doctor before using herbs, especially if you are already taking medicine. Even something natural can be harmful when using in large amounts.

(40) _____ Choosing safe options and learning more about your health can help you feel better and avoid serious problems in the future.

A. Some herbs can cause side effects.
B. Taking care of your body is a smart habit.
C. They believe herbs can heal the body naturally.
D. They exercise regularly, drink more water, and try to eat well.

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

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