

REVIEW FOR 1st MIDTERM TERM TEST

ENGLISH 7

Name: _____

Class: 7__

A. CONTENT

1. Vocabulary: Topics: Hobbies, Healthy living, Community service (Units 1 – 3)

2. Grammar:

- Present simple
- Simple sentences
- Past simple

B. PRACTICE:

I. PRONUNCIATION:

Choose the word whose underlined part is pronounced differently from the others.

- | | | | |
|-------------------------|---------------------|------------------------|----------------------|
| 1. A. <u>a</u> bout | B. <u>a</u> ffect | C. <u>a</u> gree | D. <u>a</u> ny |
| 2. A. stran <u>g</u> er | B. sing <u>e</u> r | C. <u>t</u> erm | D. en <u>e</u> rgy |
| 3. A. en <u>t</u> er | B. <u>s</u> erve | C. <u>p</u> refer | D. em <u>e</u> rge |
| 4. A. g <u>i</u> rl | B. <u>f</u> irst | C. <u>f</u> ish | D. th <u>i</u> rsty |
| 5. A. <u>f</u> ur | B. <u>f</u> un | C. <u>r</u> un | D. <u>l</u> uck |
| 6. A. <u>m</u> an | B. wom <u>a</u> n | C. account <u>a</u> nt | D. highl <u>a</u> nd |
| 7. A. lab <u>e</u> l | B. abs <u>e</u> nce | C. <u>b</u> ell | D. nutr <u>i</u> ent |
| 8. A. <u>l</u> earn | B. <u>n</u> ear | C. <u>e</u> arth | D. rese <u>a</u> rch |
| 9. A. <u>v</u> erb | B. <u>w</u> orse | C. <u>w</u> ord | D. pepp <u>e</u> r |
| 10. A. b <u>i</u> rd | B. fam <u>i</u> ly | C. husb <u>a</u> nd | D. Satur <u>d</u> ay |

Choose the word which has a different stress pattern from the other three in each question.

- | | | | |
|---------------------|-------------------|----------------|---------------|
| 11. A. active | B. harmful | C. healthy | D. enough |
| 12. A. vitamin | B. obesity | C. computer | D. depression |
| 13. A. business | B. hospital | C. affection | D. programme |
| 14. A. charitable | B. transportation | C. individual | D. situation |
| 15. A. disabled | B. colourful | C. wonderful | D. different |
| 16. A. donate | B. rubbish | C. sugar | D. garden |
| 17. A. money | B. collect | C. tutor | D. homeless |
| 18. A. environment | B. community | C. recycle | D. rubbish |
| 19. A. organization | B. volunteer | C. opportunity | D. activity |
| 20. A. project | B. enjoy | C. similar | D. include |

II. VOCABULARY AND GRAMMAR:

Choose the word or phrase that best completes each sentence below.

21. _____ you _____ to school every morning?
A. Does/ walk B. Do/ walk C. Will/ walk D. Are/ walking
22. The Japanese eat a lot of fish instead of meat _____ they stay healthier.
A. but B. because C. although D. so
23. _____, hats and gloves can protect sensitive skin from sunburn.
A. Chapped lips B. Red spots C. Suncream D. Dry hair
24. My friends and I sometimes _____ blood to help patients in hospitals.
A. bring B. donate C. take D. make
25. Last year, our school organized a concert to _____ money for the poor.
A. earn B. get C. rise D. raise

26. Eating too much sugar is _____ to our health.
 A. harmful B. harmless C. harm D. unharmed
27. Staying _____ shape is the most important health tip.
 A. in B. at C. on D. with
28. My sister eats a lot of junk food so she is putting on _____ now.
 A. weigh B. weight C. weights D. weighing
29. Let's do something _____ instead of watching TV!
 A. outdoors B. outdoor C. indoors D. indoor
30. My friends and I _____ the streets in our neighbourhood every summer when we were small.
 A. cleaned B. has cleaned C. were cleaning D. cleans
31. Why don't you take _____ a new hobby?
 A. up B. in C. over D. after
32. My uncle _____ karate when he was young.
 A. do B. does C. did D. done
33. My friends and I usually donate books and _____ homeless children.
 A. tutors B. tutoring C. tutor D. tutored
34. Our class _____ away warm clothes to street children two days ago.
 A. give B. gave C. have given D. will give
35. Doing volunteer work can _____ you feel more confident.
 A. help B. force C. bring D. encourage
36. We need to spend less time _____ computer games.
 A. play B. to play C. playing D. to playing
37. Mi: Nga, what is your favourite hobby?
 Nga: "_____."
 A. I love cooking C. My favourite subject is Math
 B. I often cook dinner D. Yes, I like it
38. - Doctor: "Good morning. What can I do for you?" - Patient: "Good morning. _____"
 A. I am fine. Thank you. C. I feel very bored.
 B. I have got a bad cough. D. I want to know it, too.
39. Linda : "I heard that you had a bad headache yesterday, do you feel better now?"
 Linh : "_____, I feel pretty good."
 A. Not bad C. Of course
 B. Stay away from me D. Thanks for asking
40. Justin: "Send me a text message tomorrow."
 Katie: "_____"
 A. It's my pleasure B. What's your number?
 C. Thank you, Justin. D. How are you?

C. READING:

I. 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

Breakfast is the (1) _____ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) _____ and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (3) _____ to concentrate. Surprisingly, breakfast actually plays an important part in weight control. It's easier to (4) _____ weight if you eat in the morning rather

than later in the day. Dividing the day's calories (5) _____ three meals helps you keep fit more efficiently than skipping breakfast and having two larger meals a day.

- | | | | |
|----------------|-----------|------------|----------|
| 1. A. healthy | B. tasty | C. most | D. main |
| 2. A. strength | B. effort | C. energy | D. power |
| 3. A. unable | B. enable | C. capable | D. able |
| 4. A. put | B. drop | C. lose | D. gain |
| 5. A. into | B. for | C. in | D. up |

II. Read the passage and choose the correct answer A, B, or C for each blank.

A Grade 7 student and his friends have an idea of collecting (1) _____ for homeless children in his town. They call it the "Book Birthday Party". Every month they will select a birthday of a friend in his class or a child in his neighbourhood to celebrate (2) _____ special birthday party. It is just a simple party. Everyone who comes to the party should bring some healthy food, drink, and a book (3) _____ any kinds: storybook, textbook, notebook, comic, etc. Those who cannot bring books will help with the collecting and sending books to the homeless children. They believe that the healthy food and drink will help them stay (4) _____ and the books will help homeless children with their study. Everyone will be (5) _____!

- | | | | |
|-------------|------------|-----------|--------------|
| 1. A. books | B. water | C. plants | D. trees |
| 2. A. an | B. a | C. some | D. many |
| 3. A. in | B. about | C. of | D. on |
| 4. A. fat | B. healthy | C. strong | D. unhealthy |
| 5. A. sad | B. unhappy | C. happy | D. happily |

III. Read the passage and choose the correct answer A, B, or C for each blank.

The benefits of voluntary work

Nowadays, volunteer work attracts many people of different ages because it has many benefits. Firstly, voluntary work gives (1) _____ many chances to develop social skills, become more independent and learn how to solve problems. Secondly, volunteers learn how to work in a team and take (2) _____ for their tasks. The experience they gain will be (3) _____ for their future. In addition, volunteer work helps us make new friends through activities at clubs or (4) _____. We can also travel to new places and learn about things we have never experienced (5) _____. In conclusion, doing voluntary work is a good way to help others and improve ourselves.

- | | | | |
|---------------------|--------------|-------------------|--------------|
| 1. A. volunteers | B. volunteer | C. volunteering | D. voluntary |
| 2. A. care | B. part | C. responsibility | D. interest |
| 3. A. boring | B. useful | C. difficult | D. expensive |
| 4. A. organizations | B. subjects | C. lessons | D. hobbies |
| 5. A. ago | B. yet | C. before | D. soon |

IV. Read the passage and answer the questions below.

What's your hobby?

Bill: Most people collect things and I'm no exception. I've been collecting posters since I was 9 years old. I'm now 14, so you can imagine how many posters I've got! I've got all sorts – from small ones I've found in magazines to very large ones I've bought at concerts or sporting events. My favourite poster is one that I have of my favourite film – The Lord of the Rings. It's more than a meter high and I've put it up on my bedroom wall where I can see it when I'm lying in bed.

Lauren: My hobby is music. I sing and play the drums in an all-girl group. We started the group only last year, but we have already played five concerts – two of them at my school! Many people ask me how I can sing when I'm playing the drums. I don't think it's at all difficult. Of course, I'm

not the only singer in the group. Melissa, one of the guitarists, also sings. I really love my hobby and hope that when I grow up I will be in a famous band.

1. How old was Bill when he started collecting posters?

→ _____

2. Where does Bill put his favourite poster?

→ _____

3. What musical instrument does Lauren play?

→ _____

4. How many concerts has Lauren's group played?

→ _____

5. What does Lauren want to do when she grows up?

→ _____

V. Read the passage and answer the questions below.

The secret of the long life

Why can some people live to over a hundred, while most of us die much sooner? How long you live depends on where you live. A person who lives in a city in Australia will probably live longer than a person living in a poor part of Africa. So, what can you do to live longer? You can make healthy choices. That means eating healthy foods and getting enough exercise.

Being overweight may make your life shorter because you have a higher chance to have health problems. You can start by changing what you eat. Eat less red meat instead of chicken or fish. Fish is really good for helping you live a longer life. You should eat lots of vegetables, so you can get a lot of the vitamins you need. You also need to get enough exercise. There are different types of exercises. Some exercise is good for the heart. Other types of exercise is good for making you stronger. Lifting weights is a good example. Along with taking care of your body, you also have to take care of your mind. Don't work too hard. Try to relax and do something fun each day. If you follow these simple rules, you will have a good chance of living a long time.

1. Where can people live longer?

→ _____

2. What should you eat to stay healthy?

→ _____

3. What should you eat less of?

→ _____

4. What does lifting weights help you do?

→ _____

5. What should you do to relax?

→ _____

VI. Read the text and choose the correct answer A, B, C or D.

Many school nowadays require their students to spend an amount of time doing community service. Why? Because they hope those children will become caring people and see the values in giving their time and talents, and donating their toys, clothes, or money. Volunteering gives children a sense of responsibility because many people are depending on them for food, clothes, or shelter.

Volunteer work can also help children learn important lessons about themselves and about life. For example, community work can make them realise what they are good at and what they enjoy doing most. A volunteer work can even help children decide what they want to do when they grow up. Finally, doing voluntary work can reduce stress and improve the children's mental health because they might feel happier when they can bring happiness to other people. So what are you waiting for? Make a plan to start volunteer work today!

1. What do many school require their students to do now?
A. Do community activity B. Serve the school community
C. Spend time doing activity D. Donating their toys
2. What can volunteering teach children?
A. A sense of responsibility B. Valuable lessons
C. Both A and B D. Caring people
3. Which of the following does volunteer work NOT help children realise?
A. Their stress B. Their ability C. Their likes D. Their health
4. Why does voluntary work make children feel happier?
A. Because they can do exercise
B. Because they can make other people happy
C. Because they can make friend with other people
D. Because they bring happiness to other people.
5. What is the best title for this text?
A. Why children should do community service B. How children decide their future job
C. Why schools organize community service D. How children do community service

VII. Read the following passage and circle the letter A, B, C, or D to indicate the correct answer to each of the questions.

WE ALL NEED EXERCISE

The body needs exercise. Exercise uses up food and keeps the body strong. It makes your heart and muscles strong. Exercise also makes you feel good. If you exercise a few times a week, you will stay healthy and happy.

Some people in America do not get enough exercise. They work in office buildings sitting in a chair all day in front of computers. They live far from their offices, and they have to drive their cars to get to work. Therefore, when they get home at night, they don't want to exercise after work.

Today, many Americans are overweight. This causes health problems for some people. Doctors say that exercise can help people both lose weight and improve their health. So, many people are trying to get more exercise. But it takes time to change, and when people do not see a difference right away, they lose interest in exercising.

1. The writer says that exercise _____.
A. only makes your muscles strong. B. send blood to your muscle.
C. is only done in a gym. D. makes your heart work hard to send blood to your muscles.
2. The writer mentions that in America, _____.
A. many people spend much time driving to work.
B. most office workers can get a lot of exercise.
C. many people are overweight because they don't get enough exercise.
3. Why don't the Americans get enough exercise?
A. They find it difficult to exercise. B. They don't have enough time to exercise.
C. They feel tired of exercising. D. They don't want to lose weight.
4. According to the reading, which fact is NOT TRUE?

- A. Exercise makes you feel good. B. Some people do not get enough exercise.
 C. Many people have to drive their cars to work.
 D. Many people don't want to get exercise after work because they are lazy.
 5. What can exercise help people do?
 A. Gain weight and improve their health. B. Lose weight and improve their health.
 C. Lose interest in exercising. D. Spend more time sitting in front of computers.

D. WRITING:

I. Find out and correct the mistake in each sentences:

1. Does he usually (A) goes swimming (B) with Tim twice a (C) week after (D) school.
2. The (A) bus will leave (B) the (C) station at (D) 6 a.m yesterday morning.
3. I take often (A) up my hobby (B) when I come back (C) home from (D) the Arts Gallery.
4. My brother (A) go swimming (B) with his friends (C) twice a week (D) after school.
5. We (A) visit the art museum (B) with our classmates (C) last Sunday (D).
6. Lan enjoys (A) listen to music (B), and she (C) plays the piano every day (D).

II. Complete each sentence so that it means the same as the sentence above.

7. My father often collects stamps in his free time. (HOBBY)
 → My _____ collecting stamps.
8. It often takes her hours to draw pictures every Sunday. (SPENDS)
 → She often _____ pictures every Sunday.
9. The Japanese have a healthy diet so they live long lives. (OF)
 → The Japanese live long lives _____ healthy diet.
10. We donate these clothes to children who have no home. (HOMELESS)
 → We give these clothes _____.
11. My mother began to teach English in 1996. (WORKING)
 → My mother started _____ English teacher in 1996.
12. Hoa likes making paper flowers more than collecting stickers.
 → Hoa prefers _____
13. You should avoid using your phone just before bedtime.
 → It is a good idea _____
14. The students cleaned the community room in ninety minutes.
 → It took the students _____
15. The club gave twenty boxes of clothes to local families.

→ The club donated _____

16. The students started a recycling corner at school.

→ The students set _____

17. The Japanese study hard. The Japanese work hard.

→ The Japanese _____

18. My cousin learns English. My cousin learns Japanese.

→ My cousin _____

19. The car is new. The car is comfortable.

→ The car _____

20. Nam likes playing chess. His brother likes playing chess.

→ _____ playing chess.

21. Eating lots of vegetables is good for your health. Eating lots of fruit is good for your health.

→ _____ is good for our health.

IV. Reorder the words and phrases to make correct sentences.

22. bring/ can/ us/ a lot of/ Voluntary work/ benefits/.

→ _____

23. taught English/ He/ to/ last summer/ in his home town/ a group of street children/.

→ _____

24. protect/ They/ often/ clean up/ to/ the dirty river/ the environment/.

→ _____

25. the poor children/ We/ are collecting/ and clothes/ books/ for/.

→ _____

26. every Sunday morning/ deliver meals to/ the elderly/ Volunteers/ and sick people.

→ _____

27. eating/ My grandmother/ tofu/ likes/.

→ _____

28. us/ vitamins/ Coloured vegetables/ a lot of/ provide/.

→ _____

29. regularly/ John/ does/ stay healthy/ karate/ to/.

→ _____

30. there/ Are/ protein/ much/ in/ and fish/ meat/?

→ _____

31. on/ causes/ Acne/ usually/ the face/ small, red spots/.

→ _____

32. acne/ You/ to go to bed/ early/ should/ avoid/.

→ _____

33. classical/ My/ likes/ mother/ to/ music./ Listening

→ _____

34. his/ dad/ car./ Ana's/ washing/ hates

→ _____

35. traveling/ friend/ by/ loves/ My/ plane./ father's

→ _____

36. emails./ writing/ I/ long/ hate

→ _____

37. watching/ dislike/ films/ horror/ She/ TV/ on

→ _____

38. in/ Tommy/ dancing/ the/ loves/ disco/.

→ _____

39. English./ My/ speaking/ Maths/ loves/ teacher/

→ _____

40. doesn't/ early./ friend's/ sister/ My/ like/ getting/ up

→ _____

41. the/ I/ getting/ dressed/ mornings./ like/ in

→ _____

42. a/ at/ bath/ aunt/ having/ nights./ loves/ James'

→ _____

III. WRITING

1, Write a short paragraph about your hobby.

You may use the suggestions:

- What's the name of the hobby //When did you start your hobby// Who do you share it with //Is it hard to do it? // What are the benefits of the hobby ?

2, Write a paragraph of 60-80 words about how you keep healthy.

You may use the suggestions:

- What do you do to keep healthy? // How often do you exercise? // What food do you eat? // How much water do you drink every day? // What should you avoid? // Why is it important to keep healthy? ...

3, Write a letter to your friend telling about your volunteer activities this summer. You may use the suggestions:

- Opening: You are going to the countryside with your classmates to do some volunteer activities this summer.

- Body: tell your friend some activities.

+ teach children English and other subjects.

+ help farmers collect their harvest.

+ plant trees along the street.

+ clean the village.

- Closing: Tell about the time and your feeling about it.