Bài kiểm tra Test 1 và 2

I. Odd one out :

1. a. Sick
b. tired
c. sore
d. fit

2. a. cough
b. flu
c. sunshine
d. sunburn

II. Choose the word that has the underlined part pronounced differently from the others.

1. a. bird b. girl c. first d. sister

2. a. nurse b. picture c. surf d. return

III. Choose the word or phrase that best complete each unfinished sentence below or substitutes for the under lined word or phrase:

1. Do you believe that eating _____ carrots help you see at night
a. most
b. less
c. the most
d. much more

2. Be careful with _____you eat and drink
a. who
b. what
c. that
d. this

3. Have a health _____ and you can enjoy your life.
a. lives
b. lifestyle
c. lifeline
d. lively

4. we need to spend less time _____ computer games.
a. play
b. to play
c. playing
d. to playing

5. When you have flu, you may have a cough and a _____ nose.
a. running
b. runny
c. noisy
d. flowing

6. _____ too much tv is not good for you and your eyes
a. watch
b. to watch
c. watching
d. to watching

IV. Supply the correct form of the words in the brackets.

1. Lan is the (good) _____student in my class.
2. Glasgow in Scotland has a problem with _____ (obese)
3. In two more days, she (invite) _____ some friends to her birthday party.

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4. What about (play)_____ soccer?
5. We should (go) _____ to school on time.

V. Write a word


_____

_____

_____

V. Read the passage and answer the questions

One of the best things you can do for your body is exercise. But how much is enough? Not everyone agrees on exactly how much people should exercise each day. Some people think that doing simple things like cleaning the house are helpful. Other people do heavy exercise everyday such as running or swimming. One thing experts do agree on is that any kind of exercise is good for you.

Along with exercise, having a healthy diet can help promote good health. Foods like vegetables and fruits should be eaten several times each day. It is also important to eat foods high in fiber such as beans, grains, fruit and vegetables. Fiber helps your body to digest the food you eat. It also helps your body in other ways such as decreasing the chance of getting some cancers, heart disease and diabetes. Avoiding foods with a lot of sugar, salt and fat is a good idea. Eating these kinds of foods can lead to a variety of health problems. The main one being obesity. Obesity means having so much fat on your body that you are risking your health.

1. What is the best thing you can do for your boddy?

_____

2. What can help promote good health?

_____

3. Should vegetables and fruit be eaten several times each day?

4. How does fiber help your hobby?

_____

5. What does obesity mean?

_____

VII. Writing

1. The story is very interesting
What_____!
2. I go to the movies twice a week. (make question)

_____

3. I play computer games and watch TV a lot. My eyes feel really dry. What should I do?

_____

4. The Japanese live for a long time because they eat healthily. (so)

_____

5. Eat more junk food. It makes you fat. (find mistake)

_____

6. You/ not/ play/ more/ computer games/ free time. (make sentence)

_____

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