Trung tâm Anh ngữ LyLy

SB7 – UNIT 1

Full Name: Enter text here Class: Enter text here Mark: Enter text here

UNIT 2: PRACTICE TEST

PHONETICS

I. Put the words on the left into their correct column.

vacation, leaf, phone, travel, cough, leave, coffee, verify, after, have	/f/	/v/
	.....	.....

II. Choose the word whose main stressed syllable is placed differently from that of the others in each group.

1.	A. unique	B. itchy	C. pollute	D. exchange
2.	A. between	B. dislike	C. sickness	D. replace
3.	A. sunburn	B. elect	C. arise	D. event
4.	A. convenient	B. historic	C. adventure	D. concentrate
5.	A. president	B. motorhome	C. depression	D. volleyball

1.....	2.....	3.....	4.....	5.....

VOCABULARY AND GRAMMAR

I. Match the beginnings in A and the endings in B to make complete compound sentences.

A	B
1. I needed some money,	a. but it is very cold.
2. Peter drove to visit his friend,	b. or I would like to play golf.
3. It is sunny,	c. nor does she like any kind of fish.
4. Janet doesn't like sushi,	d. so I went to the bank.
5. Tom asked his teacher for help,	e. and he asked his parents.
6. I would like to play tennis today,	f. and they went out for dinner.

1.....	2.....	3.....	4.....	5.....	6. .....

II. Use *more* or *less* with a noun given in the box to complete the following sentences.

sugar	**water**	**rice**
nylon bags	**time**	**money**

1. Eat _____ and other food to get fit.
2. Eat _____ because you are fat now.
3. Spend _____ studying Maths as you are not good at it.

LIVEWORKSHEETS

Trung tâm Anh ngữ LyLy

SB7 – UNIT 1

Full Name: Enter text here Class: Enter text here Mark: Enter text here

4. Drink _____ when having a fever.
5. Spend _____ so that we can save for a new car!
6. Use _____ to save the environment.

III. Give the correct form of the word in brackets to complete the following text.

The USDA recommends consuming 2 cups of fruit per day. The healthiest choices are fresh fruits or (1. FREEZE) _____ without added (2. SWEET) _____ . Fruit is (3. NATURE) _____ low in fat, sodium and calories, and rich in potassium, fiber, vitamin C and folate. Some high-potassium fruits include peaches, cantaloupe, honeydew, oranges and bananas. Fiber in fruit helps to protect against heart disease and (4. LOW) _____ cholesterol. Vitamin C in foods like citrus and strawberries helps with wound (5. HEAL) _____ and keeps gums and teeth (6. HEALTH) _____ .

READING

I. Read the following text and use the words given in the box to fill in the blanks.

increases	**by**	**protecting**	**most**	**estimates**
problem	**will**	**such**	**health**	**vision**

Protecting your eyesight is one of the (1) _____ important things you can do to help maintain your quality of life.

Some type of sight-threatening eye (2) _____ affects one in six adults age 45 and older. And the risk for vision loss only (3) _____ with age. In fact, the American Academy of Ophthalmology (AAO) (4) _____ that more than 43 million Americans (5) _____ develop age-related eye diseases (6) _____ 2020.

Since the leading causes of blindness and low (7) _____ in the United States are age-related diseases (8) _____ as macular degeneration, cataract, diabetic retinopathy and glaucoma, (9) _____ your eyesight as you age is an essential part of your (10) _____ care.

II. Read the following text and decide which answer from the drop-down list best fits each numbered blank. (Click the arrow next to the blank to see the drop-down list)

Health benefits of fruit guarantee you optimum health and a well-built body in the long run. Fruit benefit (1) _____ body immensely as they are (2) _____ sources of vitamins and minerals, which are essential for proper functioning of the body. Rich in dietary fiber, fruits also help (3) _____ the functioning of the digestive tract. Fruits are an important (4) _____ of a healthy diet for those who want to lose (5) _____; they give ample energy and nearly every nutrient that your body needs to curb weight gain, (6) _____ adding any unnecessary fats.

Moreover, fruits help you to stay (7) _____ from health complications like heat stroke, high blood pressure, cancer, heart ailments, and diabetes. Fruits (8) _____ fight skin disorders and promote healthy hair growth. It is always suggested (9) _____ raw,

LIVEWORKSHEETS

Full Name: Enter text here Class: Enter text here Mark: Enter text here

fresh and ripe fruits because then you experience the real health benefits, rather than consuming them after (10) _____ or cooking.

III. Read the text below and write one word in each blank to complete it.

SPORTS REDUCE STRESS AND DEPRESSION

When you are physically active, your mind is distracted from daily stressors. This can (1) _____ you avoid getting bogged down by negative thoughts. Exercise reduces the (2) _____ of stress hormones in your body. At the same time, it stimulates production (3) _____ endorphins. These are natural mood lifters that (4) _____ keep stress and depression at bay. Endorphins may even leave you feeling (5) _____ relaxed and optimistic after a hard workout. Experts agree that more quality research is needed to determine the relationship (6) sports and depression.

WRITING

I. Rearrange the given words or phrases to make meaningful sentences.

1. Japanese ones/ Korean cars/ cheaper/ are/ than.

_____

2. started/ ago/ to sleep/ My son/ 2 hours.

_____

3. tomorrow/ probably/ a lot/ Hanoi/ It/ rain/ in/ will.

_____

4. soon/ Natural resources/ to save/ if/ them/ will/ don't try/ we/ end.

_____

5. chess/ than/ Lucy/ better/ I do/ plays.

_____

II. Use the given words to write the complete sentences.

1. Your homework/ be/ easy/ than/ my homework.

_____

2. No/ other singer/ our country/ be/ popular/ than/ her.

_____

3. Ha Long/ be/ most beautiful/ bay/ Vietnam.

_____

4. They/ watch television/ living room/ now.

_____

5. Look/ Hoa/ play soccer/ friends/ her class.

_____

LIVEWORKSHEETS