

Teacher's name : Ms An
Class : Grade 7 – basic class

Test 45 minutes
Date : 21st October

I. Choose the odd one out.

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|------------------|-------------|------------------|-------------|
| 1. a. running | b. coughing | c. cycling | d. swimming |
| 2. a. vegetables | b. fish | c. fried chicken | d. fruits |
| 3. a. cold | b. cough | c. stuffy nose | d. sunburn |
| 4. a. soda | b. milk | c. fruit Juice | d. water |
| 5. a. fever | b. health | c. obesity | d. headache |

II. Choose the best answer a, b, c, or d to complete the sentence.

- Please wake me _____ at 5 and we will leave at 6 in the morning.
a. up b. on c. over d. in
- If you want to _____ weight, you should follow a low-fat diet.
a. lose b. gain c. put on d. take
- Junk foods are high in fat, sodium and sugar, which can lead to _____.
a. fever b. allergy c. obesity d. stomachache
- He looks so _____. He can't keep his eyes open!
a. happy b. tired c. healthy d. fit
- If you want to stay healthy, eat _____ vegetables, wholegrains, fruit and fish.
a. much b. fewer c. more d. less
- Fruit tastes good _____ it's healthy for your body.
a. so b. but c. or d. and
- You are _____ you eat, so don't eat unhealthy foods.
a. what b. who c. which d. that
- She looks very tired. She should work _____ or she will get sick.
a. well b. less c. more d. enough
- She stays in _____ by exercising daily and eating well.
a. health b. fit c. size d. shape
- Don't sit too close to the screen, _____.
a. and you'll hurt your eyes b. so you can see more clearly
c. or you'll get a headache d. but it's bad for your health

III. Complete the sentences with the correct form or tense of the verb *play, go, do* or *collect*.

1. He _____ tennis with his father every Sunday.
2. We _____ camping in Dam Sen Park next Saturday.
3. _____ you _____ coins some day in the future?
4. Do you want _____ a jigsaw puzzle with me?

IV. Underline the correct words.

1. Your eyes look very tired. Let your eyes rest _____ and watch _____ TV.
2. If you want to stay in shape, eat _____ healthy food like fruits, vegetables or fish.
3. Drink _____ water when you have a high fever.
4. If you want to lose weight, eat _____ junk food.
5. Sunbathe _____ to avoid getting sunburnt.

V. Choose the word which best fits each gap.

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 a 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 take off weight more efficiently than (6) _____ breakfast and having two larger meals a day does.

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|----------------|-----------|-----------|------------|
| 1. a. healthy | b. tasty | c. main | d. most |
| 2. a. strenght | b. power | c. energy | d. effort |
| 3. a. able | b. enable | c. unable | d. capable |
| 4. a. lose | b. put | c. gain | d. drop |
| 5. a. in | b. into | c. up | d. for |
| 6. a. skipping | b. making | c. buying | d. serving |

VI. Join each pair of sentences by using a suitable conjunction: *and, but, or, so*.

1. The bus stopped. The man got off.

2. He is a vegetarian. He doesn't eat any meat.
