



READING

Task 1: Read and answer the questions:

Mark always gets up at twelve in the morning. He does not have breakfast. Mark likes having hamburgers, pizza, crisps and hot dogs for lunch. He always has fizzy drinks like cola. So there are not any vegetables or fruit at home. After lunch, he takes the bus to school - 300 meters far away. At six o'clock, Mark goes to the bus stop and comes back home. He sits on his dad's sofa and watches TV for three hours. When he is hungry, he eats lots of sweets or chocolate biscuits and he always drinks cola. He usually goes to sleep at eleven or twelve because that he likes playing computer games. He usually stays at home all day at weekends.



1. What time does Mark start his day?

.....

2. What does Mark usually have for lunch?

.....

3. How does Mark go to school?

.....

4. Does Mark go back home by bus?

.....

5. How long does Mark spend on watching TV after class?

.....

Task 2. Choose the word or phrase among A, B, C or D that best fits the blank space in the following passage.

It's important to (1)_____ well, especially when you are studying. If you are at primary (2)_____, you may not go home for lunch and have a cooked meal of meat or (3)_____ and vegetables. A chicken and lettuce sandwich, with some (4)_____ fruit would be a light but (5)_____ lunch. Many people around the world eat plain, boiled (6)_____ two or three times a day. Pupils and students often don't eat (7)_____ when they're revising for an exam – they eat chocolate and (8)_____ lots of black coffee! And by the way, doctors say everybody should start the day with healthy (9)_____. It's also good for you to drink a lot of (10)_____ through the day.

1. A. launching	B. emitting	C. eat	D. peaking
2. A. school	B. weapons	C. spaceships	D. rockets
3. A. to	B. towards	C. with	D. fish
4. A. as soon as	B. fresh	C. as well as	D. such as
5. A. burnt	B. explored	C. went off	D. healthy
6. A. rice	B. audience	C. observatories	D. watcher
7. A. sent back	B. returned to	C. well	D. except for
8. A. weightlessness	B. drink	C. wavelengths	D. length
9. A. space	B. atmosphere	C. vacant	D. breakfast
10. A. scientists	B. drivers	C. water	D. astronaut

Task 3. Fill in the blank with a suitable word in the box.

spend	from	exercise	fit	ride
for	tired	energy	in	calorie

We need calories or (1)_____ to do the things every day. For example, when we walk or (2)_____ a bike to school, we spend a certain amount of (3)_____ and even when we sleep, we also use them. But how many calories should we (4)_____ a day to stay in shape? It's difficult (5)_____ us to calculate. If people want to keep (6)_____, they should remember that everyone should have between 1600 and 2500 calories a day.

We get calories (7) _____ the food we eat. If we get too much food and don't take part (8) _____ any activities, we can get fat quickly. So besides studying, we should do some (9) _____, play sports or do the housework, such as cleaning the floor, cooking etc., if we don't eat enough, we feel (10) _____ and weak

Task 4. Read the following passage and write T (true) or F (false) for each statement.

How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting and sunbathing all use about 60 calories an hour. Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving and washing up. Light activities which use about 100 calories an hour include playing the piano, getting dressed and having a shower. Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating. Energetic activities use 200-400 calories. Those activities include horse riding, cycling, swimming, skipping and dancing. Finally, there are strenuous activities which use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden and playing football.

1. Horse riding uses the most amount of calories.
2. Reading uses as many calories as writing.
3. The calories we burn for eating and washing up are the same.
4. Walking is a very light activity.
5. Sunbathing uses more calories than driving.
6. When we are resting, we don't burn calories.
7. Having a shower uses only 100 calories an hour.
8. Cycling and dancing use the same amount of calories
9. Playing football uses fewer calories than swimming.
10. The amount of calories we use an hour depends on the activity we do



WRITING

Task 1. Make sentences using words given.

1. Phong/ eat/ lots of/ junk food/ so/ he/ putting/ weight.

2. I/ exercise/ daily/ because/ I/ want/ stay/ healthy.

3. Sitting/ too/ close/ the TV/ hurt/ your eyes.

4. She/ often/ take/ paracetamol/ if/ she/ get / bad/ headache.

5. how many calories/ you/ burn/ do/ aerobics/ 2 hours?

6. getting/ enough/ sleep/ help/ students/ do/ their best/ the classroom.

Task 2. Arrange the words to make sentences.

1. cold/ I/ sore throat/ love/ a/ drinks/ but/ have/ I.

2. Jim/ overweight/ so/ eats/ is/ fast food/ too much/ he.

3. too much/ bad/ television/ watching/ for/ health/ your/ is?

4. the flu/ should/ you/ a cold/ if/ have/ or/ you/ home/ stay.

5. Alex/ usually/ fishing/ so/ loves/ goes/ in/ near/ he/ his house/ fishing/ the lake.

6. you/ some/ clean/ yourself/ avoid/ diseases/ by/ can/ keeping.

Task 4. Write a paragraph (100 - 150 words) to talk about HOW TO KEEP A HEALTHY LIFE

