I. Underline and correct ONE grammar mistake.

1. It must be hard for a woman to have two kids and no one to live.
2. Alex ran 3 kilometers ever day, but he doesn't do it anymore.
3. There was nothing at the information desk for us to ask about the ticket.
4. The boy swallowed all the pills after breakfast yesterday, doesn't she
5. This city mayor won't enter the election next year, will this?

II. Read and choose ONE correct answer.

People used to think that exercise was just for athletes, but we now know that exercise is important for everyone. When you exercise, your muscles get stronger, you become more flexible, and you feel better.

What happens inside your body when you exercise? Imagine that you decide to jog around the park for thirty minutes. When you begin to run, your muscles start working hard.

As a result, they need more oxygen. Then, two things happen.

First, your breathing increases. This sends more oxygen through your trachea and into your lungs. During this time, your diaphragm is working harder to let your lungs expand and shrink faster. Next, your heart beats faster to send more oxygen-rich blood through your arteries to your muscles. Your muscles use most of the oxygen that your body brings in when you exercise. After your body uses oxygen, it produces carbon dioxide which travels back through your veins and out of your lungs into the air.

While this is happening, your skin produces a clear fluid called sweat. It keeps your body from becoming too hot. Your body also keeps you cool by sending blood to your skin, which gives your skin a healthy glow.

After you stop running, your muscles need much less oxygen. Your breathing and heart rate return to normal, and your body now feels great! Exercising is a good way to keep your body strong and fit.

1. How did people use to think about exercise?

A. Only athletes could do it.

B. Everyone knew its importance.

C. It was good for your muscles.

2. Why does the writer mention jogging in paragraph 2?

A. To show why our muscles need oxygen

B. To give an example of exercising

C. To prove how long we should jog

3. According to paragraph 3, which action happens first?

A. You breathe in more air.

B. Your lungs expand and shrink faster.

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C. Your heart sends more blood to muscles.

4. What's the role of sweat?

A. Slowing down your breathing

B. Giving your skin a healthy glow

C. Keeping your body cool

5. What could be the title of the text?

A. What Exercise Should You Do?

B. What Happens When You Exercise?

C. Why Does Your Body Produce Sweat?

III. Read and write 1-5.

Marcy was reading a book at home when her mother rushed in. "The mayor phoned!" she said. "He wants to see you." Marcy biked to the city hall. Mayor Wilson and the city council looked worried.

"People are staying at home with their computers," said the mayor.

"They don't go out into the city."

"They aren't going to the zoo or art galleries," said Miss Martinez, the head of the council. "They aren't going to concerts or sports games or restaurants."

"It's an emergency!" cried Mayor Wilson. "I'm missing my tuba lesson to be here."

Marcy snapped her fingers. "You gave me an idea, Mr. Mayor." She quickly explained her plan. The next Saturday morning, Marcy waited nervously outside with her mother. Soon they heard music! Two girls appeared holding a banner that said "Glenview City Appreciation Day!" After them came a colorful parade. The city band marched and played with Mayor Wilson and his tuba. Cages filled with zoo animals rolled by. Company presidents, garbage collectors, and athletes marched proudly, while chefs from the restaurants handed out food. Crowds of excited people came out of their homes to watch. "We live in a great city, don't we?" Marcy's mother asked. Marcy nodded happily because her plan was working.

By the next week, the zoo, the playgrounds, the stadiums, the concert halls, the art galleries, and the restaurants were full of Glenview's citizens. Mayor Wilson called Marcy. "You're a hero!" he exclaimed. "It was my pleasure," Marcy said.

a. Different people joined the parade and music was played, so Glenview citizens came out to watch.

b. Mayor Wilson and the council were worried when Glenview's citizens didn't go out of their houses.

c. Marcy's plan worked well, so places in Glenview were full of people after the event.

d. Marcy rode her bike to the city hall to meet Mayor Wilson to discuss a problem.

e. Marcy suggested organizing a parade at Glenview thanks to Mayor Wilson's idea.

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IV. Write sentences using the words given. Add more words and make changes if needed.

1. The nurse/ clean/ the big/ red/ scrape on Ann's hand/ now.

2. Scientists/ find/ the cure/ for/ this virus/ one day./ they?

3. There/ be/ no one/ at the playground/ yesterday/ because of/ the rain.

4. A capillary/ be/ not/ smaller than/ an artery/ or/ a vein./ it?

5. No one/ could/ believe/ the new president/ use/ be/ a garbage collector.

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