

I. Listen and decide which statement is True (T) or False (F).

1. Trang's hobby is taking photos
2. She started her hobby two years ago
3. She shares her hobby with her cousin
4. To do her hobby, she uses cardboard and glue to build the house.
5. The hobby helps her become more patient and confident now

II. Listen and fill in the blanks with the words you hear.

Camping can be lots of fun. When we go(1) _____, there is plenty of time for games with friends. If we camp near a beach, we can build sandcastles, go swimming or play beach volleyball. In other places, we can do other(2) _____, like playing football, cycling, bush (3) _____, listening to music or drawing. In the evening, we can have dinner by an open fire. It's a good time to enjoy the fresh air, tell stories and laugh with friends. While we go camping, there is no television or computer. But don't worry. You'll have a great time. Don't forget to bring (4) _____ things, like food and (5) _____, a sleeping bag, a compass, and some insect cream.

III. Listen and tick (✓) True (T) or False (F).

	True	False
1. Linda and her friends taught English and Physics		
2. Linda and her friends talked to the elderly.		
3. Tom and his friends picked up paper and bottles.		
4. Tom and his friends planted some trees.		
5. They don't learn some skills.		

IV. Listen to Mi and Mark and fill in the blank with a suitable word.

Mi: This is a nice picture, Mark.

Mark: That's my dad and I boating at Yen So Park.

Mi: It also see a lot of(1) _____ exercise there.

Mark: Yes, it's a popular place for people in my neighbourhood.

Mi: Outdoor activities are (2) _____ for our health. My family often goes cycling in the countryside. It's quiet and there's a lot of (3) _____ air.

Mark: It sounds interesting.

Mi: Yes, it's lots of fun. We also bring fruit, water, and a lunch box with us.

Mark: I'd love to join you (4) _____ time.

Mi: Sure. Bring along a hat and suncream.

Mark: Why suncream?

Mi: It's really hot and(5) _____ at noon so you might get sunburn.

Mark: I see.

V. Listen again and decide if the statements are true or false

	True	False
1. While camping, we have a lot of time for games.		
2. When camping near the beach, we can play volleyball.		
3. We can have lunch by an open fire.		
4. At the campsite, there is no television or computer.		
5. You'll have a great time.		

VI. Listen to Mi and Mark talking about healthy living. Fill in the blanks with the

Mi: This is a nice (1) _____, Mark

Mark: That's my dad and I boating at Yen So Park

Mi: I also see a lot of people exercising there

Mark: Yes, it's a (2) _____ place for people in my neighborhood.

Mi: Outdoor activities are good for our (3) _____. My family often goes cycling in the countries. It's quiet, and there's a lot of fresh air.

Mark: It sounds interesting

Mi: Yes, it's lots of fun. We also (4) _____ fruit, water, and a lunch box with us

Mark: I'd love to join you next time

Mi: Sure. Bring along a hat and sun cream.

Mark: Why suncream?

Mi: It's really hot and sunny at noon, so you might get (5) _____

Mark: 1 sec.

1. Read the passage and choose the best answer to fill in each blank.

Do you want to be fitter and healthier? Would you like to look younger? Do you want to feel (1) _____ relaxed? Then try a few days at a health farm. Health farms are becoming one of the most popular places (2) _____ a short break. I went to Henley Manor for a weekend. It's the largest health farm in the country but it isn't the most expensive. After two days of exercise and massage I (3) _____ ten times better. But the best thing for me was the food. It was all very healthy of course, but it was expensive too! If you're looking for something a little cheaper, try a winter break. Winter is the darkest and the coldest (4) _____ of the year, and it can also be the worst time for your body. We all eat too (5) _____ and we don't get enough exercise. A lot of health farms offer lower prices from Monday to Friday from November to March.

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|--------------|-----------|-----------|------------|
| 1. A. like | B. more | C. less | D. similar |
| 2. A. with | B. of | C. to | D. for |
| 3. A. feel | B. fall | C. felt | D. fell |
| 4. A. season | B. moment | C. time | D. part |
| 5. A. many | B. a lot | C. lot of | D. much |

II. Read the following text carefully and answer the questions.

We send young people of different nationalities on expeditions (cuộc thám hiểm) around the world. Our volunteers get the chance to work with local people to learn about different cultures. There are ten expeditions every year. Each expedition lasts for ten weeks and takes 150 volunteers. They go to countries such as Chile, Namibia, Mongolia and Vietnam. Some of our volunteers work with local people to provide facilities, for example, building schools. Others work in national parks or help scientists to do environmental research. These adventurous, young people come from all over the world. To become a volunteer, you have to be between 17 and 25; you have to speak some English and you also have to be enthusiastic, flexible, and hard-working members of a team.

1. Who goes on the expeditions?

Young people of different nationalities around the world

2. How many expeditions are there every year?

There are ten expeditions every year

3. How long does each expedition last?

Each expedition lasts for ten weeks

4. Do they go to countries such as Chile, Namibia, Mongolia and Viet Nam?

Yes, they do

5. How old must a volunteer be?

You have to be 17-25. A volunteer must be nationalities

III. Choose the letter A, B, C or D to complete the passage below.

Breakfast is the (1) _____ important meal of the day. It provides the nutrients your body needs for good health. Studies have shown that people who don't have breakfast have a low blood sugar level. They are often slow, tired, hungry and (2) _____ to concentrate. Surprisingly, breakfast actually (3) _____ a role in weight control. It's easier to lose weight if you eat in the morning rather than later in the day. Dividing the day's calories (4) _____ three meals helps people (5) _____ weight more efficiently than skipping breakfast and having two larger meals a day does.

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|---------------|-----------|------------|---------|
| 1. A. healthy | B. tasty | C. most | D. main |
| 2. A. unable | B. enable | C. capable | D. able |
| 3. A. puts | B. plays | C. donates | D. eats |
| 4. A. into | B. for | C. in | D. up |
| 5. A. gain | B. lose | C. collect | D. have |

IV. Having a hobby that we enjoy brings us joy and enriches our lives. A hobby gives us something fun to do during our leisure time. We are very lucky to have so many different options out there today. In fact, there are entire websites devoted to hobbies and interests.

The best way to cultivate a new hobby is to try something new. The world is full of wonderful, exciting activities that we can explore and adopt as our own. Of course, all of us are unique and, therefore, our interests and hobbies vary. But once we find a hobby that we truly enjoy and are passionate about, we become hooked. It becomes part of our lives and captivates us in a very personal way.

1. What does having a hobby that we enjoy bring us?

2. When does a hobby give us something fun to do?

3. Are we unlucky to have so many different options out there today?

4. What is the best way to cultivate a new hobby?

5. What way does a new hobby captivate us?

Keeping Fit

V. We all need (1) _____ exercise to keep fit. But if we study all day, we don't have time to run, swim, lift weights, or (2) _____ basketball. What can we do to stay (3) _____ shape?

One thing we could do is walk (4) _____ often. Walking is good exercise. Instead of going to school (5) _____ car or bus, we could walk. During recess, we could go outside and stroll around before we go back to class. Instead of taking the elevator in buildings all the time, we could use the stairs.

This is just a way we can stay fit when we don't have a lot of time to exercise. Do you know any other ways?

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|-----------------|------------|--------------|----------------|
| 1. A. regularly | B. regular | C. irregular | D. irregularly |
| 2. A. play | B. do | C. make | D. keep |
| 3. A. at | B. to | C. in | D. for |
| 4. A. least | B. most | C. less | D. more |
| 5. A. by | B. on | C. in | D. at |

VI. Hobby is a particular and interesting habit. Hobby is necessary because it helps us relax and get rid of stress from study and work. I also have a hobby. My hobby is reading. It started when I was a little boy. As soon as I could learn to read, I often asked my parents to buy me picture books and fairy tales. Up to now, I have read story books, magazines, newspapers and any kind of material that I find interesting, especially knowledgeable books in my free time. I absolutely love reading.

Reading enables me to learn about so many things that I do not know. I can learn about how people lived in bygone days, the wonders of the world, space travel, human achievements, huge whales, tiny viruses and other fascinating things of our world. Reading helps me discover new things and widen my knowledge. Books provide me with so much information and many facts. They have certainly helped me in my daily life. I am better aware of coping with living. I will certainly continue my reading hobby.

1. According to the passage, what is hobby?

2. Why is hobby necessary?

3. What is the writer's hobby?

4. What does reading help him?

5. Does he want to give up his reading hobby?

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|----------------|--------------|-------------|-------------|
| 1. A. develop | B. belong | C. benefit | D. enjoy |
| 2. A. knocked | B. needed | C. founded | D. wanted |
| 3. A. weather | B. earth | C. marathon | D. healthy |
| 4. A. provided | B. collected | C. watered | D. donated |
| 5. A. sister | B. bird | C. girl | D. first |
| 6. A. donated | B. changed | C. flooded | D. provided |

II. Choose the word that has a different stress pattern

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|---------------|--------------|-------------|--------------|
| 1. A. rubbish | B. litter | C. recycle | D. garbage |
| 2. A. clothes | B. money | C. donate | D. medicine |
| 3. A. affect | B. benefit | C. provide | D. collect |
| 4. A. healthy | B. dollhouse | C. homeless | D. donate |
| 5. A. avoid | B. collect | C. exchange | D. benefit |
| 6. A. healthy | B. donate | C. homeless | D. dollhouse |

I. Choose the part that needs correcting by circling A, B, C or D then correct it

1. My brother loves playing chess when he have free time.

A B C D

2. Did you finished your homework last night?

A B C D

3. Our uncle play badminton once a week.

A B C D

4. I enjoy collect dolls and it becomes my pleasure.

A B C D

5. He doesn't like making models in his free time

A B C D

6. There is a cake, two candies and a milk in my fridge.

A B C D

II. Rearrange the following words or phrases to have complete sentences.

1. us / vitamins / Coloured vegetables / a lot of / provide /.

2. our friends/ We/ on/ love/ hanging out/ with/ Sundays/.

3. donate/We/the vegetables to/a nursing/home.

4.outdoor activities too/ The Japanese/work hard/do a lot of/ and.

5. last year/we/project/community garden/started.

6. How many classes/your school /does/have?

III. Rewrite the following sentences so that their meaning stays the same as the first one

1. I find collecting glass bottles interesting.

→ My hobby is collecting glass bottles interesting

2. Her hobby is making model

→ She loves making model

3. My sister hates washing the dishes after meals.

⇒ My sister doesn't wash the dishes after meals

4. The Japanese work hard and they do exercise regularly.

⇒ The Japanese work hard and exercise regularly

5. My father likes outdoor activities. I like outdoor activities

→ My father and I like outdoor activities

6. It's a good idea to eat a lot of fruit and vegetables every day.

→ We should eat a lot of fruit and vegetables every day

IV Complete the following sentences, using suggested words and phrases

1. I/not/do/my homework/yesterday/.

2. My mother/work/eight hours/every day/.

3. Last year/we/donate/ money/children/Mu Cang Chai/.

4. My sister/ plant/ some trees/ at present./

5. He / join / community activities / once / month.

6. last month / we / plant/trees/park.

7. Now / trees / grow / very well.

8. Eat / less / fast food / because / it / not / good / your health.

9. She/ come/ home/ late/ last night.

10. I/ not/ think/ collecting teddy bears/ be/ boring hobby

11. Watch/ TV/ too much/be/ not / good/ your eyes

12. My sister/ hate/ cook/ meal/ every day.