Ex1. Find the word which has a different sound in the underlined part

Question 1: A. o**f**   B. co**ff**ee   C. lea**f**   D. **f**ault

Question 2: A. cou**gh**   B. lau**gh**   C. enou**gh**   D. throu**gh**

Question 3: A. **k**nee   B. **k**nife   C. **k**ing   D. **k**nitting

Question 4: A. dau**gh**ter   B. wei**gh**   C. rou**gh**   D. thou**gh**t

Question 5: A. dau**gh**ter   B. drau**gh**t   C. f**l**u   D. tou**gh**

Question 6: A. s**i**ck   B. sw**i**mming   C. **i**tchy   D. r**i**ding

Question 7: A. r**ea**lly   B. h**ea**lthy   C. r**e**gularly   D. id**e**ntify

Question 8: A. **ea**t   B. h**ea**d   C. d**ea**d   D. br**ea**d

Question 9: A. k**i**nd   B. r**i**de   C. kn**i**fe   D. k**i**d

Question 10: A. g**a**me   B. arr**a**nge   C. sk**a**te   D. c**a**ke

Ex2: Choose the best answer:

Question 6: You should eat _____fruits and vegetables because they are good for your health.
A. more   B. less   C. little   D. no

Question 7: She looks very tired after coming back from work. She should rest _____.
A. more   B. less   C. little   D. no

Question 8: We should spend _____time on computer games.
A. more   B. less   C. little   D. no

Question 9: Drink _____ green tea and _____ coffee.
A. more/less   B. less /less   C. little/more   D. no/little

Question 10: Smoking can lead to lung cancer, so smoke _____.
A. more   B. less   C. little   D. no

Question 11: _____ vegetables everyday is important.
A. eat   B. to eat   C. eating   D. eats

Ex3. Make sentences using the words and phrases given.

Question 1: Do / exercise / regularly / help / you / stay / healthy.
A. Doing exercise regularly helps you stay healthy. B. Doing exercise regularly help you stay healthy.
C. Do exercise regularly helps you stay healthy. D. Doing exercise regularly helps you are stay healthy.

Question 2: We / need / calories / or / energy / do / things / every day.
A. We need calories or energy do things everyday.   B. We need calories or energy doing things everyday.
C. We needs calories or energy do things everyday. D. We need calories or energy to do things everyday.

Q3: We / should / balance / calories / we / get / from / food / with / calories / we / use / physical activity.
A. We should balance calories we get from food with calories we use physical activity.
B. We should balance calories we get from food with calories we use for physical activity.
C. We should be balance calories we get from food with calories we use physical activity.
D. We should balances calories we get from food with calories we use to physical activity.

Question 4: Eat / healthy/ be / important / part / maintain / good / health.
A. Eat healthily is an important part to maintain good health.
B. Eat healthily is an important part to maintain good health.
C. Eating healthily is an important part to maintain good health.
D. Eating healthily is a important part to maintain good health.

Question 5: Eat / less / sweet / food / and / eat / more / fruit / vegetables.
A. Eating less sweet food and eat more fruits and vegetables.

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B. Eating less sweet food and eating more fruits and vegetables.
C. Eating less sweet food and to eat more fruits and vegetables.
D. Eat less sweet food and eat more fruits and vegetables.

Question 6: **Drink / lots / water / be / good / our health.**
A. Drinking lots of water is good for our health.   B. Drink lots of water is good for our health.
C. Drinking a lots of water is good for our health.   D. Drink a lots of water is good for our health.

Question 7: **I / have / toothache / so / I / have to / see / dentist.**
A. I have a toothache so I have to see dentist.   B. I have toothache so I have to see dentist.
C. I have a toothache so I have to see the dentist.   D. I have toothaches so I have to see the dentists.

Question 8: **Watch / much / TV / not / good / your eyes.**
A. Watch much TV is not good for your eyes.   B. Watching much TV is not good for your eyes.
C. Watch too much TV is not good for your eyes.   D. Watching too much TV is not good for your eyes.

Question 9: **When/ I/ ten/ begin/ play football.**
A. When I was ten, I began to play football.   B. When I was ten, I begin to play football.
C. When I am ten, I began to play football.   D. When I was ten, I began play football.

Question 10: **Calories / important / human / health.**
A. Calories are important for human health.   B. Calories is important for human health.
 C. Calories are important with human health.   D. Calories is important with human health

Ex4: Choose the best option.

We need calories or (1)…………………..to do the things every day. For example, when we walk to school 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 calorie 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 many 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. Otherwise, we don't eat enough, we will be (10)…………….and weak.

Question 1: A. food   B. energy   C. drink

Question 2: A. ride   B. come   C. drive

Question 3: A. things   B. food   C. calories

Question 4: A. do   B. spend   C. have

Question 5: A. for   B. with   C. in

Question 6: A. health   B. fit   C. active

Question 7: A. in   B. of   C. from

Question 8: A. with   B. in   C. on

Question 9: A. exercises   B. activities   C. healthy

Question 10: A. good   B. tired   C. thirsty

Ex5: Choose the underlined part that needs correction.

1. He <u>begins</u> <u>always</u> his <u>lessons</u> with <u>a</u> warm-up <u>exercise</u>.
          A   B   C   D

2. The <u>lungs</u>, stomach, <u>eye</u>, and heart <u>are</u> organs of <u>the</u> body.
          A   B   C   D

3. My sister is <u>coughing</u>, <u>sneezing</u> and <u>have</u> a <u>running</u> nose.
          A   B   C   D

4. Be <u>carefully</u> with <u>what</u> you <u>eat</u> and <u>drink</u>!

        A   B   C   D

5. She <u>should</u> try <u>to wake up</u> <u>at</u> the usual time, even <u>in</u> weekends.

        A   B   C   D

6. I <u>exercise</u> and <u>eat</u> right and <u>got</u> plenty of <u>rest</u> in bed.

        A   B   C   D

7. <u>Doing exercises</u> is <u>one</u> of the <u>key</u> components of a <u>health</u> lifestyle.

        A   B   C   D

8. <u>Outdoor</u> activities <u>help</u> you spend <u>more</u> time <u>in front of</u> TVs and smartphones.

        A   B   C   D

9. Scandinavia's citizens <u>lives</u> long <u>lives</u>, with average <u>life</u> expectancy <u>of</u> 79.

                    A   B   C   D

10. You <u>can avoid</u> some <u>disease</u> <u>by</u> keeping <u>yourself</u> clean.

         A   B   C   D