Name.....PRE.G7 – BTVN.LESSON20 – MARKS: .....

Exercise 1: Choose the opposite meaning

1. clean	A. dirty	B. fresh	C. tidy
2. active	A. healthy	B. lazy	C. fit
3. healthy	A. sick	B. strong	C. fresh
4. fresh air	A. pollution	B. energy	C. exercise
5. tidy	A. clean	B. messy	C. safe

Exercise 2: Choose the best answer.

1. My hair is dry. I need to take care of my _____.

- A. skin condition B. dry hair C. red spot D. virus

2. You should _____ your hands before eating.

- A. wash B. pop C. affect D. avoid

3. Too much sugar can cause health _____.

- A. tips B. problems C. activities D. energy

4. Drinking enough water helps your skin stay _____.

- A. fresh B. healthy C. dirty D. tired

Exercise 3: Fill in the blanks with the correct words

running - soap - breakfast - vegetables - mask - doctor - sleep - fruit - active - clean

1. You should eat a healthy _____ every morning.
2. Wash your hands with _____ to prevent diseases.
3. Wearing a _____ can protect you from viruses.
4. Eating more _____ and _____ is good for your health.
5. You should get enough _____ every night.
6. Regular exercise helps you stay _____.
7. If you feel very sick, you should see a _____.

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8. _____ is a good outdoor activity for your heart.

9. Keep your room _____ and tidy.

Exercise 5: Word formation

1. Eating healthy food helps you stay _____. (health)
2. Regular exercise keeps your body _____. (fit)
3. Too much fast food is _____ for your body. (harm)
4. You should keep your surroundings _____. (clean)
5. A balanced diet gives you more _____. (energy)

Bài 2: Fill in the Blanks

Complete each sentence with a future verb phrase (will / be going to) from the box.

will help	*are going to visit*	*will buy*	*are going to go*	*will not eat*	*will open*	*will pass*
is going to rain	*are going to clean*	*is going to have*				

1. The sky is so dark and cloudy. It ..... soon.
2. We ..... our grandparents in the countryside next weekend. We already booked the train tickets.
3. I promise I ..... too much fast food or drink soft drinks.
4. It is very stuffy in here. I ..... the window to get some fresh air.
5. If you study hard, you ..... the exam easily.
6. Oh, we don't have any green tea. ~ I ..... some at the store now.
7. Tomorrow morning, they ..... the school yard to keep the surroundings tidy.
8. My sister ..... a baby next month. We are all so excited.
9. They ..... cycling in the mountains this Sunday. They have already rented the bicycles.
10. Don't worry about the heavy bags. I ..... you carry them.

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Bài 3: Multiple Choice

Choose the correct future form (will / be going to) to complete each sentence.

1. I feel tired. I think I _____ to bed early tonight to get enough sleep.
   A. will go B. going to go C. went D. go
2. Look at those dark clouds! It _____ rain very soon.
   A. is going to B. is raining C. will D. goes to
3. We _____ some fresh fruit and green tea at the supermarket tomorrow.
   A. buys B. are going to buy C. bought D. are buying
4. Don't touch those dirty spots on your face! You _____ a skin disease.
   A. got B. will get C. are getting D. gets
5. My parents _____ cycling in the countryside next Sunday. They already bought the tickets for the train.
   A. are going to go B. went C. will go D. goes
6. I hope the doctor _____ some good health tips to keep fit.
   A. gives B. gave C. is going to give D. will give
7. She _____ any sweetened food or soft drinks because she wants to lose weight.
   A. does not eat B. not eating
   C. is not going to eat D. will eat not
8. Oh, we don't have any soap or lip balm. ~ Don't worry. I _____ some now.
   A. buy B. am going to buy C. buying D. will buy
9. _____ you _____ boating with us this weekend? We have a spare place in our boat.
   A. Are / going B. Are / going to go C. Do / go D. Will / go
10. I promise I _____ my teeth twice a day to keep them healthy.
    A. brush B. am going to brush C. will brush D. brushed
11. Perhaps the weather _____ our skin condition next week.
    A. is going to affect B. will affect
12. They _____ the school yard tomorrow to keep the surroundings clean.
    A. will sweep B. sweeps
    C. are going to sweep D. swept
13. I believe that active outdoor activities _____ kids develop better.
    A. helped B. help C. are going to help D. will help
14. Watch out! You _____ on that wet floor.
    A. slipped B. slip C. will slip D. are going to slip

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Bài 5: Put the Verbs in the Correct Form

Write the correct future form (will / be going to) of the verb in brackets.

1. Look at those dark clouds! It ..... (rain) very soon. **(rain)**
2. We ..... (go) cycling in the countryside tomorrow. We already rented the bikes. **(go)**
3. I promise I ..... (not pop) the spots on my face again. **(not pop)**
4. I think the doctor ..... (give) you some valuable health tips. **(give)**
5. Perhaps they ..... (buy) some tofu and fresh vegetables for dinner. **(buy)**
6. Oh, we don't have any soap. ~ I ..... (get) some from the cupboard. **(get)**
7. She ..... (not drink) any soft drinks this week because she is on a diet. **(not drink)**
8. Tomorrow, my sister ..... (brush) her teeth with special organic toothpaste. **(brush)**
9. I believe that active children ..... (keep) fit more easily. **(keep)**
10. He ..... (wash) his face with special soap tonight to reduce acne. **(wash)**

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