



1 PRONUNCIATION

Choose the word whose underlined part is pronounced differently.

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|--------------------------|----------------------|----------------------|--------------------|
| 1. A. pro <u>ve</u> rb | B. ex <u>er</u> cise | C. to <u>ge</u> ther | D. pe <u>rs</u> on |
| 2. A. le <u>ar</u> n | B. <u>ea</u> rn | C. he <u>a</u> r | D. <u>ea</u> nn |
| 3. A. co <u>ll</u> ected | B. clea <u>n</u> ed | C. de <u>ci</u> ded | D. nee <u>de</u> d |
| 4. A. li <u>ste</u> ned | B. hel <u>p</u> ed | C. wa <u>tch</u> ed | D. fi <u>x</u> ed |
| 5. A. lau <u>gh</u> | B. cou <u>gh</u> | C. <u>gh</u> ost | D. rou <u>gh</u> |



2 MULTIPLE CHOICE

Choose the best answer A, B, C or D.

- My hobby is collecting stamps. I _____ more than 500 stamps from different countries.
A. collect B. collected C. am collecting D. have collected
- She usually _____ yoga in the morning to keep fit.
A. do B. does C. is doing D. has done
- We should eat _____ fruit and vegetables and drink plenty of water.
A. more B. much C. many D. most
- He decided _____ his free time helping children in an orphanage.
A. spends B. to spend C. spending D. spent
- She is interested _____ learning how to play the guitar.
A. at B. on C. in D. about
- We _____ our homework by the time the teacher comes.
A. finish B. will finish C. finished D. are finishing
- You should eat less junk food and exercise _____.
A. regular B. regularly C. more regular D. the most regular
- The children were excited _____ the volunteer trip to the countryside.
A. about B. with C. in D. on
- _____ did you join the community clean-up? – Last Sunday.
A. Where B. When C. What D. Who
- My sister enjoys _____ in the swimming pool in summer.
A. swim B. to swim C. swimming D. swims
- He is good _____ playing the piano and the violin.
A. in B. at C. on D. of
- We can reduce stress by _____ exercise and listening to music.
A. play B. plays C. playing D. to play
- He started _____ early this morning to catch the bus.
A. leave B. left C. leaving D. to leave
- The more you practise, _____ your English will be.
A. the good B. the better C. the best D. better
- They _____ a recycling project since last month.
A. start B. started C. have started D. will start



16. We didn't go to school yesterday because it _____ heavily.
A. rained B. was raining C. rains D. has rained
17. Lan is going to _____ clothes for poor children this weekend.
A. donate B. donating C. be donating D. donated
18. My parents _____ to the local market every Saturday morning.
A. go B. goes C. are going D. went
19. Tom wishes he _____ more time for his hobby.
A. have B. had C. will have D. has
20. You should _____ your hands before meals.
A. washes B. wash C. washing D. to wash
21. We enjoyed the movie _____ it was very interesting.
A. but B. so C. because D. and
22. If we reuse things, we _____ waste.
A. reduce B. will reduce C. are reducing D. reduced
23. She _____ a lot of books last year.
A. reads B. read C. will read D. reading
24. It's important _____ the elderly when we have free time.
A. help B. to help C. helping D. helps
25. Minh is the _____ student in our class.
A. more helpful B. most helpful C. helpfuller D. helpfuller
26. People _____ should take a break and relax.
A. who work hard B. whom work hard C. working hard D. work hard
27. Let's _____ the rubbish in this area.
A. pick up B. picking up C. to pick up D. picked up
28. The food in the restaurant _____ delicious.
A. tastes B. taste C. tasted D. tasting
29. I've never seen such a _____ film.
A. exciting B. more exciting C. most exciting D. excitingly
30. He said that he _____ his homework before dinner.
A. will finish B. finishes C. would finish D. had finished



3 VERB FORMS

Give the correct form of the verbs in brackets.

1. We often (visit) _____ our grandparents at weekends.
2. They (plant) _____ trees in the garden yesterday.
3. My brother (not finish) _____ his project yet.
4. If it (not rain) _____ tomorrow, we will go camping.
5. Lan wishes she (be) _____ taller.
6. Look! The children (clean) _____ the classroom.
7. My parents (go) _____ to work every day.
8. She (study) _____ English since she was six.
9. Please (turn off) _____ the lights when you leave the room.
10. They (decide) _____ to start a community service club.



The secrets to a long life



Why can some people live to over a hundred, while most of us die much sooner? How long you live depends on where you live. A person who lives in a city in Australia will probably live longer than a person living in a poor part of Africa. So, what can you do to live longer? You can make healthy choices. That means eating healthy foods and getting enough exercise.

Being overweight may make your life shorter because you have a higher chance to have health problems. You can start by changing what you eat. Eat less red meat instead of chicken or fish. Fish is really good for helping you live a longer life. You should eat lots of vegetables, so you can get a lot of the vitamins you need. You also need to get enough exercise. There are different types of exercises. Some exercise is good for the heart. Other types of exercise is good for making you stronger. Lifting weights is a good example.

Along with taking care of your body, you also have to take care of your mind. Don't work too hard. Try to relax and do something fun each day. If you follow these simple rules, you will have a good chance of living a long time.



1 What is the reading text about?

- A. How to live a long life.
- B. You live longer thanks to the place you live.
- C. Being overweight makes your life shorter.

2 What are healthy choices?

- A. Eating healthy foods
- B. Getting enough exercise
- C. A and B

3 Why should you eat vegetables?

- A. Because vegetables are better for your health than meat.
- B. Because vegetables are easy to make healthy dishes.
- C. Because vegetables helps you get a lot of the vitamins you need.

4 How is lifting weights good for you?

- A. It makes your heart stronger.
- B. It makes you stronger.
- C. It makes you lose weight.

5 Which statement is NOT mentioned in the text?

- A. Mental health is also important.
- B. Fish and chicken are better for your health than red meat.
- C. One of the secrets to a long life is to eat lots of vegetables instead of doing exercise.

Mark the letter A, B, C, or D to indicate the option that best completes each of the following exchanges.



1. *Sean*: Do you like dancing? - *Emma*: _____

- A. Yes, I prefer outdoor activities.
- B. Oh, I'd love to. Thanks
- C. Yes, a lot. Dancing is great!
- D. I'm going to join a dance club.



2. *Alex*: _____ - *Trang*: No, not really. I prefer indoor activities.

- A. Do you like playing football?
- B. Are you good at playing basketball?
- C. Are you interested in swimming?
- D. Do you enjoy reading books?



3. *Ross*: A lot of people are infected with this flu virus. How can I avoid it? - *Mike*: _____

- A. You should cover your mouth and nose with your hands.
- B. You should eat a lot of chocolate every day. It's good for your health.
- C. You should eat a lot of meat and cheese.
- D. You should wear a mask when going out.



4. *Huong*: You should wash your hands before eating. - *Lan*: _____

- A. Sorry, I don't mind.
- B. Not at all.
- C. Better next time.
- D. Oh, that's right. I'll do it.



5. *Ben*: 100 students will help clean up the streets this weekend. - *Lan*: _____

- A. I don't like hard work.
- B. That's fantastic!
- C. I don't think it's a good idea.
- D. Sorry. I didn't enjoy it.

