**ENGLISH 7**

**UNIT 2: HEALTH**

**A. TỪ VỰNG:**

1. allergy (n) / 'ælədʒi /: dị ứng

2. calorie(n) / 'kæləri /: calo

3. compound (n) / 'kɒmpaʊnd /: ghép, phức

4. concentrate(v) /'kɒnsəntreɪt /: tập trung

5. conjunction (n) /kən'dʒʌŋkʃən/: liên từ

6. coordinate (v) / kəʊˈɔːdɪneɪt /: kết hợp

7. cough (n) / kɒf /: ho

8. depression (n) / dɪˈpreʃən /: chán nản, buồn rầu

9. diet (adj) / 'daɪət /: ăn kiêng

10. essential (n) / ɪˈsenʃəl /: cần thiết

11. expert (n) / 'ekspɜːt /: chuyên gia

12. independent (v) / 'ɪndɪˈpendənt /: độc lập, không phụ thuộc

13. itchy (adj) / 'ɪtʃi /: ngứa, gây ngứa

14. junk food (n) / dʒʌŋk fu:d /: đồ ăn nhanh, quà vặt

15. myth (n) / mɪθ /: việc hoang đường

16. obesity (adj) / əʊˈbi:sɪti /: béo phì

17. pay attention / peɪ ə'tenʃən /: chú ý, lưu ý đến

18. put on weight (n) / pʊt ɒn weɪt /: lên cân

19. sickness (n) / 'sɪknəs /: đau yếu, ốm yếu

20. spot (n) /spɒt /: mụn nhọt

21. stay in shape / steɪ ɪn ʃeɪp /: giữ dáng, giữ cơ thể khoẻ mạnh

22. sunburn (n) / 'sʌnbɜːn /: cháy nắng

23. triathlon (n) / traɪˈæθlɒn /: cuộc thi thể thao ba môn phối hợp

24. vegetarian (n) /,vedʒi’teəriən /: người ăn chay

**B. LÝ THUYẾT:**

**I. IMPERATIVE WITH MORE AND LESS**  
*(MỆNH LỆNH CÁCH VỚI “MORE” VÀ “LESS”)*

1.**Mệnh lệnh cách là gì?**  
Là câu có tính chất sai khiến, được dùng khi chúng ta muốn yêu cầu, ra lệnh, hướng dẫn hay gợi ý cho người khác làm một việc gì đó.  
Được hình thành bắt đầu bằng một động từ nguyên thể không có “to”.  
Ví dụ:          Stand up!  (*Đứng lên*.)

Come here!  (*Lại đây*)

**2. Mệnh lệnh cách với more và less**.  
Khi muốn yêu cầu ai đó hãy làm gì **nhiều hơn hoặc ít hơn**, chúng ta có thể thêm từ “more” hoặc “less” sau động từ.  
Ví dụ:  Sleep less.  *(Hãy ngủ ít hơn.)*

  Relax more.  *(Hãy nghỉ ngơi nhiều hơn.)*

  Talk less, listen more.  *(Hãy nói ít, lắng nghe nhiều hơn.)*

   Spend less, save more.  *(Hãy tiêu ít hơn, tiết kiệm nhiều hơn.)*

***Để nội dung mệnh lệnh cách cụ thể hơn, chúng ta có thể thêm danh từ vào phía sau “ more” hoặc “less”.***

**more + danh từ đếm được & danh từ không đếm được.**  
**less + danh từ không đếm được.**

  Ví dụ: Read more books.  *(Hãy đọc nhiều sách hơn.)*

          Use more public transport. *(Hãy sử dụng nhiều phương tiện công cộng hơn.)*

          Take less salt and sugar.  *(Hãy ăn ít muối và đường hơn.)*

**Một số cách dùng của mệnh lệnh cách với more và less.**  
***- Ra lệnh trực tiếp:***  
Ví dụ:           Play less! *(Chơi ít thôi!)*

           Bring more books here! *(Mang thêm sách lại đây!)*

      - ***Hướng dẫn:***  
Ví dụ:        Please provide more details in this form. (*Vui lòng điền thêm chi tiết vào lá đơn này.)*Eat less salt when taking this medicine. *(Hãy ăn nhạt hơn khi uống loại thuốc này.)*  
***- Gợi ý:***  
Ví dụ:  Wear more clothes and you'll be warmer. *(Hãy mặc nhiều quần áo hơn và bạn sẽ thấy ấm hơn.)*Spend less time surfing the Internet and you'll have more time for exercise.   
          *(Hãy dành ít thời gian cho việc lướt mạng hơn và bạn sẽ có nhiều thời gian hơn cho việc tập thể dục.)*

**II. COMPOUND SENTENCES**  
*(CÂU GHÉP)*  
**1. Định nghĩa câu ghép:**  
Là câu có 2 hay nhiều mệnh đề độc lập về ý nghĩa. Được kết nối với nhau bởi một liên từ kết hợp hay còn gọi là liên từ đẳng lập (như and, or, but, so, …)  
Ví dụ:  
             My mother does exercise every day, so she looks   very young and fit.   
*(Mẹ tớ tập thể  dục hằng ngày, vì vậy mà trông mẹ rất trẻ và khỏe.)*

**2. Cấu trúc câu ghép:**

**Mệnh đề 1 + (,) + liên từ + mệnh đề 2.**

*\*\*\*Lưu ý: chúng ta cần phải sử dụng dấu phẩy trước liên từ so, còn với các liên từ and/ or/ but thì có thể có dấu phẩy hoặc không.*  
Ví dụ:  
            You should eat less fast food or you can put on weight.   
*(Bạn nên ăn ít đồ ăn nhanh hơn hoặc bạn có thể tăng cân đấy.)*  
            I was very hungry, so I ate a lot. *(Tớ đã rất đói, nên tớ đã ăn rất nhiều.)*

**3. Các liên từ kết hợp phổ biến:**  
  **- And (và):** Dùng để bổ sung thêm thông tin.  
  Ví dụ: The Japanese eat a lot of fish, and they eat a lot of tofu too.

*(Người Nhật ăn rất nhiều cá, và họ cũng ăn rất nhiều đậu phụ nữa.)*

**- Or (hoặc):** Dùng khi có sự lựa chọn.   
Ví dụ: You can take this medicine, or you can drink hot ginger tea.

*(Con có thể uống thuốc này hoặc con có thể uống trà gừng nóng.)*

**- But (nhưng):** Dùng để nối 2 mệnh đề mang nghĩa trái ngược, đối lập nhau.  
Ví dụ: She doesn't eat much, but she's still fat. *(Cô ấy không ăn nhiều, nhưng cô ấy vẫn béo.)*  
**- So (nên/ vì vậy mà/ vì thế mà/ vậy nên):**  
Dùng để nói về một kết quả của sự việc được nhắc đến trước đó   
Ví dụ: My grandmother eats healthily, so she is very strong. *(Bà tớ ăn uống rất lành mạnh, nên bà rất khỏe.)*

**C. BÀI TẬP:**

**❶. PHONETICS**

**I. Choose the words whose underlined part is pronounced differently from that of the others in each group**

1. A. put B. adult C. junk D. sun

2. A. itchy B. riding C. sick D. swimming

3. A. chemical B. children C. headache D. architect

4. A. regularly B. identify C. really D. healthy

5. A. cycling B. doctor C. aerobics D. calories

6. A. coordinate B. triathlon C. allergy D. calorie

7. A. leaf B. life C. knife D. of

8. A. monopoly B. melody C. compound D. concentrate

9. A. paragraph B. cough C. although D. enough

10. A. vegetarian B. depression C. essential D. attention

11. A. myth B. cycling C. itchy D. allergy

12. A. headache B. spread C. health D. weak

13. A. fat B. leaf C. of D. safe

14. A. flu B. sunburn C. junk D. much

15. A. wash B. wear C. wake D. wrap

16. A. sick B. swimming C. itchy D. riding

17. A. really B. healthy C. regularly D. identify

18. A. bad B. tall C. dad D. sad

19. A. although B. enough C. paragraph D. cough

20. A. traditional B. essential C. audition D. picture

21. A. attract B. actor C. guitarist D. gallery

22. A. delicious B. special C. musical D. physician

23. A. answer B. further C. butter D. birth

24. A. burn B. collect C. alone D. neighbour

25. A. chimpanzee B. mechanic C. chemistry D. earache

26. A. of B. funny C. wife D. bookshelf

27. A. conquer B. cook C. centimeter D. key

28. A. pork B. support C. perform D. information

29. A. tuna B. tutor C. tofu D. unusual

30. A. purity B. burning C. cure D. durable

31. A. see B seen C. sportsman D. sure

32. A. pull B. sugar C. plural D. study

33. A. course B. court C. encourage D. cough

34. A. bark B. share C. dare D. bare

35. A. cotton B. bottle C. cold D. common

36. A. dear B. hear C. bear D. clear

37. A. bury B. curtain C. burn D. turn

38. A. folk B. work C. pork D. corn

39. A. shout B. sugar C. share D. surgery

40. A. about B. amount C. should D. ground

41. A. chain B. entertain C. bargain D. complain

42. A. saddle B. case C. chase D. basement

43. A. drummer B. future C. number D. umbrella

44. A. flame B. fame C. came D. manner

45. A. darkness B. warmth C. market D. remark

46. A. hunt B. pullover C. under D. funny

47. A. book B. floor C. hook D. cooker

48. A. figure B. bright C. fight D. sight

49. A. over B. rose C. cover D. chosen

50. A. baggage B. village C. manage D. stage

**II. Choose the word whose main stressed syllable is placed differently from that of the other in each group.**

1. A. regular B. allergy C. already D. yesterday

2. A. computer B. depression C. important D. concentrate

3. A. healthy B. disease C. sickness D. expert

4. A. amount B. sunburn C. toothache D. pattern

5. A. recover B. vitamin C. calorie D. temperature

6. A. turmeric B. essential C. originate D. photography

7. A. opera B. rural C. delicious D. anthem

8. A. allergy B. backache C. toothache D. obesity

9. A. dizziness B. temperature C. computer D. regularly

10. A. wonder B. import C. include D. reduce

11. A. garbage B. certain C. liquid D. protect

12. A. government B. remember C. natural D. chemicals

13. A. recycle B. satisfy C. citizen D. universe

14. A. teacher B. habit C. escape D. worker

15. A. dangerous B. accident C. telephone D. engineer

**❷. MULTIPLE CHOICE**

**I. Choose the best answer to complete each of the following sentences.**

**I. Choose the best answer to complete each of the following sentences.**

**1**. You should eat a lot of fruits and vegetables because they vitamin A,

which is good for the eyes.

**A**. run **B**. take **C**. provide **D**. get

**2**. The health from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.

**A**. advices **B**. ideas **C**. tip **D**. tips

**3**. The seafood I ate this morning makes me feel all over.

**A**. itchy **B**. weak **C**. running **D**. well

**4**. If you want to be fit, stay outdoors more and do more activities.

**A**. physics **B**. physic **C**. physical **D**. physically

**5**. Do more exercise eat more fruit and vegetables.

**A**. and **B**. so **C**. but **D**. although

**6**. After working in computer for long hours, you should your eyes and relax.

**A**. wake **B**. rest **C**. sleep **D**. sleep in

**7**. Eat less high-fat foods to keep you from fat.

**A**. gaining **B**. reducing **C**. getting **D**. rising

**8**. We should follow the advice from doctors and health in order to keep fit.

**A**. managers **B**. experts **C**. people **D.** workers

**9**. Have a healthy and you can enjoy your life.

**A**. lifeline **B**. lively **C**. lives **D**. lifestyle

**10**. They go outside even when it’s cold.

**A**. swims **B**. swiming **C**. swimming **D**. swam

**11**. Rob eats a lot of fast food and he on a lot of weight.

**A**. spends **B**. brings **C**. takes **D**. puts

**12**. We need to spend less time computer games.

**A**. playing **B**. to playing **C**. play **D**. to play

**13**. To prevent , you should eat a lot of garlic and keep your body warm.

**A**. cold **B**. mumps **C**. flu **D**. headache

**14**. Be careful with you eat and drink.

**A**. who **B**. this **C**. what **D**. that

**15**. Eating a lot of junk food may lead to your .

**A**. pain **B**. stomachache **C**. obesity **D**. fitness

**16**. In order to have good , you should eat lightly and laugh cheerfully.

**A**. spirit **B**. body **C**. health **D**. mood

**17**. Do you believe that eating carrots helps you see at night?

**A**. most **B**. the most **C**. much more **D**. less

**18**. We should try to keep everything around us clean and then flu will find it to spread.

**A**. difficultly **B**. difficulties **C**. difficult **D**. difficulty

**19**. My father does morning every day.

**A**. running **B**. well **C**. exercise **D.** weak

**20**. We should play sports or do exercise in order to stay in .

**A**. fit **B**. health **C**. look **D**. shape

**21**. You can avoid some diseases by yourself clean.

**A.** keeping **B.** taking **C.** looking **D.** bringing

**22**. The Japanese eat a lot of fish instead of meat they stay more healthy.

**A.** but **B.** because **C.** although **D.** so

**23**. She looks tired. What’s the ……….. with her?

**A.** matter **B.** happen **C.** wrong **D.** right

**24.** Minh is absent from class today ……….. he is ill.

**A.** but **B**. because **C.** when **D.** so

**25.** He is a(n) \_\_\_\_\_\_. He doesn't have a habit of eating meat.

**A.** patient **B**. expert **C**. vegetarian **D**. adult

**26.** She usually eats some sweet cakes before going to sleep, so she may put\_\_\_\_ weight if she continues to do that.

**A**. in **B**. up **C**. on **D**. into

**27**. Watching too much television is not good you or your eyes.

**A.** with **B.** to **C.** at **D.** for

**28**. When you have flu, you may have a cough and a nose.

**A.** runny **B.** running **C.** flowing **D.** noisy

**29.** When you have a temperature, you should drink more water and rest .

**A.** most **B.** more **C.** most **D.** less

**30**. I forgot to wear a sun hat today and I got a .

**A.** stomachache **B.** earache **C.** backache **D.** headache

**31.** My brother played volleyball with his friends on the beach yesterday. Hissk in turns brown and got some \_\_\_\_\_.

**A**. sunburns **B**. sickness **C.** allergies **D.** weight

**32**. Don’t eat that type of fish: you may have a/an .

**A.** sick **B.** sore **C.** energy **D.** allergy

**33**. Do you believe that eating carrots helps you see at night?

**A.** much more **B.** less **C.** most **D.** the most

**34**. Sorry! I’m busy tonight. I have an ……….. with my doctor at 7 o’clock.

**A.** opportunity **B.** occasion **C.** appointment **D.** activity

**35**. Don’t eat too \_\_\_\_\_\_\_\_ candy. It’s bad for your teeth.

**A.** much **B.** many **C.** lots of **D.** more

**36**. I’m glad \_\_\_\_\_\_\_\_you’re feeling better.

**A.** hear **B.** hearing **C.** to hear **D.** of hearing

**37.** You should wash your hand \_\_\_\_\_\_ meals.

**A.** after **B.** in **C.** before **D.** at

**38**. You can have better health when you\_\_\_\_\_\_ drinking a lot of soft drink.

**A**. avoid **B**. keep **C**. get **D**. prefer

**39**. I was caught in the snowy storm yesterday. After that, I had a(n)\_\_\_\_\_ and a headache so I thought I had flu.

**A**. earache **B**. toothache **C**. weakness **D**. sore throat

**40**. Your sister can\_\_\_\_\_\_ in shape by doing gymnastics regularly.

**A**. place **B**. stay **C**. fit **D**. turn

**41**. You will get\_\_\_\_\_\_ if you gain weight rapidly.

**A**. cough **B**.flu **C**. obesity **D**. stomach ache

**42**. You shouldn't go out with your friends today and should relax at home because you can make your flu\_\_\_\_\_\_. It will be bad for their health.

**A**. drop **B**. spread **C**. limit **D**. depress

**43**\_\_\_\_\_\_ does Minh feel nervous? – Because he’s seeing the dentist.

**A.** How **B.** Why **C.** What **D.** When

**44**. \_\_\_\_\_\_! You will have a strong heart.

**A**. Eat vegetables more **B**. Watch TV more

**C**. Eat less fruits **D**. Wash your face less

**45**. \_\_\_\_\_\_! You will have more time to concentrate on your study.

**A**. Take more pictures when you go out

**B**. Do your exercises more

**C**. Go to sleep early

1. Talk on the telephone with your friends less

**46**. \_\_\_\_\_\_! You can lose your weight more quickly.

**A**. Take care of yourself more

**B**. Walk around the park more regularly

**C**. Focus on your own study

**D**. Drink mineral water more when you play in the sun

**47**. She usually plays badminton, \_\_\_\_\_\_she eats a lot of healthy food.

**A**. and **B**. but **C**. so **D**. or

**48**. You can choose fish and rice for your lunch, \_\_\_\_\_\_you can choose fried

chicken and some apples for it.

**A**. so **B**. or **C**. but **D**. and

**49**. He felt pain in his eyes two days ago, \_\_\_\_\_\_his mother took him to the doctor.

**A**. but **B**. because **C**. or **D**. so

**50**. I like eating ice-creams very much, \_\_\_\_\_\_I should eat them less to avoid having toothache.

**A**. because **B**. or **C**. but **D**. so

**❸. WORD FORMS**

**I. Give the correct form of the word given to complete the sentence.**

|  |  |
| --- | --- |
| **1.** Is she enough to run one kilometer? | (**GOOD**) |
| **2.** “Ow! Be careful with that coffee.” - “Look, now I have a on my arm” | (**BURNING**) |
| **3.** Rob has a of 39.50C | (**TEMPERATE**) |
| **4**. Don’t eat so quickly. You’ll get a \_\_\_ | (**TEETH**) |
| **5.** I have a in my back. I’m going to lie down. | (**PAINFUL**) |
| **6.** That’s a bad . Why don’t you have a glass of water? | (**COUGHING**) |
| **7.** “I have .” - “Why don’t you telephone the doctor?” | (**STOMACH**) |
| **8**. My arm after the table tennis match | (**HURT**) |
| **9**. “I have a .” - “That’s because you watch too much TV.” | (**HEAD**) |
| **10**. Lan was absent from class because of her \_\_\_\_\_\_ | (**SICK**) |
| **11**. I have an \_\_\_\_\_\_\_\_- with my doctor at 5 p.m. | (**APPOINT**) |
| **12**. She is still receiving a \_\_\_\_\_\_\_\_\_\_treatment in a hospital. | (**MEDICINE**) |
| **13**. People fell \_\_\_\_\_\_\_\_\_when they catch a common cold. | (**PLEASE**) |
| **14**. She’s\_\_\_\_\_ to seafood. So when she eats them, she will have stomachache problems. | (**ALLERGY**) |
| 15. You should choose foods and drinks\_\_\_\_\_\_\_\_ to prevent some dangerous diseases. | (**CARE**) |
| **16**. He continues\_\_\_\_\_\_\_ because he is catching a flu. | (**SNEEZE)** |
| **17**. He can reduce his serious\_\_\_\_\_ when he relaxes in time and does exercise regularly. | (**DEPRESS**) |
| **18**. If you provide yourself with enough vitamins, you will make a better\_\_\_\_\_\_ on your work or study. | (**CONCENTRATE**) |
| **19**. I got \_\_\_\_\_\_\_\_\_\_\_\_\_\_ during my beach vacation. | (**SUNBURN**) |
| **20**. Lack of vitamin E can cause skin diseases and \_\_\_\_\_\_\_\_\_\_. | (**TIRED**) |

**❹. VERB FORMS**

**I. Put the verbs in brackets in the correct tense form.**

**1**. Nam looks brown. He was on holiday last week. He (**get**)……………sunburn.

**2.** Getting plenty of rest is very good. It (**help**)……………….you to avoid depression.

**3**. The Japanese (**eat**)………………………..a lot of fish so they are very intelligent.

**4**. If you wash your hands more, you (**have**)……………….less chance of catching flu.

**5**. Eating carrots regularly (**help**)……………………….you see better.

**6**. It is very hot outside. Please (**wear**)…………………a sun hat when you go out.

**7**. Do more exercise and you (**feel**)………………………..healthier.

**8**. I don’t want (**be**)……………………………..tired tomorrow so I go to bed early.

**9**. Nowadays, I don’t feel well. I often (**feel**)……………………….sick and weak.

**10**. People who ( **smile**)……………………….more are happier and they live longer.

**II. Put the verbs in brackets in the correct tense form.**

**1**. It is important (**eat**) well.

**2.** It (**be**) very cold today. You should wear your warm clothes when you (**go**) out to prevent cold.

**3**. Do morning exercise every day and you’ll (**feel**) better.

**4.** I have a lot of homework to do this evening, so I (**not have**) \_\_\_\_\_\_\_\_ time to watch

the football match.

**5.** (**Eat**) junk food and inactivity (**be)** the main causes of obesity.

**6**. I **(have**) a headache and I need to rest more.

**7**. I (**have**) a toothache so I (**have to/ see**) the dentist.

**8**. I have to take medicines because I (**be**) sick.

**9.** Japanese (**eat**) more fish instead of meat, so they (**sta**y) more

healthy.

**10**. When you (**have**) a fever, you (**should/ drink**) more

water and rest more.

**11**. A healthy diet (**help**) us feel healthier.

**12**. Watching TV much (**hurt)** your eyes.

**III. Give the correct form of the verbs in brackets.**

It’s wonderful to have a hobby to do for pleasure in your free time. My favorite hobby is gardening. I love watching flowers and eating vegetables, so I (**1. grow**) ........................ a lot of plants in my garden. I usually **(2. water)** ......................... them in the early mornings. Sometimes my mother also **(3. help)** .......................... me care them and my father **(4. take)**.......................... me to the market to buy seeds. I **often (5.read)** .......................... books tounderstand more about gardening. This weekend I **(6.harvest)** .......................... carrots and cabbages. Do you know how eager I am? I **(7.give).**......................... some of them to my grandparents. Also, I **(8.take)**.......................... photos of them and post on facebook. Let’s wait and see!

**❺. CORRECTION**

**I. Choose the underlined word or phrase (marked A, B, C or D) in each sentence that needs correcting.**

**1**. My father often takes my sister and me to the cinema at special occasions.

**A B C D**

**2.** My younger brother had temperature and felt tired yesterday, so I was worried about him so much**. A B C**

**D**

**3.** They provide some food and drink with the poor people in their community more often**. A B C D**

**4**. I think he will go to the book fair next Sunday because he loves to read books so much. **A B C D**

**5**. Be less careful when you eat some kinds of food, my dear! You may have allergies if

**A B C**

you don't take my advice.

**D**

**6**. She likes eating fish, so she also likes drinking mineral water.

**A B C D**

**7**. It has been two weeks since he has worked for this non-profit organisation

**A B C D**

**8**. Eat more junk food! You will get overweight if you keep doing that.

**A B C D**

**9**. You shouldn't stay at home all day because it's bad for your health. Go out less!

**A B C D**

**10**. You have a sore throat, but you shouldn't talk more.

**A B C D**

**II. There is one mistake in each sentence. Underline and correct the mistake.**

|  |  |
| --- | --- |
| **Sentences** | **Correction** |
| **1.** My brother loves play chess when he has free time.  **2**. I find woodcarving interest because it’s creative.  **3**. Many people wait for the dentist at the moment.  **4.** They have donated blood three months ago.  **5.** Did you finished your homework yet?  **6**. I’d like to go, and I have to study for my test tonight.  **7**. Eat more fast food, or you’ll put on weight.  **8**. Do you think staying at home all day is bored?  **9.** She is very nervous because she has some spot on her face.  **10**. You can play table tennis, both you can go skating at the weekend. | \_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_ |

**❻. READING**

**I. Choose the word or phrase among A, B, C or D that best fits the blank space in the following passage.**

It’s important to **(1**) well, especially when you are studying. If you are at primary **(2**) , you may not go home for lunch and have a cooked meal of meat or (**3**) and vegetables. A chicken and lettuce sandwich, with some **(4**) fruit would be a light but **(5**) lunch. Many people around the world eat plain, boiled (**6**) two or three times a day. Pupils and students often don’t eat (**7**) when they’re revising for an exam – they eat chocolate and (**8**) lots of black coffee! And by the way, doctors say everybody should start the day with healthy (**9**) . It’s also good for you to drink a lot of (**10**) \_\_\_\_\_\_\_\_through the day.

**1**. **A**. launching **B**. emitting **C**. eat **D**. peaking

**2.** **A**. school **B**. weapons **C**. spaceships **D.** rockets

**3.** **A**. to **B**. towards **C**. with **D**. fish

**4**. **A**. as soon as **B**. fresh **C**. as well as **D**. such as

**5**. **A**. burnt **B**. explored **C**. went off **D**. healthy

**6.** **A**. rice **B.** audience **C**. observatories **D**. watcher

**7.** **A**. sent back **B**. returned to **C**. well **D**. except for

**8**. **A**. weightlessness **B**. drink **C**. wavelengths **D**. length

**9**. **A**. space **B**. atmosphere **C**. vacant **D**. breakfast

**10**. **A**. scientists **B**. drivers **C**. water **D**. astronauts

**II. Fill in the blank with a suitable word in the box.**

**spend from exercise fit ride**

**for tired energy in calorie**

We need calories or **(1**) to do the things every day. For example, when we walk 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 calories 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 much 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., if we don’t eat enough, we feel **(10**) and weak.

**III. Read the following passage and write T (true) or F (false) for each statement.**

How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting and sunbathing all use about 60 calories an hour. Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving and washing up. Light activities which use about 100 calories an hour include playing the piano, getting dressed and having a shower. Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating. Energetic activities use 200-400 calories. Those activities include horse riding, cycling, swimming, skipping and dancing. Finally there are strenuous activities which use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden and playing football.

**1.** Horse riding uses the most amount of calories.

**2**. Reading uses as many calories as writing.

**3**. The calories we burn for eating and washing up are the same.

**4**. Walking is a very light activity.

**5.** Sunbathing uses more calories than driving.

**6**. When we are resting, we don’t burn calories.

**7**. Having a shower uses only 100 calories an hour.

**8.** Cycling and dancing use the same amount of calories

**9**. Playing football uses fewer calories than swimming.

**10**. The amount of calories we use an hour depends on the activity we do.

**IV. Complete the conversation with the phrases in the box. Then answer the questions.**

*It will cost you With a bit of luck*

*I hate to say this I can’t wait*

*(The friends are going to the Buckingham Palace.)*

David: This is great. **(1**) to see inside Buckingham Palace.

Peter: Yeah, maybe the Queen will be our tour guide!

Linda: I think we should join the queue. The last tour starts in ten minutes.

David: What’s the matter, Susan? Are you OK?

Susan: No, I don’t feel very well. I have a headache and I feel really hot. Maybe I shouldn’t come on the tour.

David: Hey, everyone. Susan doesn’t feel very well. **(2**) but I think we should go home with her.

Peter: But how about these tickets? (**3**) . We can’t go home!

David: Yes, we can. (**4**) we can get our money back.

**❼. WRITING**

**I. Write the conversations for each situation to give advice, using the phrases given. Then practise them with your partners.**

*Example:* (toothache/ eat any more sweet things **🗴/** go to the dentist✓)

**A:** What’s the matter?

**B:** I have toothache.

**A:** Poor you! You shouldn’t eat any more sweet things. You should go to the dentist.

**1.(**flu/ be at school **🗴/** stay at home✓)

**A:**

**B:**

**A:**

**2**.(earache/ go to the doctor ✓*/* wait for it to be better **🗴**)

**A:**

**B:**

**A:**

**3**.(stomachache/ lie down ✓/ eat anything **🗴**)

**A:**

**B:**

**A:**

**4**.(headache/ read any books **🗴**/ take a painkiller✓)

**A:**

**B:**

**A:**

**5**.(sore throat/ take some medicine✓/ eat any crisps **🗴**)

**A:**

**B:**

**A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**II. Make correct sentences from the words and phrases given.**

**1**. We/ keep/ our bodies/ warm/ avoid/ flu/ a cold.

**2**. Getting/ enough/ rest/ help/ you/ concentrate/ school.

**3**. Vitamins/ play/ important/ role/ our diet.

**4.** You/ not/ play/ more/ computer games/ free time.

**5**. Doctor/ asking/ Mai/ questions/ about/ health problems.

**III. Can you rewrite the following sentences in correct English?**

1. Laughing is not good with health.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2**. Some people have a very bad habit in littering in public.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3**. People who live in a dusty area often suffer on diseases.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4**. In prevent flu, we should keep our hands clean, out feet warm.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5**. She has a sore throat yesterday.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**IV. Write a paragraph (100 - 150 words) to talk about HOW TO KEEP A HEALTHY LIFE?**

**==================================================**

**ANSWER KEYS**

**❶. PHONETICS**

**I. Choose the words whose underlined part is pronounced differently from that of the others in each group**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. A | 11. B | 21. C | 31. D | 41. C |
| 2. B | 12. D | 22. C | 32. D | 42. A |
| 3. B | 13. C | 23. D | 33. C | 43. B |
| 4. B | 14. A | 24. A | 34. A | 44. D |
| 5. A | 15. D | 25. A | 35. C | 45. B |
| 6. A | 16. D | 26. A | 36. C | 46. B |
| 7. D | 17. D | 27. C | 37. A | 47. B |
| 8. D | 18. B | 28. D | 38. B | 48. A |
| 9. C | 19. A | 29. C | 39. D | 49. C |
| 10. B | 20. D | 30. B | 40. C | 50. D |

**II. Choose the word whose main stressed syllable is placed differently from that of the other in each group.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. C | 4. A | 7. C | 10. A | 13. A |
| 2. D | 5. A | 8. D | 11. D | 14. C |
| 3. B | 6. A | 9. C | 12. B | 15. D |

**❷. MULTIPLE CHOICE**

**I. Choose the best answer to complete each of the following sentences.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1.C | 11.D | 21.A | 31.A | 41.C |
| 2.C | 12.A | 22.D | 32.D | 42.B |
| 3.A | 13.C | 23.A | 33.A | 43.C |
| 4.C | 14.C | 24.B | 34.C | 44.A |
| 5.A | 15.C | 25.C | 35.A | 45.D |
| 6.B | 16.C | 26.C | 36.C | 46.B |
| 7.C | 17.C | 27.D | 37.C | 47.A |
| 8.B | 18.C | 28.B | 38.A | 48.B |
| 9.D | 19.C | 29.B | 39.D | 49.D |
| 10.C | 20.D | 30.D | 40.B | 50.C |

**❸. WORD FORMS**

**I. Give the correct form of the word given to complete the sentence.**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. well | 6.cough | 11. appointment | 16. sneezing |
| 2. burn | 7. stomachache | 12.medical | 17.depression |
| 3. temperature | 8. hurts | 13.unpleasant | 18.concentration |
| 4. toothache | 9. headache | 14. allergic | 19.sunburnt |
| 5. pain | 10. sickness | 15.carefully | 20.tiredness |

**❹. VERB FORMS**

**I. Put the verbs in brackets in the correct tense form.**

|  |  |
| --- | --- |
| 1. has got | 6. wear |
| 2. helps | 7. will feel |
| 3. eat | 8. to be |
| 4. will have | 9. feel |
| 5. helps | 10. smile |

**II. Put the verbs in brackets in the correct tense form.**

|  |  |  |
| --- | --- | --- |
| 1. to eat | 5. Eating/ are | 9. eat/ stay |
| 2. is | 6. have | 10. have/ should drink |
| 3. will feel | 7. have/Have to see | 11. will help |
| 4. do not have | 8. am | 12. will hurt |

**III. Give the correct form of the verbs in brackets.**

|  |  |  |  |
| --- | --- | --- | --- |
| 1.grow | 2. water | 3. helps | 4. takes |
| 5. read | 6. will harvest | 7. will give | 8. will take |

**❺. CORRECTION**

**I. Choose the underlined word or phrase (marked A, B, C or D) in each sentence that needs correcting.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. D | 2. A | 3. B | 4. C | 5. A |
| 6. B | 7. C | 8. A | 9. D | 10. C |

**II. There is one mistake in each sentence. Underline and correct the mistake.**

|  |  |
| --- | --- |
| 1. play → playing/to play | 6.and → but |
| 2.interest →interesting | 7.more → less |
| 3.wait → are waiting | 8.bored → boring |
| 4.have donated → donated | 9. spot → spots |
| 5.Did → Have | 10. both → and |

**❻. READING**

**I. Choose the word or phrase among A, B, C or D that best fits the blank space in the following passage.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| l. C | 2. A | 3. D | 4. B | 5. D |
| 6. A | 7.C | 8. B | 9. D | 10. C |

**II. Fill in the blank with a suitable word in the box.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. energy | 2. ride | 3. calories | 4. spend | 5. for |
| 6. fit | 7. from | 8. in | 9. exercise | 10. tired |

**III. Read the following passage and write T (true) or F (false) for each statement.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. F | 2. F | 3. T | 4. F | 5. F |
| 6. F | 7. T | 8. T | 9. F | 10. T |

**IV. Complete the conversation with the phrases in the box. Then answer the questions below.**

|  |  |
| --- | --- |
| 1. I can’t wait | 3. It will cost you |
| 2. I hate to say this | 4. With a bit of luck |

**❼. WRITING**

**I. Write the conversations for each situation to give advice, using the phrases given. Then practise them with your partners.**

**1. A:** What’s the matter?

**B:** I have flu.

* 1. Poor you! You should be at school. You should stay at home.

**2. A:** What’s the matter?

* 1. I have an earache.
  2. Poor you! You should go to the doctor. You shouldn’t wait for it to be better.

**3. A:** What’s the matter?

* 1. I have a stomachache.
  2. Poor you! You should lie down. You shouldn’t eat anything.

**4. A:** What’s the matter?

* 1. I have a headache.
  2. Poor you! You shouldn’t read any books. You should take a painkiller.

**5. A:** What’s the matter?

* 1. I have a sore throat.
  2. Poor you! You should take some medicine. You shouldn’t eat any crisps.

**II. Make correct sentences from the words and phrases given.**

1. We should keep our bodies warm to avoid flu or a cold.

2. Getting enough rest helps you (to) concentrate well at school.

3. Vitamins play an important role in our diet.

4. You should not play more computer games in your free time.

5. The doctor is asking Mai some questions about her health problems.

**III. Can you rewrite the following sentences in correct English?**

1. Laughing is good for health.

2. Some people have a very bad habit of littering in public.

3. People who live in a dusty area often suffer from diseases.

4. To prevent flu, we should keep our hands clean, our feet warm.

5. She had a sore throat yesterday.

**IV. Write a paragraph (100 - 150 words) to talk about HOW TO KEEP A HEALTHY LIFE?**

Health is so undeniably important that everyone wishes to have a healthy life. *First of all*, it is important to stay physically active. Doing exercises is the best way to keep fit and to prevent some diseases such as heart ailment, high blood pressure, lung disorder and so on. This also helps build up our muscle and strengthen the immune system. *Moreover*, a suitable and nutritious eating habit is of great necessity if one wants to stay healthy. *In addition*, a healthy mind is part of a healthy body. When people are in a good state of mind, they make good decisions for themselves about their jobs, their lifestyle, and their health. It is advisable to reduce stress, make time for things that are fun and get enough sleep every day. *Finally*, regular health care visit is essential for a healthy life. The practice ensures timely diagnosis and treatment of potential diseases. In conclusion, it requires a combination of practices to maintain good health.

**===================================================**