**ENGLISH 7**

**Unit 2: HEALTHY LIVING**

**Part 1: Pronunciation**

**Question 1**: A. lip**s** B. spot**s** C. keep**s** D. hand**s**

**Question 2**: A. washes B. vegetables C. lunches D. causes

**Question 3**: A. light B. tidy C. healthy D. fit

**Question 4**: A. lip B. dim C. acne D. diet

**Question 5**: A. soft B. tofu C. food D. of

**Part 2: Stress**

**Question 1**: A. problem B. suncream C. affect D. order

**Question 2**: A. activity B. conditioner C. especially D. vegetables

**Question 3**: A. cycle B. avoid C. active D. harmful

**Question 4**: A. countryside B. exercise C. untidy D. popular

**Question 5**: A. energy B. important C. neighborhood D. vitamin

**Part 3: Vocabulary**

**Question 1**: Cold weather causes \_\_\_\_\_\_\_ lips and skin.

A. chapping B. chapped C. chap D. chaps

**Question 2**: Doing housework is a kind of exercising. It helps \_\_\_\_\_\_\_\_\_\_ you fit.

A. cause B. affect C. keep D. avoid

**Question 3**: Lan, you should drink \_\_\_\_\_\_\_ water, your skin looks bad.

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

**Question 4**: Eat more fruit and vegetables and you will get a lot of \_\_\_\_\_\_\_.

A. red spots B. chapped lips C. sunburn D. vitamins

**Question 5**: Young people should drink more fruit and vegetables to \_\_\_\_\_\_\_ acne.

 A. cause B. affect C. keep D. void

**Part 4: Grammar**

**Question 1**: Doing housework is a kind of exercising. It helps \_\_\_\_\_\_\_ you fit.

A. keeping B. keeps C. keep D. to keeping

**Question 2**: Cold weather causes \_\_\_\_\_\_\_ lips and skin.

A. chapped B. chapping C. chap D. chaps

**Question 3**: Eat more fruit and vegetables \_\_\_\_\_\_\_ you will get a lot of vitamins.

A. or B. and C. but D. if

**Question 4**: Wash your face with special soap for acne, \_\_\_\_\_\_\_ no more than twice a day

A. or B. and C. but D. if

**Question 5**: Acne causes small, red spots on the face and the back, and \_\_\_\_\_\_\_ 70-80% of young people between 12 and 30.

A. affects B. affect C. are affecting D. affected

**Part 5: Spoken language**

**Question 1**: My family often goes cycling in the countryside. It’s quiet, and there’s a lot of fresh air.

A. It sounds like great work. B. It sounds interesting.

C. Good job. D. Let’s go.

**Question 2**: Student 1: “I have acne.”

 Student 2: “\_\_\_\_\_\_\_\_\_\_”

A. You can use suncream.

B. You shouldn’t read in dim light.

C. Don’t touch or pop spots.

D. Eat more.

**Question 3**: Student 1: “My eyes are tired.”

 Student 2: “\_\_\_\_\_\_\_\_\_\_”

A. Wash your face with special soap.

B. You can use suncream.

C. You shouldn’t read in dim light.

D. Eat more.

**Part 6: Closest in meaning**

**Question 1**: Do not drink that water. It is not clean.

A. dirty B. harmful C. busy D. popular

**Question 2**: Do exercise, eat well, drink enough water and go to bed early may help be in good shape.

A. active B. tidy C. fit D. healthy

**Question 3**:The countryside is quiet, and there’s a lot of fresh air.

A. busy B. peaceful C. serious D. special

**Part 7: Opposite in meaning**

**Question 1**: Children shouldn’t stay indoors too much. they should spend time \_\_\_\_\_\_.

A. outside B. beside C. outdoors D. out of home

**Question 2**: I eat junk food all the time, so I’m putting on weight too.

A. becoming fat B. getting fat C. losing weight D. gaining weight

**Question 3**: Laugh more often shows that you are happy and makes others happy too.

A. funny B. sad C. hot D. popular

**Part 10: Mistakes**

**Question 1**: Eat more fruit and vegetables, and less fat food to stay health.

A. fat B. and C. more D. health

**Question 2**: Being action helps keep you happy and healthy.

A. action B. and C. you D. helps

**Question 3**: – My eyes are tired.

– You can eat eyedrops.

A. You B. eat C. are D. eyes

**Question 4**: We can have chapping lips and skin if the weather is too cold.

A. and B. is C. if D. chapping

**Question 5**: Tofu has vegetables protein and vitamin B.

A. has B. and C. vegetables D. vitamin

**Part 8: Reading 1**

Everyone needs different amounts \_\_(1)\_\_ energy per day depending on age, size and activity levels. An athlete needs more calories than an office worker. To stay in shape, an average adult requires at least 1,800 \_\_(2)\_\_ per day (according to the Food and Agriculture Organization of the United Nations). If we \_\_(3)\_\_ just the number of calories our body needs each day, we will probably be healthy. However, eating too much can make you \_\_(4)\_\_ weight. To lose weight, eat fewer calories than your body burns each day.

**Question 1**: A. and B. or C. of D. to

**Question 2**: A. calories B. fruits C. vegetables D. nutrition

**Question 3**: A. run B. eat C. drink D. go

**Question 4**: A. join in B. stay in C. get up D. put on

**Part 9: Reading 2**

**THE IMPORTANCE OF WATER**

Some doctors think that you should drink a glass of water each morning. You should drink this water before doing anything else. The temperature of the water should be similar to body temperature, neither too hot nor too cold. Why should you drink this water? It helps clean out your kidneys. It prepares your stomach for digestion. Water can also help your intestines work better. After drinking water, the intestines can more easily take out nutrients from our food.

Scientists suggest that people take in 1,600 milliliters of water each day. But don’t drink all of that water in one sitting. It’s better to drink some in the morning and some in the afternoon. Some people think it’s better to drink between meals and not during meals. They think water dilutes the juices produced in our stomachs. Are you drinking enough water every day? Check the color of your urine. If it is light yellow, you are probably drinking enough. If your urine is very dark yellow, you probably need to drink more water.

**Question 1**: What could be another title for this reading?

A. “Drink Water, Not Soft Drinks” B. “Drink During Meals”

C. “Drink Between Meals” D. “Drink Enough Water”

**Question 2**: Why is it helpful to drink water in the morning?

A. Your kidneys will work harder. B. Your intestines will work well

C. Your juices will be diluted. D. Your urine will be pale yellow.

**Question 3**: Which of the following is NOT a reason to drink water?

A. To enable your intestines work well

B. To get more nutrients

C. To clean out your kidneys

D. To dilute your stomach juices

**Question 4**: Why is it better to drink between meals?

A. You eat enough food.

B. You don’t dilute stomach juices.

C. Your urine will not smell bad.

D. You don’t overwork your kidneys.

**Part 10: Rewrite the sentences**

**Question 1**: My dad loves outdoor activities. I love outdoor activities.

🠦My dad

**Question 2**: My mother reads the health tips. My mother downloads the health tips.

🠦 My mother

**Part 11: Write a paragraph (60 words) about ways to keep healthy. *The suggested ideas may be helpful to you:***

- keep your surroundings clean (clean your house, change your pillow covers and bedsheets often, wash your hands with soap regularly…)

- have good habits and balanced diet (get eight hours of sleep daily, drink enough water, eat more fruit and coloured vegetables…)

- be active and exercise every day (think positive, wear a mask and avoid crowds when you go out, play a sport for at least 15 minutes each time…)

KEY

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Key: and I love outdoor activities.

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