

TIẾNG ANH LỚP 7

UNIT 2: HEALTH - REVIEW & PRACTICE

GIÁO VIÊN: NGUYỄN NGỌC ANH

LIÊN HỆ HỌC ONLINE TẠI [WWW.VINASTUDY.VN](http://www.vinastudy.vn) – LIÊN HỆ: 0932393956www.vinastudy.vn**Ex 1: Find the word which has a different sound in the part underlined.**

1. A. knife B. of C. leaf D. life
2. A. although B. enough C. paragraph D. cough
3. A. junk B. sun C. put D. adult
4. A. headache B. architect C. chemical D. children
5. A. aerobics B. calories C. cycling D. doctor

Ex 2: Find which word does not belong to each group.

1. A. sick B. tired C. sore D. fit
2. A. cough B. flu C. sunshine D. sunburn
3. A. sleep B. rest C. relax D. work
4. A. and B. but C. so D. although
5. A. healthy B. fit C. well D. sick

Ex 3: Choose the correct answer.

1. You can avoid some diseases by _____ yourself clean.
A. keeping B. taking C. looking D. bringing
2. The Japanese eat a lot of fish instead of meat _____ they stay more healthy.
A. but B. because C. although D. so
3. Rob eats a lot of fast food and he _____ on a lot of weight.
A. takes B. puts C. spends D. brings
4. We need to spend less time _____ computer games.
A. play B. to play C. playing D. to playing
5. Do more exercise _____ eat more fruit and vegetables.
A. but B. or C. and D. so
6. After working on computers for long hours, you should _____ your eyes and relax.

- A. sleep B. sleep in C. wake D. rest
7. Watching too much television is not good _____ you or your eyes.
A. with B. to C. at D. for
8. When you have flu, you may have a cough and a _____ nose.
A. runny B. running C. flowing D. noisy
9. When you have a temperature, you should drink more water and rest _____.
A. most B. more C. most D. less
10. I forgot to wear a sun hat today and I got a _____.
A. stomachache B. earache C. backache D. headache
11. We should play sports or do exercise in order to stay in _____.
A. look B. shape C. fit D. health
12. Don't eat that type of fish: you may have a/an _____.
A. sick B. sore C. energy D. allergy
13. Do you believe that eating _____ carrots helps you see at night?
A. much more B. less C. most D. the most
14. We should try to keep everything around US clean and then flu will find it _____ to spread.
A. difficult B. difficulty C. difficultly D. difficulties
15. Be careful with _____ you eat and drink.
A. what B. that C. who D. this
16. Eating a lot of junk food may lead to your _____.
A. obesity B. fitness C. pain D. stomachache
17. We should follow the advice from doctors and health _____ in order to keep fit.
A. people B. workers C. managers D. experts
18. Have a healthy _____ and you can enjoy your life.
A. lives B. lifestyle C. lifeline D. lively
19. The health _____ from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.
A. tip B. tips C. advices D. ideas

20. The seafood I ate this morning makes me feel _____ all over.

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

Ex 4: Complete the sentences with the words from the box.

| | | | | |
|--------------|--------------------|--------------------|------------------|-------------|
| <i>cough</i> | <i>headache</i> | <i>burn</i> | <i>hurts</i> | <i>pain</i> |
| <i>sick</i> | <i>stomachache</i> | <i>temperature</i> | <i>toothache</i> | <i>well</i> |

- Is she _____ enough to run one kilometer?
- “Ow! Be careful with that coffee.” - “Look, now I have a _____ on my arm.”
- Rob has a _____ of 39.5°C.
- Don’t eat so quickly. You’ll get a _____.
- I have a _____ in my back. I’m going to lie down.
- That’s a bad _____. Why don’t you have a glass of water?
- “I have _____.” - “Why don’t you telephone the dentist?”
- I feel _____. Quick, I must get to the bathroom!
- My arm _____ after that game of table tennis.
- “I have a _____.” - “That’s because you watch too much TV.”

Ex 5: Choose the correct answer A, B, c or D to fill each blank in the following passage.

My friend, Ben, has had a few problems with his health. He didn’t feel well, (1) _____ he told his parents about that. His mum said, “You should eat (2) _____ vegetables. You shouldn’t eat (3) _____ every day.” His dad said, “You should go to bed (4) _____. You (5) _____ stay up so late at night.” He phoned me and told me about the problems. I said, “Don’t play so (6) _____ computer games. Go outside (7) _____ play football.”

He didn’t go to school last week. He went to (8) _____ the doctor. The doctor said, “You should stay at home for a week. Don’t go out and don’t turn on your computer.”

At school today, he looked sad. We asked him, “What’s (9) _____? You should be happy. You weren’t here last week.”

Ben is (10) _____ his school work from last week. He’s not happy at all.

- A. because B. or C. and D. but
- A. more B. less C. most D. the more
- A. ready food B. fresh food C. junk food D. traditional food
- A. late B. lately C. earlier D. more earlier

5. A. should B. shouldn't C. must D. needn't
6. A. many B. much C. lot D. lots
7. A. or B. so C. and D. but
8. A. look B. look at C. find D. see
9. A. bad B. trouble C. problem D. wrong
10. A. doing B. making C. playing D. taking

Ex 6:

Dentists say that the most important part of tooth care happens at home. So, what should we do to have good oral health?

First of all, we should brush our teeth at least twice a day - after breakfast and dinner. To keep our teeth healthy, we should brush thoroughly for two minutes. Move the brush **back and forth** and make sure to clean the back, front and top sides of each tooth.

Second, among a lot of toothbrushes in the supermarket, we should choose a small-headed soft toothbrush. It can reach all areas of the mouth and doesn't harm our teeth and gums. We should also replace the toothbrush every three months.

Third, we should use mouthwash after brushing. Each tooth has five sides, but a toothbrush cleans only three of them. The mouthwash helps us clean teeth completely. Remember to **spit it out**.

Fourth, we should choose the best food for the health of our teeth which include cheeses, chicken or other meats, and nuts. These foods provide the calcium which helps strengthen the teeth. Some vegetables like garlic, ginger or pepper can be used as home remedies for a toothache. Try to avoid snacks, sugary foods or sodas.

Last but not least, we should visit our dentist at least every six months and every time that we have a problem with our teeth.

Decide if the following statements are True (T), False (F) or Not given (NG).

1. Tooth care doesn't include taking care of teeth at home.
2. We should brush our teeth for one minute.
3. Among a lot of kinds of mouthwash, we should choose carefully.
4. Snacks and sugary foods are harmful for the teeth.
5. We should replace our toothbrush three times a year.
6. We should choose a toothbrush with a small head.
7. We should see the dentist at least twice a year.

Ex 7: Make correct sentences from the words and phrases given.

1. You/ not/ play/ more/ computer games/ free time.

2. Doctor/ asking/ Mai/ questions/ about/ health problems.

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

4. We/ keep/ our bodies/ warm/ avoid/ flu/ a cold.

5. Getting/ enough/ rest/ help/ you/ concentrate/ school.
