**UNIT 10: HEALTH AND HYGIENE**

**TEST 1**

**I. Choose the correct answers.**

1. Are you scared \_\_\_\_\_\_\_\_\_\_\_\_ seeing the dentist?

a. of b. at c. for d. about

2. Remember \_\_\_\_\_\_\_\_\_\_\_\_ your teeth after meals.

a. brush b. to brush c. brushes d. brushing

3. She looks tired. What is the \_\_\_\_\_\_\_\_\_\_\_\_ with her?

a. matter b. problem c. wrong d. a & b

4. Minh is absent today \_\_\_\_\_\_\_\_\_\_\_\_ he is ill.

a. why b. because c. so d. and

5. If you eat too \_\_\_\_\_\_\_\_\_\_\_\_ candy, you’ll get a toothache.

a. many b. much c. a lot of d. lots of

6. The dentist \_\_\_\_\_\_\_\_\_\_\_\_ a cavity in his tooth.

a. did b. filled c. made d. got

7. She can’t chew because she has a \_\_\_\_\_\_\_\_\_\_\_\_ .

a. headache b. stomach c. toothache d. backache

8. I received a letter \_\_\_\_\_\_\_\_\_\_\_\_ your aunt last week.

a. of b. to c. from d. for

9. Wash your hands \_\_\_\_\_\_\_\_\_\_\_\_ meals.

a. after b. in c. before d. at

10. \_\_\_\_\_\_\_\_\_\_\_\_ come to the meeting last night?

a. Why did you c. Why didn’t you b. When did you d. How didn’t you

11. Sorry! I’m busy tonight. I have an \_\_\_\_\_\_\_\_\_\_\_\_ with my doctor at 7 o’clock.

a. opportunity b. appointment c. activity d. occasion

12. He is a careful driver. He never drives very \_\_\_\_\_\_\_\_\_\_\_\_ .

a. careless b. carelessly c. careful d. carefully

**II. 1 Read, then answer with True or False.**

Dr. Lai is a dentist. She looks after people’s teeth. Dr. Lai’s surgery is clean and tidy, and so is her uniform. Most children are scared when they come to see Dr. Lai, but she is a kind woman. She explains what will happen so they are not afraid. Dr. Lai often gives children advice. She tells them how to look after their teeth. She reminds them how to brush their teeth regularly and eat sensibly.

1. Many children aren’t scared when they come to see Dr. Lai.

2. Dr. Lai explains what will happen so they aren’t afraid.

3. She tells them how to look after their health.

4. She reminds them to clean their teeth regularly.

**2. Read the passage then choose the correct answers.**

Hoa received a (1) \_\_\_\_\_\_\_\_\_\_\_\_ from her mom last week. Her parents were both fine. They were working hard (2) \_\_\_\_\_\_\_\_\_\_\_\_ their fields because it was nearly (3) \_\_\_\_\_\_\_\_\_\_\_\_ time. Her grandpa worked with them. Her family was happy (4) \_\_\_\_\_\_\_\_\_\_\_\_ that she was taking morning (5) \_\_\_\_\_\_\_\_\_\_\_\_ . They thought it was good for her health. Her mom (6) \_\_\_\_\_\_\_\_\_\_\_\_ to visit Hoa in Ha Noi after the harvest.

1. a. gift b. letter c. book d. dress

2. a. at b. on c. in d. from

3. a. harvest b. spring c. festival d. vacation

4. a. hearing b. to hear c. hear d. heard

5. a. homework b. exercises c. housework d. shift

6. a. hopes b. hope c. will hope d. hope

**3. Fill the blanks with the correct answers.**

How can we keep our teeth (1) \_\_\_\_\_\_\_\_\_\_\_\_ ? Firstly, we should visit our (2) \_\_\_\_\_\_\_\_\_\_\_\_ twice a year. He can examine our teeth and (3) \_\_\_\_\_\_\_\_\_\_\_\_ the small holes in our teeth before they destroy the teeth. Secondly, we should (4) \_\_\_\_\_\_\_\_\_\_\_\_ our teeth at least twice a day - once after breakfast and once before we go to bed. Thirdly, we should eat food that is (5) \_\_\_\_\_\_\_\_\_\_\_\_ for our teeth and our body such as milk, cheese, fish, potatoes, red rice, raw vegetables and fresh fruit. Chocolate, sweet, biscuits and cakes are (6) \_\_\_\_\_\_\_\_\_\_\_\_ because they stick to our teeth and cause decay.

1. a. healthy b. health c. healthful d. unhealthy

2. a. doctor b. dentist c. nurse d. engineer

3. a. take b. fill c. get d. bring

4. a. to brush b. brushes c. brash d. brushing

5. a. best b. better c. well d. good

6. a. health b. healthy c. unhealthy d. healthiness.

**4. Read, then answer True / False.**

Yesterday, Mary caught the rain. She had a bad cold. She coughed and sneezed a lot. She had to stay in the bed all day. The doctor took her temperature and gave her some medicine. Her mother was beside her all the time to look after her.

1. Mary caught in the rain this morning.

2. She coughed and sneezed because she had a bad cold.

3. Her mother took her temperature and gave her some medicine.

4. Her mother was beside her all the time.

**5. Read the passage then fill the blanks with the suitable words.**

Jack went to the doctor because he had an (1) \_\_\_\_\_\_\_\_\_\_\_\_ stomachache. He felt terrible. The doctor asked what he and his family (2) \_\_\_\_\_\_\_\_\_\_\_\_ last night. Jack said they ate fish, rice and soup. Jack also ate spinach (3) \_\_\_\_\_\_\_\_\_\_\_\_ his family didn’t. The doctor said that it had to be the spinach he ate. Jack said he washed the spinach but maybe he washed (4)\_\_\_\_\_\_\_\_\_\_\_\_ . The doctor explained the vegetables often have dirt from the farm (5) \_\_\_\_\_\_\_\_\_\_\_\_ them. The dirt can make people sick. The doctor asked Jack (6) \_\_\_\_\_\_\_\_\_\_\_\_ to wash vegetables carefully. She gave him some medicine to make him feel better.

1. a. awful b. kind c. good d. wonderful

2. a. eat b. ate c. eating d. to eat

3. a. and b. so c. but d. because

4. a. careful b. carefully c. careless d. carelessly

5. a. to b. on c. in d. over

6. a. remember b. to remember c. forget d. to forget

**IV. Supple the correct forms of the words in the brackets.**

1. She is \_\_\_\_\_\_\_\_\_\_\_\_ of watching horror film. (SCARE)
2. Why were you \_\_\_\_\_\_\_\_\_\_\_\_ yesterday? (ABSENCE)
3. Your tooth looks very \_\_\_\_\_\_\_\_\_\_\_\_ . (SERIOUSLY)
4. Clean teeth are \_\_\_\_\_\_\_\_\_\_\_\_ teeth. (HEALTH)
5. He is a \_\_\_\_\_\_\_\_\_\_\_\_ driver. (CAREFULLY)
6. My tooth is very \_\_\_\_\_\_\_\_\_\_\_\_ now. (PAIN)
7. The city has many \_\_\_\_\_\_\_\_\_\_\_\_ places. (INTEREST)
8. She has a very strong \_\_\_\_\_\_\_\_\_\_\_\_ . (PERSONAL)
9. We are \_\_\_\_\_\_\_\_\_\_\_\_ about the final exam. (WORRY)
10. People here are very \_\_\_\_\_\_\_\_\_\_\_\_ . (FRIEND)
11. The dentist reminds them how to brush their teeth \_\_\_\_\_\_\_\_\_\_\_\_ . (REGULAR)
12. Milk is good for your \_\_\_\_\_\_\_\_\_\_\_\_ . (HEALTHY)
13. I was \_\_\_\_\_\_\_\_\_\_\_\_ from class yesterday because I was sick. (ABSENCE)
14. She is very \_\_\_\_\_\_\_\_\_\_\_\_ . She always helps everyone. (KINDNESS)
15. Nam \_\_\_\_\_\_\_\_\_\_\_\_ back home after a long trip yesterday. (TURN)
16. Do you have a \_\_\_\_\_\_\_\_\_\_\_\_ phone card than this. (CHEAP)
17. They look poor and \_\_\_\_\_\_\_\_\_\_\_\_ . (HEALTH)
18. It’s \_\_\_\_\_\_\_\_\_\_\_\_ to make friends in the new school. (DIFFICULTY)
19. We are all \_\_\_\_\_\_\_\_\_\_\_\_ about the final exam. (WORRY)
20. She always washes and irons her clothes \_\_\_\_\_\_\_\_\_\_\_\_ . (CARE)
21. The boys were \_\_\_\_\_\_\_\_\_\_\_\_ of crossing the street. (SCARE)
22. \_\_\_\_\_\_\_\_\_\_\_\_ to teenagers may be difficult for parents. (TALK)

**V. WRITE.**

**A. Rewrite the sentences without changing their meanings.**

1. He sent his relatives a letter last week.

His relatives

2. They went to school on foot.

They

3. My friend had an old pen in the bag.

There

4. She was absent from school yesterday because she was ill.

She didn’t

5. The books are 50000d.

The price

6. Sally did the last test very well, Jacky did well ,too.

Sally did the last test very well and

**B. Make questions for underlined words**

1. Loan will take her pen pal around the city when he visits her next week.

2. The dentist asked me to brush my teeth every day.

3. I felt sick after eating that food.

4. Loan goes to the school art club to practice the piano.

**B. Write the second sentence so that it has the similar meaning to the first.**

1. You should wash your hands before meals.

You ought

2. What is the matter with her?

What’s

3. What’s the height of that building?

How

4. I like orange juice than milk.

I prefer

5. Let’s go to the beach.

Why don’t

6. What’s the matter?

What’s

7. Brushing your teeth is very important.

It’s

**UNIT 11: KEEP FIT, STAY HEALTHY**

**TEST 1**

**II. Choose the correct words or phrases.**

1. Where were you \_\_\_\_\_\_\_\_\_\_\_\_ , Loan?

a. today b. two day ago c. yesterday d. last weeks

2. You \_\_\_\_\_\_\_\_\_\_\_\_ come to school two days ago.

a. don’t b. doesn’t c. won’t d. didn’t

3. I feel OK, but I’m \_\_\_\_\_\_\_\_\_\_\_\_ tired.

a. less b. little c. a few d. fewer

4. There is only one disease *\_\_\_\_\_\_\_\_\_\_\_\_* common: the common cold.

a. calls b. called c. call d. X

5. You \_\_\_\_\_\_\_\_\_\_\_\_ stay inside at recess. The weather is awful today.

a. should b. must c. ought to d. A and C correct

6. Were you ever absent from school last semester? \_\_\_\_\_\_\_\_\_\_\_\_

a. Yes, I were b. Yes, I wasn’t c. No, I wasn’t d. No, I was

7. Everyone \_\_\_\_\_\_\_\_\_\_\_\_ the symptoms: a runny nose, a slight fever, \_\_\_\_\_\_\_\_\_\_\_\_ and sneezing.

a. knows/coughing b. know/cough c. knows/coughs d. knew/coughed

8. The cold is very \_\_\_\_\_\_\_\_\_\_\_\_ but \_\_\_\_\_\_\_\_\_\_\_\_ knows a cure

a. pleasant/ everybody b. unpleasant/nobody

c. unpleasant/everybody d. pleased/ nobody

9. At the drugstore, there are usually shelves \_\_\_\_\_\_\_\_\_\_\_\_ cold ‘cures’.

a. for b. in c. on d. with

10. The medicines don’t \_\_\_\_\_\_\_\_\_\_\_\_ a cold but they do relieve the symptoms.

a. cures b. cure c. relieve d. relieves

11. Whatever you do, your cold will last \_\_\_\_\_\_\_\_\_\_\_\_ a few days and then .

a. for/appear b. for/disappeared c. for/disappear d. for/ appeared

12. How can you help prevent a cold? Eat \_\_\_\_\_\_\_\_\_\_\_\_ , exercise and you T1 be fit and \_\_\_\_\_\_\_\_\_\_\_\_ .

a. good/X b. good/healthy c. well/heath d. well/healthy

13. At the \_\_\_\_\_\_\_\_\_\_\_\_ , there are usually shelves with cold “cures”.

a. food store b. drugstore c. bookstore d. toy store

14. What is your \_\_\_\_\_\_\_\_\_\_\_\_ , Lan? - I’m 45 kilos.

a. height b. tall c. weight d. heavy

15. Would you get \_\_\_\_\_\_\_\_\_\_\_\_ the scales, please?

a. on b. in c. at d. of

16. She is a nurse. She looks \_\_\_\_\_\_\_\_\_\_\_\_ sick people.

a. after b. on c. at d. to

17. What would you like, coke or orange juice?

a. yes, please b. coke, please. c. no, thanks. d. no coke for me

18. He is a careless rider. He always rides \_\_\_\_\_\_\_\_\_\_\_\_ .

a. careless b. carefully c. carelessly d. careful

19. \_\_\_\_\_\_\_\_\_\_\_\_ is a condition of the body when it is too hot because of illness.

a. cold b. fever c. cough d. headache

20. Hoa ate a lot of food, fruit and cakes, so she had a \_\_\_\_\_\_\_\_\_\_\_\_ .

a. sore eye b. headache c. stomachache d. earache

21. You must give a \_\_\_\_\_\_\_\_\_\_\_\_ to your teacher when you’re absent from class.

a. medical form b. temperature c. scales d. sick note

22. The doctor gave him the \_\_\_\_\_\_\_\_\_\_\_\_ for his flu.

a. descriptions b. check-up c. permission d. sick note

**II. Supply the correct forms of the words in the brackets.**

1. Mrs. Loan’s daughter is having a \_\_\_\_\_\_\_\_\_\_\_\_ check-up. (MEDICINE)

2. We need to know your \_\_\_\_\_\_\_\_\_\_\_\_ , Minh. (WEIGH)

3. What is the \_\_\_\_\_\_\_\_\_\_\_\_ of the river? (DEEP)

4. She tries to keep fit by \_\_\_\_\_\_\_\_\_\_\_\_ every day. (JOG)

5. This map is very \_\_\_\_\_\_\_\_\_\_\_\_ on our holiday. (USE)

6. This dictionary is the \_\_\_\_\_\_\_\_\_\_\_\_ book that I have. (THICK)

7. My aunt is a \_\_\_\_\_\_\_\_\_\_\_\_ . She makes lots of nice clothes. (DRESS)

8. I always know my \_\_\_\_\_\_\_\_\_\_\_\_ . (MEASURE)

**II. Supply the correct forms of the words in brackets.**

1. What a \_\_\_\_\_\_\_\_\_\_\_\_ dress! Did you make it yourself? (LOVE)

2. Loan has a lot of stamps in her \_\_\_\_\_\_\_\_\_\_\_\_ . (COLLECT)

3. She’s always \_\_\_\_\_\_\_\_\_\_\_\_ about her children. (WORRY)

4. Smoking isn’t very good for your \_\_\_\_\_\_\_\_\_\_\_\_ . (HEALTHY)

5. \_\_\_\_\_\_\_\_\_\_\_\_ is good to keep fit. (SWIM)

6. The trip is \_\_\_\_\_\_\_\_\_\_\_\_ to me. (BORE)

7. Please take care of \_\_\_\_\_\_\_\_\_\_\_\_ carefully. (YOU)

 8. She seems \_\_\_\_\_\_\_\_\_\_\_\_ because of the cold. (TIRE)

**II. Supply the correct forms of the words in the brackets.**

1. Where is Hoa? - She is sitting in the \_\_\_\_\_\_\_\_\_\_\_\_ room. (WAIT)

2. What is the \_\_\_\_\_\_\_\_\_\_ of this tower. (HIGH)

3. You should do exercise \_\_\_\_\_\_\_\_\_\_\_\_ to keep fit. (REGULAR)

4. You must keep your teeth clean by \_\_\_\_\_\_\_\_\_\_\_\_ them every day. (BRUSH)

5. The trip to the countryside is \_\_\_\_\_\_\_\_\_\_\_\_ . (EXCITE)

6. These students filled in the \_\_\_\_\_\_\_\_\_\_\_\_ records. (MEDICINE)

7. \_\_\_\_\_\_\_\_\_\_\_\_ ,she goes to school on time. (LUCKY)

8. It \_\_\_\_\_\_\_\_\_\_\_\_ takes me 10 minutes to travel to work. (NORMAL)

**III. Fill the blanks with the suitable words.**

Lan doesn’t feel very well, so she doesn’t go to school today. She had an (1)\_\_\_\_\_\_\_\_\_\_\_\_ , her right ear is hurt. The earache (2) \_\_\_\_\_\_\_\_\_\_\_\_ on Sunday afternoon after going to watch a football match. The weather in the (3) \_\_\_\_\_\_\_\_\_\_\_\_ winter at that time was so cold, but she (4)\_\_\_\_\_\_\_\_\_\_\_\_ a hat. After she came back, her ear began hurting. Her dad took her to the doctor (5) \_\_\_\_\_\_\_\_\_\_\_\_ her ear. He said: “ when your head (6) \_\_\_\_\_\_\_\_\_\_\_\_ so cold, your ear will be hurt, the reason why you should wear a hat in the cold weather.”

1. a. stomachache b. earache c. sore throat d. headache

2. a. started b. starts c. finished d. finishes

3. a. nearly b. lately c. early d. lovely

4. a. had no b. did not have c. no had d. A and B are correct

5. a. for checking b. for check c. to checking d. to check

6. a. gets b. takes c. has d. catches

**V. READ.**

**A. Fill the blanks with the suitable words.**

Jogging has become (1) \_\_\_\_\_\_\_\_\_\_\_\_ today. Every morning you can see hundreds of people go (2)\_\_\_\_\_\_\_\_\_\_\_\_ sidewalks or in parks. Jogging helps fat people lose (3) \_\_\_\_\_\_\_\_\_\_\_\_ , make the heart stronger and feel better about themselves. At first, you (4) *\_\_\_\_\_\_\_\_\_\_\_\_* jog very slowly and increase your (5)*\_\_\_\_\_\_\_\_\_\_\_\_* after some time of practice. Remember to have a good pair of shoes to (6) \_\_\_\_\_\_\_\_\_\_\_\_ your feet.

1. a. important b. popular c. unpopular d. very

2. a. in b. of c. on d. over

3. a. weight b. height c. depth d. width

4. a. can b. must c. will d. should

5. a. far b. distance c. near d. nearer

6. a. protect b. to protect c. protecting d. protected

 **Fill the blanks with the suitable words.**

Everyone suffer from the common cold at sometimes or other. It’s not a (1) \_\_\_\_\_\_\_\_\_\_\_\_ illness, but people spend a lot of money on medicine. The medicine can only (2) \_\_\_\_\_\_\_\_\_\_\_\_ the symptoms. That is, it can make you cough less, make you feel better and stop your nose (3) \_\_\_\_\_\_\_\_\_\_\_\_ for a while. So far, there is (4) \_\_\_\_\_\_\_\_\_\_\_\_ cure for the common cold and no medicine to (5) \_\_\_\_\_\_\_\_\_\_\_\_ it. People also drink a lot of hot water with sugar, lemon juice. It (6) \_\_\_\_\_\_\_\_\_\_\_\_ provide them with a lot of vitamin C.

1. a. worried b. nervous c. serious d. delicious

2. a. cure b. relieve c. affect d. heat

3. a. run b. to run c. running d. to running

4. a. no b. not c. none d. not any

5. a. catch b. relieve c. last d. prevent

6. a. takes b. gives c. makes d. helps

**B. Read the passage then choose True or False.**

There is only one disease called common: the common cold. We call it the common cold because every year millions of people catch it.

Everybody knows the symptoms: a runny nose, a slight fever, coughing and sneezing. It is very unpleasant, but nobody knows a cure.

Medicines called cold "cures" don’t cure a cold, but they do relieve the symptoms. Whatever you do, your cold will last for a few days and then disappear.

1. Every year hundreds of people catch the cold.

2. Someone knows how to cure the common cold.

3. Medicines called cold "cures" can relieve the symptoms.

4. After few days, the cold will not appear any more.

**IV. WRITE.**

**B. Rewrite the sentences without changing their meanings.**

1. How heavy were you last year?

What

2. What was wrong with her?

What

3. How long is the River Nile?

What

4. What is his weight?

How

5. How old is your father?

What

**IV. WRITE**

**B. Rewrite the sentences without changing their meanings.**

1. She is 150 centimeters tall.

Her

2. How much is this shirt?

What

3. She is a good English speaker.

She speaks

4. How old is David’s teacher?

What is

5. How thick is the dictionary?

What is

6. What is the length of this house?

How

**B. Rewrite the sentences without changing their meanings.**

1. How long is the Red River?

What

2. What is the depth of the Pacific Ocean?

How

3. I forgot to close the window before going to bed.

I did not

4. What is your height?

How

5. How heavy is Loan’s father?

What

6. What is her weight?

How much

**VII. WRITE.**

**A. Make question for the underlined words.**

1. We were at the stadium for 2 hours.

2. Jenny bought a new car yesterday.

3. The length of the pool is 50 meters.

4. You should go to bed early.

5. Nam should do his homework before he plays tennis.

6. We can prevent toothache by brushing our teeth regularly.

7. I get up early to take morning exercise.

8. I can’t watch TV because I have many assignments to do every day.

**C.** **Reorder the given words to make sentences.**

1. Filled in / gave them / Nga and Lan / their / to / and / medical records / the nurse/.

Nga

2. do relieve / These medicine / they /, but / a cold / don’t cure/ the symptoms/.

These

3. Terrible / should stay / the weather / because today /, you / inside / is / at recess /.

Because today

4. White / a terrible / red / and my face / because / is / my nose / have /1 / is / cold /.

My

5. Usually / at / there are / the drugstore / cold ‘cures’/ are / shelves with /.

At

6. didn’t write / My mom / for me /,but /1 / a sick note / it / from / had / the doctor /.

My