

EXERCISE – ENGLISH 7

UNIT 2: HEALTH

❖ **EXERCISE 1: Which underlined part in each word is pronounced differently from that in the others?**

- | | | | |
|------------------------|---------------------|----------------------|------------------------|
| 1.A. <u>f</u> an | B. mov <u>i</u> e | C. <u>ph</u> one | D. laugh |
| 2.A. alth <u>o</u> ugh | B. en <u>o</u> ugh | C. cou <u>gh</u> | D. paragr <u>aph</u> |
| 3.A. act <u>o</u> r | B. sp <u>o</u> t | C. cal <u>o</u> rie | D. doct <u>o</u> r |
| 4.A. lea <u>f</u> | B. lif <u>e</u> | C. of | D. <u>fl</u> u |
| 5.A. hea <u>l</u> thy | B. disea <u>s</u> e | C. rea <u>s</u> on | D. plea <u>s</u> e |
| 6.A. pub <u>l</u> ic | B. caref <u>u</u> l | C. sun <u>b</u> urnt | D. rub <u>b</u> ish |
| 7.A. head <u>a</u> che | B. sha <u>p</u> e | C. all <u>e</u> rgy | D. pati <u>e</u> nt |
| 8.A. sunba <u>t</u> he | B. hea <u>l</u> thy | C. my <u>th</u> | D. tria <u>th</u> lon |
| 9.A. <u>s</u> ick | B. <u>s</u> ore | C. <u>u</u> sual | D. <u>s</u> neeze |
| 10.A. vit <u>a</u> min | B. liv <u>e</u> ly | C. di <u>e</u> t | D. <u>i</u> ndependent |

❖ **EXERCISE 2: Which of the following words in each group is stressed on a different syllable from the others?**

- | | | | |
|------------------|---------------|---------------|----------------|
| 1.A. lifestyle | B. allergy | C. obesity | D. headache |
| 2.A. attention | B. calorie | C. depression | D. conjunction |
| 3.A. avoid | B. attend | C. depend | D. sunbathe |
| 4.A. sunburn | B. reason | C. obese | D. diet |
| 5.A. concentrate | B. coordinate | C. disease | D. essential |
| 6.A. obesity | B. activity | C. computer | D. television |
| 7.A. advice | B. problem | C. survey | D. tired |
| 8.A. recover | B. vitamin | C. tradition | D. important |
| 9.A. fever | B. expert | C. enough | D. problem |
| 10.A. provide | B. contain | C. suffer | D. prevent |

❖ **Exercise 3: Fill in each gap with MORE or LESS.**

- You are what you eat. So eat _____ junk food and more vegetables.
- Don't stay all day in front of the computer. Going out _____.
- Spend _____ time playing computer games, will you?
- Drink _____ water when you have a high fever.
- Do _____ sports like biking, swimming or yoga.
- If you feel stressed, spend _____ time relaxing.
- Your eyes look very tired. Let them rest
- Put on _____ clothes or you will have flu.
- Sunbathe _____ to avoid getting sunburned.
- Take _____ vitamin A to strengthen your immune system.

❖ **Exercise 4: Fill in each gap with AND, OR, BUT or SO.**

- The food was terrible _____ the weather was awful, too.
- The entrance test is very difficult _____ I hope I will pass it.
- Lucy wants to keep fit and look beautiful _____ she doesn't like sports exercise.
- You go home now _____ your mother will punish you for staying out too late.

5. I am very thirsty _____ I don't have any money to buy drinks.
 6. Fruits taste good _____ they're healthy for your body.
 7. Stop eating raw food _____ you will have a stomachache.
 8. Would you like cake _____ biscuits with your coffee?
 9. I eat cake _____ I never eat biscuits; I don't like them.
 10. The Japanese eat healthily _____ they have high life expectancy.

❖ **Exercise 5: Join each pair of sentences by using a suitable conjunction: and, or, but, so, because.**

1. The doctor advises him to relax more. He will be sick.
 → _____
 2. Playing sports is good for our health. It is also fun.
 → _____
 3. My father likes tea. I prefer coffee.
 → _____
 4. Ba went to the dentist's. He had a toothache.
 → _____
 5. Would you like meat for dinner? Would you like vegetables for dinner?
 → _____
 6. I love fruit. I am allergic to durians.
 → _____
 7. Don't tell Jane about her birthday party. You'll spoil the surprise.
 → _____
 8. He is a vegetarian. He doesn't eat any meat.
 → _____

❖ **Exercise 6: Complete the sentence with the correct form of the word in brackets.**

NOUN	VERB	ADJECTIVE	ADVERB
allergy <i>sự dị ứng</i> allergies (pl.)		allergic <i>bị dị ứng</i>	
depression <i>sự suy nhược</i> <i>bệnh trầm cảm</i>	depress <i>làm chán nản</i> <i>suy nhược</i>	depressed <i>bị trầm cảm</i> depressing <i>gây chán nản</i>	
health <i>sức khỏe</i>		healthy ≠ unhealthy <i>(không) khỏe mạnh</i>	healthily ≠ unhealthily
importance <i>tầm quan trọng</i>		(un)important <i>(không) quan trọng</i>	importantly
itch <i>sự ngứa, sự nóng</i> <i>long</i>	itch <i>ngứa, gây ngứa</i>	itchy <i>bị ngứa</i>	
medicine <i>thuốc, y khoa</i>		medical <i>thuộc về y tế</i>	
obesity <i>bệnh béo phì</i>		obese <i>bị béo phì</i>	
sickness = illness		sick = ill	

(con) bệnh		đau, ốm	
sneeze sự hắt hơi	sneeze hắt hơi	sneezing bị hắt hơi	
sunbathing	sunbathe tắm nắng		
sunburn sự cháy nắng		sunburnt / sunburned bị cháy nắng	
weight cân nặng	weigh cân	heavy nặng	

1. Most _____ people will recover from a cold within a week. (health)
2. Lan was absent from class because of her _____. (sick)
3. His shoulders were badly _____. (sunburn)
4. People felt _____ when they catch a common cold. (please)
5. My mother is _____ to shellfish, so she can't eat lobster and shrimp. (allergy)
6. I like to _____ in the morning when the sun is not so hot. (sunbathing)
7. The Japanese eat, so they have high life expectancy. (health)
8. Laughter is the best _____. (medical)
9. _____ can increase the risk heart disease. (obese)
10. A fried egg contains about 100 _____. (calorie)
11. We spent the day _____ and swimming. (sunbathe)
12. She never touches _____ food. (health)
13. It is _____ to maintain your health. (importance)
14. If you have _____, it is best to seek immediate advice from a dentist. (teeth)
15. How much did you _____ last month? (weight)
16. You mustn't let yourself get _____. (depress)
17. We learn about the _____ of eating a healthy lunch. (unimportant)
18. If you spend too much time in the sun without putting on sunscreen, you are likely to get a _____. (sun)

❖ **Exercise 8: Choose the word or phrase that best fits the blank, or that best explains the underlined part in each sentence.**

1. You should eat a lot of fruits and vegetables because the _____ 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. swim B. swimming 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 _____ morning exercise every day.
A. does B. makes C. takes D. A and C are correct
20. We should play sports or do exercise in order to stay in _____.
A. fit B. health C. look D. shape
21. Don't eat that type of fish: you may have a/an _____.
A. energy B. allergy C. sick D. sore
22. Do you want to know how you can _____ healthy?
A. make B. have C. stay D. create
23. When you have a temperature, you should drink more water and rest _____.
A. least B. less C. most D. more
24. I forgot to wear a sun hat today and I got a _____.
A. backache B. headache C. stomachache D. earache
25. He plays computer games and watches TV a lot so his eyes are often _____.
A. light B. faint C. dry D. weak
26. Watching too much television is not good _____ your eyes.
A. at B. for C. with D. to
27. When you have flu, you may have a cough and a _____ nose.
A. following B. noisy C. runny D. running
28. He eats a lot of burger and chips so he's putting on _____.
A. weigh B. weightless C. weight D. weighting
29. You can avoid some diseases by _____ yourself clean.
A. looking B. bringing C. keeping D. taking
30. The Japanese eat a lot of fish instead of meat _____ they are more healthy.
A. although B. so C. but D. because

31. Mary usually forgets to wash her face so her face is full of _____ now.
 A. sports B. bottles C. spots D. slots
32. There should be a balance _____ work or study and leisure.
 A. in B. at C. among D. between
33. Yesterday, I woke _____ with a very sore throat.
 A. of B. up C. off D. on

❖ **EXERCISE 9. Find the mistake:**

1. You can avoid many diseases by eat healthy food.
 A B C D
2. Eating lots of fast food can make you fat or obesity.
 A B C D
3. You should have several small meal a day.
 A B C D
4. You should keep away from healthy habits and activities.
 A B C D
5. Jenny thinks she has flu. She feels weak and tiring.
 A B C D
6. Tom eats a lot, so he hardly does exercise.
 A B C D
7. She finds to eat junk food bad. Her weight is increasing.
 A B C D

❖ **Exercise 10: Make question for underlined words.**

1. Students should learn the lessons before going to class.
 → _____
2. My son likes the comedy because it makes him laugh.
 → _____
3. My brother plays video games twice a week.
 → _____
4. We have to move to the city because my father has got a new job there.
 → _____
5. There are thousands of books in the new public library.
 → _____
6. The new electronic game costs two hundred thousand dong.
 → _____
7. She hates crossing the roads most.
 → _____
8. The children are playing tug of war.
 → _____
9. You can avoid getting sunburn by wearing a hat.
 → _____
10. You should sleep about 7 to 8 hours a day.
 → _____