

Name: .....

**Dictation:**

Complete the spelling of words.(1)

- 1) Laug ter is the best medicine for our health. 2)My sister measures herself every mont .
- 

**Vocabulary:**

A) Fill in the blanks with the words given. There is one extra word. (3)

(rewrite-harmful-depressed-condition-relationship-diet-emotional)

- 1) I was .....at the thought of all the hard work ahead.  
2) Her doctor said the problem was more .....than physical.  
3) His recent book has a lot of problems, so he has to ..... it.  
4) Watching television a lot can have ..... effects on children.  
5) That car was cheap and in good .....,so I bought it.  
6) We can enjoy a better lifestyle by having healthy .....with others.
- 

B) Match the definition in column (A) with the words in column (B). There is one extra word in column (B). (2)

- | (A)   | (B)         |
|---|-------------|
| 1) with all parts existing in the correct amounts | a. century  |
| 2) relating to the body                           | b. balanced |
| 3) sth that you do for fun                        | c. physical |
| 4) one hundred years                              | d. hobby    |
- 

C)Choose the correct choice. (2)

- 1)Driving carelessly is one of the .....of most road accidents.  
a) measures                      b) causes                      c) amounts                      d) thoughts
- 2)Praying .....pressure and gives people a calm life.  
a) increases                      b) measures                      c) predicts                      d) decreases
- 3)I do not need anyone else to protect me. I can .....of myself.  
a) take care                      b) come in                      c) get up                      d) check in
- 4) He was the first .....of his family who died in the war.  
a) disorder                      b) lifestyle                      c) member                      d) habit
- 

**D) One odd out.** Circle the different word in each group.(1)

- 1) a)percent                      b)society                      c)number                      d)measure  
2) a)unimportant                      b)unfortunately                      c)unhealthy                      d)understand
- 

E)Match columns A and B (2)

- | A             | B           |
|---------------|-------------|
| 1) im .....   | a) night    |
| 2) mid .....  | b) ful      |
| 3) use .....  | c) ion      |
| 4) creat..... | d) possible |
- 

**Grammar:**

A) Choose the correct choice. (3)

- 1) They have known each other ..... more than twenty years.  
a) for                      b) since                      c) of                      d) in

- 2) Let's go .....We've finished almost everything. B  
 a) shop                                      b) to shop                                      c) shopping                                      d) shopped
- 3) "Have you ever ..... to Japan?" "No, I haven't"  
 a) be    b) been    c) were    d) being
- 4) Cycling and ..... are my favorite sports.  
 a) jogging    b) is going to jog    c) jog    d) to jog
- 5) "Have you finished .....that book?" "No, I haven't .....it yet?"  
 a) read/finished                                      b) reading/finishing                                      c) read/finishing                                      d) reading/finished
- 6) "No ....."means that parking is forbidden.  
 a) parking    b) park    c) parked    d) to park

B) Unscramble the following sentences.(2)

- 1) in /tennis / Alice / is/ playing / interested /.
- 2) the accident/ haven't / yet / forgotten / they /.

C) Choose the correct one.(1)

- 1) The nurse is looking (in / after ) the sick woman.  
 2) Are you tired (of / from ) washing the dishes?

**Reading:**

**A) Cloze passage:**

Choose the correct choice . ( 1.5)

**One of the ways to have healthier life is paying ....1....to physical health. For example eating healthy food helps people live longer and ....2.... diseases. Also....3.... exercises improve people's health condition.**

- |             |             |              |              |
|-------------|-------------|--------------|--------------|
| 1) a) money | b) effect   | c) certain   | d) attention |
| 2) a) risks | b) prevents | c) increases | d) believes  |
| 3) a) daily | b) useless  | c) social    | d) addict    |

B) Read the following passage and answer the questions. (1.5)

**One of the things that help our health is having enough sleep . Sleeping enough at the right time can help increase your mental and physical health. Studies have shown that those who sleep less may gain more weight. Adults should sleep between 7-9 hours every night. Children and teenagers need even more sleep. It helps their growth and development. Lack of sleep can damage your body and increase the risk of heart attack. It also will influence the way you think, react, work, learn, and get along with others.**

- |  |         |          |
|--|---------|----------|
| 1. Sleeping a lot helps our health.                | a) true | b) false |
| 2. Lack of sleep influences the way you think.     | a) true | b) false |
| 3. Teenagers should sleep seven hours every night. | a) true | b) false |