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| **PEOPLE COMMITTEE OF LONG BIEN DISTRICT**  **CU KHOI SECONDARY SCHOOL**  ***Full name***: …………………………………. ***Class*:** 7A.... **CODE: 701** | **THE FIRST MID-TERM TEST- GRADE 7****SCHOOL YEAR 2023- 2024****Period 27 - *Time allowed: 60 minutes.******Date***: **31/10/2023** |

**A. Listening (2pts)**

***I. Listen and choose the best answer for each question. (1pt)***

1. Linda and her friends taught \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. English and literature   B. maths and history

C. English and maths  D. literature and history

2. Linda and her friends\_\_\_\_\_\_\_\_\_ the elderly.

A. talked to B. did some cleaning C. read books to  D. sang with

3. Tom and his friends picked up paper and bottles in a \_\_\_\_\_\_\_\_\_.

A. nearby road B. nearby school C. nearby park D. amusement park

4. Tom and his friends\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. watered some trees     B. tutored English

C. cleaned schools D. planted vegetables

***II. Listen and choose the best option to complete the passage below. (1pt)***

Healthy habits help us keep fit and avoid (5)\_\_\_\_\_\_\_\_\_\_\_. Here is some advice.

Eat more fruit and (6)\_\_\_\_\_\_\_\_, especially coloured ones like carrots and tomatoes. They provide a lot of vitamins.

Eat meat, eggs, and cheese, but not too much. You may put on weight.

(7)\_\_\_\_\_\_\_\_ enough water, but not soft drinks.

Be active and exercise every day. Do outdoor activities like cycling, swimming, or playing sports. They keep you fit.

Go to bed early and get about 8 hours of sleep daily, so you will not feel tired.

Keep your room tidy and clean. Open windows to let in (8)\_\_\_\_\_\_\_\_\_\_ and sunshine on fine days.

5. A. illness B. disease C. sickness D. dizzy

6. A. meat B. tomatoes C. vegetable D. vegetables

7. A. Drinking B. To drink C. Drink D. To drinking

8. A. fresh air B. fresh C. air D. smell

**B. Pronunciation (0.5pt)**

***I. Choose the words having the underlined part pronounced differently in each line. (0.25pt)***

9. A. water***ed*** B. call***ed*** C. help***ed*** D. litter***ed***

***II. Choose the word which the stress pattern pronounced differently from others. (0.25pt)***

10. A. healthy B. disease C. sunburn D. coloured

**C. Vocabulary and Grammar (2.5pts)**

***I. Choose the best option to complete each of the following sentences.*** ***(7x0.25pts =1.75pts)***

11. Don’t read or study when there is not enough light because it is \_\_\_\_\_\_\_ to your eyes.

A. harm B. harmful C. harmless D. unharmed

12. You will automatically learn how to balance yourself when \_\_\_\_\_\_\_\_ a horse.

A. driving B. riding C. herding D. hunting

13. The AEON Mall has wheelchairs and toilet facilities for \_\_\_\_\_\_\_\_ students.

A. healthy B. elderly C. disabled D. young

14. My classmates enjoy \_\_\_\_\_\_\_\_ chess at break time so much.

A. playing B. to play C. play D. to playing

15. My father \_\_\_\_\_\_\_\_ exercise every morning, so he is healthy.

A. played B. plays C. do D. does

16. We old clothes and canned food for the people in the flooded area last week.

A. donate B. donated C. are donating D. to donate

17. You should have small frequent meals\_\_\_\_\_\_\_\_\_drink more water too.

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

***II. Choose the letter A, B, C or D to indicate the word CLOSEST in meaning to the underlined word in each of the following questions. (0.25pt)***

18. He often eats fatty food so he has **put on** a lot of weight recently.

A. controlled B. decreased C. lost D. gained

***III. Choose the letter A, B, C or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions. (0.25pt)***

19. Last winter, we **gave away** a lot of warm clothes to homeless people in Hanoi.

A. keptB. presented C. took D. donated

***IV. Choose the letter A, B, C or D to indicate the most suitable response to complete each of the following exchanges. (0.25pt)***

 20. “I think model making is an expensive hobby.” - “\_\_\_\_\_\_\_\_ it’s incredibly cheap.”

A. You’re right B. Certainly C. No matter D. Not at all

**D. Reading (2.5pts)**

***I. Read the following passage and decide which answer A, B, C or D best fits each space. (1.25pts)***

**Keeping Fit**

We all need regular exercise to keep fit. But if we study all day, we don’t have time to run, swim, lift weights, or (21) \_\_\_\_\_\_\_ basketball. What can we do to stay (22) \_\_\_\_\_\_\_ shape?

One thing we could do is walk more often. Walking is good exercise. Instead of going to school by car or bus, we could walk. During recess, we could go outside and stroll around before we go back to class. Instead of taking the elevator in buildings all the time, we could use the stairs.

Another important thing is to take (23) \_\_\_\_\_\_\_ from studying. If we sit at our desks or in front of a computer for long time, we should stand up and stretch our arms and legs once each hour. If we stand for a long time, we should sit down and stretch our backs.

There are just a few ways we can (24)\_\_\_\_\_\_\_\_ fit when we don't have a lot of time to exercise. Do you know some (25) **\_\_\_\_\_\_\_** ways?

21. A. play B. do C. make D. keep

22. A. at B. to C. in D. for

23. A. absence B. exercises C. marks D. breaks

24. A. stay B. live C. maintain D. stand

25. A. others B. other C. another D. any

***II. Read the following passage and choose the letter A, B, C, D to indicate the correct answer to each of the questions. (1.25pts)***

Having a hobby that we enjoy brings us joy and enriches our lives. It gives us something fun to do during our leisure time and affords us the opportunity to learn new skills. We are very fortunate to have so many different options out there today. In fact, there are entire websites devoted to hobbies and interests.

The best way to cultivate a new hobby is to try something new. The world is full of wonderful, exciting activities that we can explore and adopt as our own. Of course, all of us are unique and, therefore, our interests and hobbies vary. But once we find a hobby that we truly enjoy and are passionate about, we become hooked.

***It*** becomes part of our lives and fascinates us in a very personal way.

26. What is the passage mainly about?

A. The importance of hobbies B. The definition of hobbies

C. Time to start a hobby D. Hobbies and interests

27. A hobby can give you \_\_\_\_\_\_\_\_\_\_.

A. Leisure time B. Chance to afford new things

C. More free time D. Something fun to do

28. What should we do if we want to cultivate a new hobby?

A. refer to websites B. check the options

C. try something new D. participate in activities

29. Our interests and hobbies vary because\_\_\_\_\_\_\_\_.

A. the world is wonderful B. there are many exciting things to explore

C. each of us enjoys many things D. all of us are unique

30. What does the word ***“It”*** refer to?

A. An activity B. A hobby C. A part D. A personal way

**E. Writing (2.5pts)**

***I. Circle one mistake (A, B, C or D) in each of the following sentences (0.5pt)***

31. He begins always his lessons with a warm-up exercise.

A. begins always B. lessons C. a D. exercise

32. Yesterday, they stayed at a childcare and help the disabled kids.

A. stayed B. at C. help D. disabled

***II. Choose the letter A, B, C or D to indicate the sentence that is correct or closest in meaning to the previous one. (1pt)***

**33. *I enjoy going camping with my family.***

A. I don’t like going camping with my family. B. I usually go camping with my friends.

C. I am fond of going camping with my family. D. I don’t want to go camping.

**34. *Helen has a temperature. She has a headache.***

A. Although Helen has a temperature, she has a headache. B. Helen has a temperature or a headache.

C. Helen has a temperature and a headache. D. Helen has a temperature because she has a headache***.***

**35. *Phong detests playing computer games.***

1. Phong doesn’t like playing computer games. B. Phong prefers playing computer games.

C. Phong isn’t fond of playing computer games. D. Phong hates playing computer games very much.

**36. *Flying kites was my pastime when I was a child.***

A. My favourite pastime when I was a child was flying kites. B. When I was a child, I often flew kites.

C. I hated flying kites when I was a child. D. I enjoy flying kites now.

***III.*** ***Write the correct sentence that can be made from the cues given. (1pt)***

37. Daniel /write /an interesting report / yesterday.

🖎 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

38.Watch/ TV/ too much/ not/ be/ good/ your eyes.

🖎 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

39. He/ usually/ take/ lot of/ beautiful photo.

🖎 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

40. We / join / community activities / help / needy / last summer.

-> \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**\*\*\* The end \*\*\***

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| **PEOPLE COMMITTEE OF LONG BIEN DISTRICT**  **CU KHOI SECONDARY SCHOOL**  ***Full name***: …………………………………. ***Class*:** 7A.... **CODE: 702** | **THE FIRST MID-TERM TEST- GRADE 7****SCHOOL YEAR 2023- 2024****Period 27 - *Time allowed: 60 minutes.******Date***: **31/10/2023** |

**A. Listening (2pts)**

***I. Listen and choose the best answer for each question. (1pt)***

1. Linda and her friends taught \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. English and maths  B. literature and history

C. English and literature   D. maths and history

2. Linda and her friends\_\_\_\_\_\_\_\_\_ the elderly.

A. talked to B. read books to  C. sang with D. did some cleaning

3. Tom and his friends picked up paper and bottles in a \_\_\_\_\_\_\_\_\_.

A. nearby school B. nearby park C. nearby road D. amusement park

4. Tom and his friends\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. tutored English           B. cleaned schools

C. watered some trees     D. planted vegetables

***II. Listen and choose the best option to complete the passage below. (1pt)***

Healthy habits help us keep fit and avoid (5)\_\_\_\_\_\_\_\_\_\_. Here is some advice.

Eat more fruit and (6)\_\_\_\_\_\_\_, especially coloured ones like carrots and tomatoes. They provide a lot of vitamins.

Eat meat, eggs, and cheese, but not too much. You may put on weight.

(7)\_\_\_\_\_\_\_\_ enough water, but not soft drinks.

Be active and exercise every day. Do outdoor activities like cycling, swimming, or playing sports. They keep you fit.

Go to bed early and get about 8 hours of sleep daily, so you will not feel tired.

Keep your room tidy and clean. Open windows to let in (8)\_\_\_\_\_\_\_\_\_\_ and sunshine on fine days.

5. A. dizzy B. sickness C. disease D. illness

6. A. meat B. vegetable C. vegetables D. tomatoes

7. A. To drinking B. To drink C. Drinking D. Drink

8. A. fresh B. fresh air C. smell D. air

**B. Vocabulary and Grammar (2.5pts)**

***I. Choose the best option to complete each of the following sentences. (1.75pts)***

9. My classmates enjoy \_\_\_\_\_\_\_\_ chess at break time so much.

A. play B. to play C. playing D. to playing

10. The AEON Mall has wheelchairs and toilet facilities for \_\_\_\_\_\_\_\_ students.

A. disabled B. elderly C. healthy D. young

11. Don’t read or study when there is not enough light because it is \_\_\_\_\_\_\_ to your eyes.

A. harmless B. harm C. harmful D. unharmed

12. You will automatically learn how to balance yourself when \_\_\_\_\_\_\_\_ a horse.

A. herding B. driving C. hunting D. riding

13. You should have small frequent meals\_\_\_\_\_\_\_\_\_drink more water too.

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

14. My father \_\_\_\_\_\_\_\_ exercise every morning, so he is healthy.

A. does B. plays C. played D. do

15. We old clothes and canned food for the people in the flooded area last week.

A. donate B. donated C. are donating D. to donate

***II. Choose the letter A, B, C or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions. (0.25pt)***

16. Last winter, we **gave away** a lot of warm clothes to homeless people in Hanoi.

A. tookB. presented C. kept D. donated

***III. Choose the letter A, B, C or D to indicate the word CLOSEST in meaning to the underlined word in each of the following questions. (0.25pt)***

17. He often eats fatty food so he has **put on** a lot of weight recently.

A. gained B. controlled C. decreased D. lost

***IV. Choose the letter A, B, C or D to indicate the most suitable response to complete each of the following exchanges. (0.25pt)***

18. “I think model making is an expensive hobby.” - “\_\_\_\_\_\_\_\_ it’s incredibly cheap.”

A. Not at all B. Certainly C. No matter D. You’re right

**C. Pronunciation (0.5pt)**

***I. Choose the words having the underlined part pronounced differently in each line. (0.25pt)***

19. A. litter***ed*** B. call***ed*** C. water***ed*** D. help***ed***

***II. Choose the word which the stress pattern pronounced differently from others. (0.25pt)***

20. A. healthy B. coloured C. disease D. sunburn

**D. Writing (2.5pts)**

***I. Choose the letter A, B, C or D to indicate the sentence that is correct or closest in meaning to the previous one. (1pt)***

**21. *Phong detests playing computer games.***

1. Phong doesn’t like playing computer games. B. Phong hates playing computer games very much.

C. Phong prefers playing computer games. D. Phong isn’t fond of playing computer games.

**22*. Helen has a temperature. She has a headache.***

A. Although Helen has a temperature, she has a headache. B. Helen has a temperature or a headache.

C. Helen has a temperature and a headache. D. Helen has a temperature because she has a headache***.***

**23. *Flying kites was my pastime when I was a child.***

A. I enjoy flying kites now.

B. When I was a child, I often flew kites.

C. I hated flying kites when I was a child.

D. My favourite pastime when I was a child was flying kites.

**24. *I enjoy going camping with my family.***

A. I am fond of going camping with my family. B. I don’t like going camping with my family.

C. I usually go camping with my friends. D. I don’t want to go camping.

***II. Circle one mistake (A, B, C or D) in each of the following sentences (0.5pt)***

25. Yesterday, they stayed at a childcare and help the disabled kids.

A. disabled B. at C. help D. stayed

26. He begins always his lessons with a warm-up exercise.

A. lessons B. a C. exercise D. begins always

***III. Write the correct sentence that can be made from the cues given. (1pt)***

27. He/ usually/ take/ lot of/ beautiful photo.

🖎 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

28.Daniel /write /an interesting report / yesterday.

🖎 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

29. We / join / community activities / help / needy / last summer.

🖎 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

30. Watch/ TV/ too much/ not/ be/ good/ your eyes.

-> \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**E. Reading (2.5pts)**

***I. Read the following passage and decide which answer A, B, C or D best fits each space. (1.25pts)***

**Keeping Fit**

We all need regular exercise to keep fit. But if we study all day, we don’t have time to run, swim, lift weights, or (31) \_\_\_\_\_\_\_ basketball. What can we do to stay (32) \_\_\_\_\_\_\_ shape?

One thing we could do is walk more often. Walking is good exercise. Instead of going to school by car or bus, we could walk. During recess, we could go outside and stroll around before we go back to class. Instead of taking the elevator in buildings all the time, we could use the stairs.

Another important thing is to take (33) \_\_\_\_\_\_\_ from studying. If we sit at our desks or in front of a computer for long time, we should stand up and stretch our arms and legs once each hour. If we stand for a long time, we should sit down and stretch our backs.

There are just a few ways we can (34)\_\_\_\_\_\_\_\_ fit when we don't have a lot of time to exercise. Do you know some (35) **\_\_\_\_\_\_\_** ways?

31. A. keep B. play C. make D. do

32. A. for B. in C. at D. to

33. A. breaks B. absence C. marks D. exercises

34. A. stand B. live C. maintain D. stay

35. A. others B. another C. other D. any

***II. Read the following passage and choose the letter A, B, C, D to indicate the correct answer to each of the questions. (1.25pts)***

Having a hobby that we enjoy brings us joy and enriches our lives. It gives us something fun to do during our leisure time and affords us the opportunity to learn new skills. We are very fortunate to have so many different options out there today. In fact, there are entire websites devoted to hobbies and interests.

The best way to cultivate a new hobby is to try something new. The world is full of wonderful, exciting activities that we can explore and adopt as our own. Of course, all of us are unique and, therefore, our interests and hobbies vary. But once we find a hobby that we truly enjoy and are passionate about, we become hooked. **It** becomes part of our lives and fascinates us in a very personal way.

36. What is the passage mainly about?

A. The definition of hobbies B. The importance of hobbies

C. Time to start a hobby D. Hobbies and interests

37. A hobby can give you \_\_\_\_\_\_\_\_\_\_.

A. Something fun to do B. Leisure time

C. More free time D. Chance to afford new things

38. What should we do if we want to cultivate a new hobby?

A. refer to websites B. participate in activities

C. check the options D. try something new

39. Our interests and hobbies vary because\_\_\_\_\_\_\_\_.

A. the world is wonderful B. each of us enjoys many things

C. all of us are unique D. there are many exciting things to explore

40. What does the word ***“It”*** refer to?

A. An activity B. A hobby C. A part D. A personal way

**\*\*\* The end \*\*\***

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| **PEOPLE COMMITTEE OF LONG BIEN DISTRICT**  **CU KHOI SECONDARY SCHOOL**  ***Full name***: …………………………………. ***Class*:** 7A.... **CODE: 703** | **THE FIRST MID-TERM TEST- GRADE 7****SCHOOL YEAR 2023- 2024****Period 27 - *Time allowed: 60 minutes.******Date***: **31/10/2023** |

**A. Listening (2pts)**

***I. Listen and choose the best answer for each question. (1pt)***

1. Linda and her friends taught \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. English and literature   B. maths and history

C. literature and history D. English and maths

2. Linda and her friends\_\_\_\_\_\_\_\_\_ the elderly.

A. did some cleaning B. read books to  C. talked to D. sang with

3. Tom and his friends picked up paper and bottles in a \_\_\_\_\_\_\_\_\_.

A. nearby road B. nearby school C. amusement park D. nearby park

4. Tom and his friends\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. cleaned schools B. tutored English

C. watered some trees     D. planted vegetables

***II. Listen and choose the best option to complete the passage below. (1pt)***

Healthy habits help us keep fit and avoid (5)\_\_\_\_\_\_\_\_\_\_\_. Here is some advice.

Eat more fruit and (6)\_\_\_\_\_\_\_\_, especially coloured ones like carrots and tomatoes. They provide a lot of vitamins.

Eat meat, eggs, and cheese, but not too much. You may put on weight.

(7)\_\_\_\_\_\_\_\_ enough water, but not soft drinks.

Be active and exercise every day. Do outdoor activities like cycling, swimming, or playing sports. They keep you fit.

Go to bed early and get about 8 hours of sleep daily, so you will not feel tired.

Keep your room tidy and clean. Open windows to let in (8)\_\_\_\_\_\_\_\_\_\_ and sunshine on fine days.

5. A. illness B. disease C. sickness D. dizzy

6. A. meat B. tomatoes C. vegetables D. vegetable

7. A. To drinking B. To drink C. Drinking D. Drink

8. A. fresh air B. fresh C. air D. smell

**B. Vocabulary and Grammar (2.5pts)**

***I. Choose the letter A, B, C or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions. (0.25pt)***

9. Last winter, we **gave away** a lot of warm clothes to homeless people in Hanoi.

A. presentedB. kept C. donated D. took

***II. Choose the letter A, B, C or D to indicate the most suitable response to complete each of the following exchanges. (0.25pt)***

10. “I think model making is an expensive hobby.” - “\_\_\_\_\_\_\_\_ it’s incredibly cheap.”

A. Certainly B. No matter C. Not at all D. You’re right

***III. Choose the best option to complete each of the following sentences. (1.75pts)***

11. You should have small frequent meals\_\_\_\_\_\_\_\_\_drink more water too.

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

12. You will automatically learn how to balance yourself when \_\_\_\_\_\_\_\_ a horse.

A. driving B. herding C. hunting D. riding

13. The AEON Mall has wheelchairs and toilet facilities for \_\_\_\_\_\_\_\_ students.

A. elderly B. disabled C. healthy D. young

14. Don’t read or study when there is not enough light because it is \_\_\_\_\_\_\_ to your eyes.

A. harmful B. harm C. harmless D. unharmed

15. We old clothes and canned food for the people in the flooded area last week.

A. to donate B. donate C. donated D. are donating

16. My classmates enjoy \_\_\_\_\_\_\_\_ chess at break time so much.

A. to playing B. to play C. play D. playing

17. My father \_\_\_\_\_\_\_\_ exercise every morning, so he is healthy.

A. played B. does C. do D. plays

***IV. Choose the letter A, B, C or D to indicate the word CLOSEST in meaning to the underlined word in each of the following questions. (0.25pt)***

18. He often eats fatty food so he has **put on** a lot of weight recently.

A. gained B. decreased C. lost D. controlled

**C. Pronunciation (0.5pt)**

***I. Choose the words having the underlined part pronounced differently in each line. (0.25pt)***

19. A. litter***ed***  B. call***ed*** C. water***ed*** D. help***ed***

***II. Choose the word which the stress pattern pronounced differently from others. (0.25pt)***

20. A. sunburn B. healthy C. disease D. coloured

**D. Reading (2.5pts)**

***I. Read the following passage and choose the letter A, B, C, D to indicate the correct answer to each of the questions. (1.25pts)***

Having a hobby that we enjoy brings us joy and enriches our lives. It gives us something fun to do during our leisure time and affords us the opportunity to learn new skills. We are very fortunate to have so many different options out there today. In fact, there are entire websites devoted to hobbies and interests.

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21. What is the passage mainly about?

A. The importance of hobbies B. The definition of hobbies

C. Time to start a hobby D. Hobbies and interests

22. A hobby can give you \_\_\_\_\_\_\_\_\_\_.

A. Leisure time B. Chance to afford new things

C. More free time D. Something fun to do

23. What should we do if we want to cultivate a new hobby?

A. refer to websites B. check the options

C. try something new D. participate in activities

24. Our interests and hobbies vary because\_\_\_\_\_\_\_\_.

A. the world is wonderful B. there are many exciting things to explore

C. each of us enjoys many things D. all of us are unique

25. What does the word ***“It”*** refer to?

A. An activity B. A hobby C. A part D. A personal way

***II. Read the following passage and decide which answer A, B, C or D best fits each space. (1.25pts)***

**Keeping Fit**

We all need regular exercise to keep fit. But if we study all day, we don’t have time to run, swim, lift weights, or (26) \_\_\_\_\_\_\_ basketball. What can we do to stay (27) \_\_\_\_\_\_\_ shape?

One thing we could do is walk more often. Walking is good exercise. Instead of going to school by car or bus, we could walk. During recess, we could go outside and stroll around before we go back to class. Instead of taking the elevator in buildings all the time, we could use the stairs.

Another important thing is to take (28) \_\_\_\_\_\_\_ from studying. If we sit at our desks or in front of a computer for long time, we should stand up and stretch our arms and legs once each hour. If we stand for a long time, we should sit down and stretch our backs.

There are just a few ways we can (29)\_\_\_\_\_\_\_\_ fit when we don't have a lot of time to exercise. Do you know some (30) **\_\_\_\_\_\_\_** ways?

26. A. keep B. do C. play D. make

27. A. in B. to C. at D. for

28. A. absence B. exercises C. marks D. breaks

29. A. maintain B. stay C. live D. stand

30. A. another B. any C. others D. other

**E. Writing (20 pts)**

***I. Circle one mistake (A, B, C or D) in each of the following sentences (0.5pt)***

31. Yesterday, they stayed at a childcare and help the disabled kids.

A. at B. disabled C. stayed D. help

32. He begins always his lessons with a warm-up exercise.

A. begins always B. lessons C. a D. exercise

***II. Write the correct sentence that can be made from the cues given. (1pt)***

33. Watch/ TV/ too much/ not/ be/ good/ your eyes.

🖎 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

34.He/ usually/ take/ lot of/ beautiful photo

🖎 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

35. We / join / community activities / help / needy / last summer.

🖎 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

36. Daniel /write /an interesting report / yesterday.

-> \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

***III. Choose the letter A, B, C or D to indicate the sentence that is correct or closest in meaning to the previous one. (1pt)***

**37. *Helen has a temperature. She has a headache.***

A. Although Helen has a temperature, she has a headache.

B. Helen has a temperature or a headache.

C. Helen has a temperature and a headache.

D. Helen has a temperature because she has a headache***.***

***38. I enjoy going camping with my family.***

A. I don’t like going camping with my family. B. I usually go camping with my friends.

C. I am fond of going camping with my family. D. I don’t want to go camping.

**39. *Flying kites was my pastime when I was a child.***

A. My favourite pastime when I was a child was flying kites. B. When I was a child, I often flew kites.

C. I hated flying kites when I was a child. D. I enjoy flying kites now.

**40. *Phong detests playing computer games.***

1. Phong doesn’t like playing computer games. B. Phong prefers playing computer games.
2. Phong isn’t fond of playing computer games. D. Phong hates playing computer games very much.

**\*\*\* The end \*\*\***

|  |  |
| --- | --- |
| **PEOPLE COMMITTEE OF LONG BIEN DISTRICT**  **CU KHOI SECONDARY SCHOOL**  ***Full name***: …………………………………. ***Class*:** 7A.... **CODE: 704** | **THE FIRST MID-TERM TEST- GRADE 7****SCHOOL YEAR 2023- 2024****Period 27 - *Time allowed: 60 minutes.******Date***: **31/10/2023** |

**A. Listening (2pts)**

***I. Listen and choose the best answer for each question. (1pt)***

1. Linda and her friends taught \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. English and literature   B. literature and history

C. English and maths  D. maths and history

2. Linda and her friends\_\_\_\_\_\_\_\_\_ the elderly.

A. talked to B. read books to  C. did some cleaning D. sang with

3. Tom and his friends picked up paper and bottles in a \_\_\_\_\_\_\_\_\_.

A. nearby school B. amusement park C. nearby road D. nearby park

4. Tom and his friends\_\_\_\_\_\_\_\_\_\_\_\_\_.

A. tutored English           B. watered some trees

C. cleaned schools D. planted vegetables

***II. Listen and choose the best option to complete the passage below. (1pt)***

Healthy habits help us keep fit and avoid (5)\_\_\_\_\_\_\_\_\_\_. Here is some advice.

Eat more fruit and (6)\_\_\_\_\_\_\_, especially coloured ones like carrots and tomatoes. They provide a lot of vitamins.

Eat meat, eggs, and cheese, but not too much. You may put on weight.

(7)\_\_\_\_\_\_\_\_ enough water, but not soft drinks.

Be active and exercise every day. Do outdoor activities like cycling, swimming, or playing sports. They keep you fit.

Go to bed early and get about 8 hours of sleep daily, so you will not feel tired.

Keep your room tidy and clean. Open windows to let in (8)\_\_\_\_\_\_\_\_ meat and sunshine on fine days.

5. A. sickness B. disease C. dizzy D. illness

6. A. vegetables B. vegetable C. meat D. tomatoes

7. A. To drinking B. To drink C. Drink D. Drinking

8. A. fresh B. fresh air C. smell D. air

**B. Vocabulary and Grammar (2.5pts)**

***I. Choose the best option to complete each of the following sentences. (1.75pts)***

9. My classmates enjoy \_\_\_\_\_\_\_\_ chess at break time so much.

A. play B. to play C. playing D. to playing

10. The AEON Mall has wheelchairs and toilet facilities for \_\_\_\_\_\_\_\_ students.

A. disabled B. elderly C. healthy D. young

11. Don’t read or study when there is not enough light because it is \_\_\_\_\_\_\_ to your eyes.

A. harmless B. harm C. harmful D. unharmed

12. You will automatically learn how to balance yourself when \_\_\_\_\_\_\_\_ a horse.

A. herding B. driving C. hunting D. riding

13. You should have small frequent meals\_\_\_\_\_\_\_\_\_drink more water too.

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

14. My father \_\_\_\_\_\_\_\_ exercise every morning, so he is healthy.

A. does B. plays C. played D. do

15. We old clothes and canned food for the people in the flooded area last week.

A. donate B. donated C. are donating D. to donate

***II. Choose the letter A, B, C or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions. (0.25pt)***

16. Last winter, we **gave away** a lot of warm clothes to homeless people in Hanoi.

A. tookB. presented C. kept D. donated

***III. Choose the letter A, B, C or D to indicate the word CLOSEST in meaning to the underlined word in each of the following questions. (0.25pt)***

17. He often eats fatty food so he has **put on** a lot of weight recently.

A. gained B. controlled C. decreased D. lost

***IV. Choose the letter A, B, C or D to indicate the most suitable response to complete each of the following exchanges. (0.25pt)***

18. “I think model making is an expensive hobby.” - “\_\_\_\_\_\_\_\_ it’s incredibly cheap.”

A. Not at all B. Certainly C. No matter D. You’re right

**C. Pronunciation (0.5pt)**

***I. Choose the words having the underlined part pronounced differently in each line. (0.25pt)***

19. A. litter***ed*** B. call***ed*** C. water***ed*** D. help***ed***

***II. Choose the word which the stress pattern pronounced differently from others. (0.25pt)***

20. A. healthy B. coloured C. disease D. sunburn

**D. Writing (2.5pts)**

***I. Circle one mistake (A, B, C or D) in each of the following sentences (0.5pt)***

21. Yesterday, they stayed at a childcare and help the disabled kids.

A. disabled B. at C. help D. stayed

22. He begins always his lessons with a warm-up exercise.

A. lessons B. a C. exercise D. begins always

***II. Choose the letter A, B, C or D to indicate the sentence that is correct or closest in meaning to the previous one. (1pt)***

**23. *Phong detests playing computer games.***

A. Phong doesn’t like playing computer games. B. Phong hates playing computer games very much.

C. Phong prefers playing computer games. D. Phong isn’t fond of playing computer games.

**24*. Helen has a temperature. She has a headache.***

A. Although Helen has a temperature, she has a headache.

B. Helen has a temperature or a headache.

C. Helen has a temperature and a headache.

D. Helen has a temperature because she has a headache***.***

**25. *Flying kites was my pastime when I was a child.***

A. I enjoy flying kites now.

B. When I was a child, I often flew kites.

C. I hated flying kites when I was a child.

D. My favourite pastime when I was a child was flying kites.

**26. *I enjoy going camping with my family.***

A. I am fond of going camping with my family. B. I don’t like going camping with my family.

C. I usually go camping with my friends. D. I don’t want to go camping.

***III. Write the correct sentence that can be made from the cues given. (1pt)***

27. He/ usually/ take/ lot of/ beautiful photo.

🖎 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

28.Daniel /write /an interesting report / yesterday.

🖎 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

29. We / join / community activities / help / needy / last summer.

🖎 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

30. Watch/ TV/ too much/ not/ be/ good/ your eyes.

-> \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**D. Reading (2.5pts)**

***I. Read the following passage and choose the letter A, B, C, D to indicate the correct answer to each of the questions. (1.25pts)***

Having a hobby that we enjoy brings us joy and enriches our lives. It gives us something fun to do during our leisure time and affords us the opportunity to learn new skills. We are very fortunate to have so many different options out there today. In fact, there are entire websites devoted to hobbies and interests.

The best way to cultivate a new hobby is to try something new. The world is full of wonderful, exciting activities that we can explore and adopt as our own. Of course, all of us are unique and, therefore, our interests and hobbies vary. But once we find a hobby that we truly enjoy and are passionate about, we become hooked. **It** becomes part of our lives and fascinates us in a very personal way.

31. What is the passage mainly about?

A. The definition of hobbies B. The importance of hobbies

C. Time to start a hobby D. Hobbies and interests

32. A hobby can give you \_\_\_\_\_\_\_\_\_\_.

A. Something fun to do B. Leisure time

C. More free time D. Chance to afford new things

33. What should we do if we want to cultivate a new hobby?

A. refer to websites B. participate in activities

C. check the options D. try something new

34. Our interests and hobbies vary because\_\_\_\_\_\_\_\_.

A. the world is wonderful B. each of us enjoys many things

C. all of us are unique D. there are many exciting things to explore

35. What does the word ***“It”*** refer to?

A. An activity B. A hobby C. A part D. A personal way

***II. Read the following passage and decide which answer A, B, C or D best fits each space. (1.25pts)***

**Keeping Fit**

We all need regular exercise to keep fit. But if we study all day, we don’t have time to run, swim, lift weights, or (36) \_\_\_\_\_\_\_ basketball. What can we do to stay (37) \_\_\_\_\_\_\_ shape?

One thing we could do is walk more often. Walking is good exercise. Instead of going to school by car or bus, we could walk. During recess, we could go outside and stroll around before we go back to class. Instead of taking the elevator in buildings all the time, we could use the stairs.

Another important thing is to take (38) \_\_\_\_\_\_\_ from studying. If we sit at our desks or in front of a computer for long time, we should stand up and stretch our arms and legs once each hour. If we stand for a long time, we should sit down and stretch our backs.

There are just a few ways we can (39)\_\_\_\_\_\_\_\_ fit when we don't have a lot of time to exercise. Do you know some (40) **\_\_\_\_\_\_\_** ways?

36. A. play B. keep C. make D. do

37. A. for B. to C. at D. in

38. A. marks B. absence C. breaks D. exercises

39. A. stand B. stay C. maintain D. live

40. A. other B. another C. others D. any

**\*\*\* The end \*\*\***