Name: …………………………….. Class: 7..

**A. KNOWLEDGE:**

I.VOCABULARY:

1. Unit 1: Hobbies 2. Healthy living 3. Community activities

II. PRONUNCITION: **Sounds /ə:/- /ə/, /f/, /v/ - /t/, /d/, /id/**

III.GRAMMAR:

1.Present simple 2.Simple sentences 3. Past simple 4. Verbs of liking

**B.PRACTICE:**

**Task 1: Read aloud these words.**

|  |  |
| --- | --- |
| **/ǝ/** | **/ɜː/** |
| ago /əˈɡəʊ/  open /ˈəʊpən/  sofa /ˈsəʊfə/  around /əˈraʊnd/  zebra /ˈziːbrə/  mother /ˈmʌðər/  picture /ˈpɪktʃər/  banana /bəˈnænə/  famous /ˈfeɪməs/  accident /ˈæksɪdənt/ | bird /bɜːrd/  turn /tɜːrn/  first /fɜːrst/  work /wɜːrk/  verb /vɜːrb/  occur /əˈkɜːr/  early /ˈɜːrli/  thirty /ˈθɜːrti/  journey /ˈdʒɜːrni/  worship /ˈwɜːrʃɪp/ |

***Choose the word which has the underlined part pronounced differently from the others.***

1. A. neighbor B. favorite C. culture D. tourist

2. A. hobby B. hour C. hotel D. hot

3. A. absent B. government C. dependent D. enjoy

4 A. future B. return C. picture D. culture

5. A. nurse B. picture C. surf D. return

**Task 2: Put the words in the correct column**

|  |
| --- |
| **laugh, van, wife, have, fight, leaf, fail, tough, four, save, cough, dive, far, calf, give, knife, move, life,** |

|  |  |
| --- | --- |
| **/f/** | **/v/** |
|  |  |

**Task 3: Say the following words out loud and the put them in the correct column according to the sound of the adjective or regular past “ed”**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| amazed | listened | danced | stopped | reiterated | pleased |
| boasted | looked | delighted | wanted | pointed | packed |
| asked | naked | drained | tripped | shouted | played |
| covered | opened | laughed | wasted | screamed | placed |

|  |  |  |
| --- | --- | --- |
| ***/t/*** | ***/d/*** | ***/id/*** |
|  |  |  |

***Task 4: Complete the phrase with a gerund and put the phrases under the correct pictures***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| ***walking*** | ***hanging*** | ***listening*** | ***collecting*** | ***playing*** |
| ***watching*** | ***arranging.*** | ***playing*** | ***going*** | ***going*** |

|  |  |
| --- | --- |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ flowers | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the dog |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ dolls | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the music |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ mountain climbing | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ shopping |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the piano | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ television |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ out with friends | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ board games |

**Task 5: Give past form of the verbs.**

1. Last week, my mother (take) \_\_\_\_\_\_\_\_\_\_\_\_\_ me to the zoo.

2. When we (arrive) \_\_\_\_\_\_\_\_\_\_\_\_\_ at the party, there (not be) \_\_\_\_\_\_\_\_\_\_\_\_\_ many people there.

3. My mother (say) \_\_\_\_\_\_\_\_\_\_\_\_\_ that she (buy) \_\_\_\_\_\_\_\_\_\_\_\_\_ me a new dress.

4. Last summer, my father (teach) \_\_\_\_\_\_\_\_\_\_\_\_\_ me to drive.

5. I (start) \_\_\_\_\_\_\_\_\_\_\_\_\_ doing charity when I (be) \_\_\_\_\_\_\_\_\_\_\_\_\_ a first year student.

6. Many rich people (donate) \_\_\_\_\_\_\_\_\_\_\_\_\_ money for this volunteer program.

7. My friend (ring) \_\_\_\_\_\_\_\_\_\_\_\_\_ me yesterday and (invite) \_\_\_\_\_\_\_\_\_\_\_\_\_ me to his party.

8. What (you/ watch) \_\_\_\_\_\_\_\_\_\_\_\_\_ on TV last night?

9. When my father (be) \_\_\_\_\_\_\_\_\_\_\_\_\_ young, he (use to) \_\_\_\_\_\_\_\_\_\_\_\_\_ be the most handsome boy in the village.

10. \_\_\_\_\_\_\_\_\_\_\_\_\_ (you/ go) to see the concert yesterday?

11. My performance (not be) \_\_\_\_\_\_\_\_\_\_\_\_\_ really good. I (not feel) \_\_\_\_\_\_\_\_\_\_\_\_\_ happy about it

**Task 6: Fill in the gap with a suitable word**

|  |  |  |  |
| --- | --- | --- | --- |
| **weight** | **activities** | **fresh** | **regularly** |
| **clothes** | **allergy** | **flu** | **light** |

1. You should stay outdoors more and do more physical ………………….
2. The children shouldn’t read books or study when there is not enough…………….
3. If you want to lose ……………………., you should eat less high – fat food.
4. My mother has an ………………..when she eats crab.
5. Look! His nose is running. He has……………….
6. They should wear warm……………. to keep the body, especially their feet warm.
7. People like living in the countryside because the air is so …………..
8. I wash my face ………………….to keep it clean.

**Task 7.1: Choose the best answer**

1. Does your father like …………………….photos?
2. doing B. making C taking D. having
3. The children love being …………….with the trees and flowers.
4. indoors B. outdoors C. inside D. outside
5. My father ……………………a lot of fish from the river this afternoon.
6. has B. brings C. carries D. catches
7. Nick prefers making models to ………………….wood.
8. carving B. using C. cutting D. doing
9. What do they ………………….about making pottery?
10. have B. worry C. think D. take
11. My daughter is ………………..She can make new things easily.
12. creative B. careful C. serious D. happy
13. The man ……………up this hobby when he returned to his country.
14. added B. had C. took D. saw
15. We ……………….the rubbish and put it into the bin over there.
16. get B. collect C. use D. provide
17. Carved eggshells can be ……………….as gifts for your family and friends.
18. taken B. bought C. sold D. used

10.My mum does exercise every day to ……………fit.

A. keep B. do C. take D. turn

**Task 7.2:Choose the best answer**

1. Community service is the work you do for the ……………..of the community.
2. problems B. solutions C. benefits D. causes
3. I’m a member of a …………………..that helps street children.
4. organization B. show C. talk D. programme
5. I’m sure that the project will ………………..a big difference.
6. make B. have C. do D. take
7. It is a non-profit organization that ………………..the environment.
8. provides B. protects C. helps D. supports
9. My classmates and I have ……………..books and old clothes for street children.
10. used B. had C. collected D. carried
11. There are many activities that individuals or organizations ……………..to benefit the community.
12. do B. have C. take D. make
13. The young people love doing volunteer…………………..in the countryside.
14. task B. job C. work D. responsibility
15. My brother sometimes …………………blood at a local hospital.
16. raises B. provides C. helps D. donates
17. Traditional volunteer activities include ………………money for people in need.
18. raising B. helping C. making D. borrowing

10.She loves ……………………postcards and selling them in the market.

A. having B. giving C. cutting D. making

**Task 7.3:Choose the best options to complete the following sentences.**

1. Can you ride a horse? - Of course. It’s a piece of \_\_\_\_\_\_\_.

A. cake B. horse C. collage D. art

2. He’s a great artist. He can \_\_\_\_\_\_\_ in both \_\_\_\_\_\_\_.

A. plant ‒ stone and wood B. carved ‒ eggshell

C. carve ‒ wood and eggshells D. plant ‒ wood and eggshells11. You shouldn’t go 3.\_\_\_\_\_\_\_ if you can’t swim.

A. skating B. board game C. gallery D. surfing

4. My mother loves flowers so I often \_\_\_\_\_\_\_ some in the living room.

A. hate B. arrange C. burn D. catch

5. \_\_\_\_\_\_\_ is a popular hobby of the people living around this forest.

A. Collecting dolls B. Bird-watching C. Ice-skating D. Surfing

6. He can’t \_\_\_\_\_\_\_ because he is scared of heights.

A. make pottery B. go camping C. go mountain climbing D. make models

7. My father is doing the \_\_\_\_\_\_\_ and my mother is cooking.

A. gardening B. horse-riding C skating D. monopoly

8. You should \_\_\_\_\_\_\_ gymnastics regularly to have good health.

A. do B. go C. watch D. play

9. A lot of people enjoy \_\_\_\_\_\_\_ things such as dolls, stamps or bottles.

A. making B. arranging C. doing D. collecting

10. It takes me a lot of time to make a \_\_\_\_\_\_\_.

A. collage B. cycling C. eggshell D. Monopoly

**WRITING SKILLS:**

**Task 8: Order words to make meaningful sentences.**

1. many/ went/ to/ volunteer/ ,/ Last year/ the/ and/ flooded area/ free food/ people/ gave to/./

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. rebuild/ helped/ houses/ They/ trees/ also/ plant/ and/ people/the old/

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. people/ donated/ generous/ for/ people/ Many/ poor/ money/./

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. I/ joined/ a student/ ,/ was/ When/ charitable work/ I/ often/ in/.

🡪\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. Iceland/ fresh / People/ eat/ fish/ a lot of/ in

🡪\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. love/ bring/healthy life./ healthy food/ Laughter/ and

🡪\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. not good/ playing / Mi/ does/ like/ because/ not/ her eyes./ computer/it’s/for

🡪\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8.good/health/ are/ vegetables/ very/ for/ Coloured/ our

🡪\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9.helps/ be / Collecting/ to/more/ stamps/you/ patient

🡪\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10.makes/ reduces/strong/stress/ Jogging/ and

🡪\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Task 9: Rewrite the sentences so that their meaning stays the same.**

1.There are more and more volunteer organizations in the country. (INCREASING)

🡪 The\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2.My parents often go the rural areas to do charity work. I go with them. (AND)

🡪 My parents\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3.She was so busy. She can’t join any volunteer activities. (SO)

🡪She \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4.You are helpful, and your brother is helpful too.

🡪 Both\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

5.Your room is dark, and it’s not tidy too.

🡪 Your room \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

6. My mother gets up early, and she does exercises early too.

🡪 My mother\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

7. Eat less fast food, and you won’t put on weight.

🡪 If\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

8.My younger brother and I make a new model every month.(MONTHLY)

🡪My\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Task 10:Complete the sentences using the words given.**

**1.** My dad/ like/ watch/ Korean films.

🠂

**2.** My mum/ love/ ride/ her bike to work.

🠂

**3.** I/ enjoy/ talk/ to my friends in my free time.

🠂

**4.** My brother and I/ a really interested /watching bird/

🠂

**5.** Linh/ like/ collect stamps/ all countries in the world/

🠂

**Answer the questions about you.**

1. What are your hobbies?

2. How long have you had a hobby?

3. Is your hobby safe or dangerous?

4. Do you spend money on your hobby?

5. Do you want to try any new hobbies? If yes, what?

6. Do your hobbies impact your study? If yes, how?

**READING SKILLS:**

**I - Choose the best answer to each of the following questions.**

**VOLUNTEERING TO HELP DESERT ANIMALS**

Cameron Oliver had a passion for the welfare of desert animals. He received the Abu Dhabi Award as a com¬munity hero for his **contributions** to society. However, the biggest reason for his fame may be that he was very small. He was only 11 years old when he began his own campaign to save camels from eating plastic. “I found out that camels are eating rubbish people leave behind and it’s killing them,” says the South African boy. “I love animals, so when I saw how the camels were dying, I thought I had to do something and make a difference to save them.”

He was very excited about receiving this award. He said, “My life changed after I received the award, because it opened a lot of doors for me. Many people contacted and helped me promote my campaign.”

*(ESL Printables)*

1. What did Cameron Oliver start when he was 11 years old?

**A**. the Abu Dhabi Award **B**. being a community hero

**C**. a campaign to save camels **D**. a camel farm

2. In line 2, what does the word “**contributions**” mean?

**A**. changes in something that make it worse

**B**. awards that somebody gets

**C**. things that are added to something else

**D**. actions that help to cause or increase something

3. The main reason why Cameron Oliver became famous was that\_\_\_\_\_\_\_\_\_.

**A**. he was very intelligent **B**. he was very young

**C**. he was very handsome **D**. he was very friendly

4. According to the text, the main goal of his campaign is to\_\_\_\_\_\_\_\_\_.

**A**. protect camels from eating plastics **B**. keep the desert clean

**C**. create a camel farm **D**. protect the environment

5. How did Cameron’s life change after he received the award?

**A**. He became rich. **B**. He did not have to open doors anymore.

**C**. He was known by more people. **D**. He did not have to go to school.

**II - Read the passage and decide whether the statements are True (T) or False (F).**

Community service is when you work for free to help benefit the public or your community. Usually, students who choose to do community service do so as volunteers, meaning that they choose to help out because they want to do so. Community service can have a lot of positive effects on students, such as helping them to develop skills, making contacts, and allowing them to improve the quality of life of others.

You probably know some students In your school who choose to volunteer their free time through community service. There are many ways that you can do this, such as joining a non-profit organization, working with a church group, or you can choose a cause and create your own service project.

Volunteer work can range from the relatively simple, like helping coach the football team at your old junior high, to the much more complex, like starting a non-profit that helps homeless people in your area.

|  |  |
| --- | --- |
| 1. Students often do community service as volunteers.  2. Community service allows them to improve the quality of life of others.  3. No students choose to volunteer their free time through community service.  4. Joining a non-profit organization is the only way to do community service.  5. There are many types of volunteer work, both simple and complex ones. | \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_ |

**THE IMPORTANCE OF WATER**

Some doctors think that you should drink a glass of water each morning. You should drink this water before doing anything else. The temperature of the water should be similar to body temperature, neither too hot nor too cold.

Why should you drink this water? It helps clean out your kidneys. It prepares your stomach for digestion. Water can also help your intestines work better. After drinking water, the intestines can more easily take out nutrients from our food.

Scientists suggest that people take in 1,600 milliliters of water each day. But don’t drink all of that water in one sitting. It’s better to drink some in the morning and some in the afternoon. Some people think it’s better to drink between meals and not during meals. They think water dilutes the juices produced in our stomachs.

Are you drinking enough water every day? Check the color of your urine. If it is light yellow, you are probably drinking enough. If your urine is very dark yellow, you probably need to drink more water.

*(Reading Challenge 1)*

**1. What could be another title for this reading?**

**A**. “Drink Water, Not Soft Drinks” **B**. “Drink During Meals”

**C**. “Drink Between Meals” **D**. “Drink Enough Water”

**2. Why is it helpful to drink water in the morning?**

**A**. Your kidneys will work harder. **B**. Your intestines will work well

**C.** Your juices will be diluted. **D**. Your urine will be pale yellow.

**3. Which of the following is NOT a reason to drink water?**

**A**. To enable your intestines work well **B**. To get more nutrients

**C**. To clean out your kidneys **D**. To dilute your stomach juices

**4.Why is it better to drink between meals?**

**A**. You eat enough food. **B**. You don’t dilute stomach juices.

**C**. Your urine will not smell bad. **D**. You don’t overwork your kidneys.

**5. Why is dark-colored urine a sign to drink more water?**

**A**. It shows our body is healthy. **B**. It means our kidneys are working too hard.

**C.** Less water makes the color darker. **D**. It is the same color as our digestive juices.

**LISTENING SKILLS:**

**Listen and complete the text. (Track 05)**

**VOLUNTEERING IS GOOD FOR YOUR MIND AND BODY**

Volunteering provides many (1) ............................ to both mental and (2) ............................ health.

Volunteering combats (3) ............................ . Volunteering keeps you in regular contact with others and helps you develop a solid support system, which (4) ............................ you against depression.

Volunteering makes you happy. By measuring hormones and (5) ............................ activity, researchers have discovered that being (6) ............................ to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases (7)......................... . You are doing good things for others and the community, which provides a natural sense ofaccomplishment. Your (8) ............................ as a volunteer can also give you a sense of (9) ............................ and identity. And the better you feel about yourself, the more likely you are to have a (10) ............................ view of your life and future goals.

**L Listen and decide if each statement is true or false or not given. (Track 04)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No.** | **Statements** | **T** | **F** | **NG** |
| 1. | Sheila is a student. | **🞎** | **🞎** | **🞎** |
| 2. | Sheila takes a bath after school. | **🞎** | **🞎** | **🞎** |
| 3. | Sheila has vegetables and meat for lunch. | **🞎** | **🞎** | **🞎** |
| 4. | Sheila does not like juice, but she likes mineral water. | **🞎** | **🞎** | **🞎** |
| 5. | Sheila plays tennis In the afternoon. | **🞎** | **🞎** | **🞎** |
| 6. | Sheila does not do any sport activities. | **🞎** | **🞎** | **🞎** |
| 7. | Sheila eats many fruits. | **🞎** | **🞎** | **🞎** |
| 8. | Sheila usually goes to bed after 11 p.m. | **🞎** | **🞎** | **🞎** |