

Written test – Grade 7
THE 1ST MID TERM TEST
CODE 001
School year 2024- 2025
Time: 60 minutes
Class:

Class:

Student's note

SIMPLE WAYS TO KEEP FIT

- Eat different (17) _____.
- Choose healthy drinks such as water, milk and fruit juice.
- Do not drink much (18) _____ drinks because they have lots of added sugar.
- Avoid using phones, tablets, computers too much.
- Have an (19) _____ lifestyle.

Question 17. A. fast food B. kinds of food C. kinds of cake D. a lot of food

Question 18. A. sweet B. acrid C. soft D. sour

Question 19. A. healthy B. strong C. active D. useful

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions from 17 to 18.

Question 20. Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

The island of Okinawa in Japan has some of the oldest people in the world. It's famous for its high number of centenarians – men and women who live beyond 100 years of age. Some of the reasons for their good health are ...

- a. Secondly, they rarely buy food from a supermarket.
- b. Firstly, they regularly do gardening and grow their own fruit and vegetables.
- c. Moreover, they do regular exercise, go swimming and lead active lives.

A. c-a-b B. b-a-c C. b-a-c D. c-b-a

Question 21. Choose the sentences that can end the text (in 17) most appropriately.

- A. They go cycling and never drive when they can walk.
- B. In addition, they live in peaceful and quiet village, where is not polluted.
- C. Finally, they often spend time with friends. They meet at people's houses and play games.
- D. They go fishing and eat what they catch.

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct word or phrase that best fits each of the numbered blanks

A Grade 7 student and his friends have an idea of collecting books for homeless children in his town. They call it the "Book Birthday Party". Every month they will select a birthday of a friend in his class or a child in his neighborhood to celebrate (22) _____ special birthday party. It is just a simple party. Everyone who comes to the party should bring some healthy food, drink, and a book (23) _____ any kinds: storybook, textbook, notebook, comic, etc. Those who cannot bring books will help with the collecting and sending books (24) _____ children. They believe that the healthy food and drink will help them (25) _____ the books will help homeless children with their study. Everyone will be (26) _____!

Question 22. A. ϕ B. an C. the D. a

Question 23. A. to B. for C. of D. off

Question 24. A. to the homeless B. with the homeless C. for the homeless D. of the homeless

Question 25. A. stay healthy or B. stay healthy and C. stay healthy but D. stay healthy and

Question 26. A. great B. strong C. bored D. happy

Write the meaningful sentence by choosing A, B, C or D, using the words or phrases given.

Question 27. Your room looks dark, and it looks untidy too.

- A. Your room looks dark, or it looks untidy too.
- B. Your room looks dark, so it looks untidy too.
- C. Your room looks dark and untidy.
- D. Your room looks dark, because it looks untidy.

Question 28. You have sunburn. You don't wear a sun hat.

- A. You don't wear a sun hat, or you have a sunburn.
- B. You don't wear a sun hat, so you have a sunburn.
- C. You have a sunburn, so you don't wear a sun hat.
- D. You don't wear a sun hat, because you have a sunburn.

Choose the sentence that is closest in meaning to each of the following questions.

Question 29. I/ usually/ work/ Friday/ but/ I/ have/ day/ off/ today.

- A. I usually work on Friday but I am having day off today.
- B. I usually work on Friday but I am having a day off today.
- C. I usually work on Friday but I have a day off today.
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Question 30. Tim/ live/ Manchester/ but/ he/ spend/ this month/ Wales.

- A. Tim lives in Manchester but he spends this month in Wales.
- B. Tim is living in Manchester but he is spending this month in Wales.
- C. Tim lives in Manchester but he is spending this month in Wales.
- D. Time is living in Manchester but he spends this month in Wales.

Read the following sign or notice and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following question.

Question 31. What does the sign mean?



- A. Danger! No swimming.
- B. These are dangerous children
- C. Please stay out of the water.
- D. Deep water. No lifeguard on duty.

Read the passage. Circle A, B, C or D to answer each question.

Do you want to be **fitter** and healthier? Do you like to look younger? Do you want to feel more relaxed?

Then try a few days at a health farm. Health farms are becoming one of the most popular places for a short break. I go to Helen Manor at weekends to see what it has. It is the largest health farm in the country but it isn't the most expensive. After two days of exercise and massage, you can feel ten times better. But the best thing for you is the food here. It is all very health, of course, but it is excellent, too.

Then when someone asks you for something a bit cheaper, you should tell them to try a winter break. Winter is the darkest and the coldest time of the year and it can also be the worst time for your body. We all eat too much and we don't take enough exercise. A lot of **health farms** offer lower prices Monday to Friday from November to March.

Question 32. The word "**health farms**" in paragraph 2 is CLOSEST in meaning to _____

- A. health retreats
- B. Spa resorts
- C. medical centres
- D. hospitals

Question 33. What is the paragraph about?

- A. You feel a lot better afterwards.
- B. Health farms are becoming very popular.
- C. Health farms are a good way to make your health better.
- D. You can get fitter.

Question 34. The word "**fitter**" in the passage is OPPOSITE in meaning to _____.

- A. stay in shape
- B. stronger
- C. keep fit
- D. unhealthier

Question 35. According to the passage, which of the following is NOT mentioned: Why is winter not good for our body? -

- A. Because it is the longest time of the year.

- B. Because a lot of health farms offer cheap prices in winter.
- C. Because it is the darkest and coldest time of the year.
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Question 36. According to the passage, which of the following is TRUE?

- A. Helen Manor is the cheapest health farm in the country the cheapest.
- B. Helen Manor is the largest health farm in the country.
- C. Helen Manor is the most expensive health farm in the country.
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Question 37. Why do people come to health farms?

- A. to be fitter and healthier
- B. to feel more relaxed
- C. all of these things
- D. to look younger

Four phrases/ sentences have been removed the text below. For each question, mark the letter A, B, C, D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 38 to 40.

Hi, my name is Alex. I love doing many different things in my free time. Some of my hobbies..... **(38)**, but I enjoy them a lot.

For example, I really like making models. I've built everything from cardboard dollhouses to model airplanes. It's so satisfying to see a finished project. I think it helps me**(39)**

When the weather is nice, **(40)** It's a great way to relieve stress and stay healthy. I've also recently taken up horse riding. It's a bit challenging, but I'm really enjoying learning a new skill.

I believe that hobbies are very valuable. They help us to relax, learn new things, and develop important skills. For example, yoga can help improve our flexibility and strength. And horse riding can teach us about animals and the importance of taking care of them.

- A. I like to go jogging in the park.
- B. develop my patience and responsibility.
- C. are quite unusual.

Question 38.

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Student's note

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- Choose healthy drinks such as water, milk and fruit juice.
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The island of Okinawa in Japan has some of the oldest people in the world. It's famous for its high number of centenarians – men and women who live beyond 100 years of age. Some of the reasons for their good health are ...

- a. Secondly, they rarely buy food from a supermarket.
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Question 21. Choose the sentences that can end the text (in 17) most appropriately.

- A. Finally, they often spend time with friends. They meet at people's houses and play games.
- B. In addition, they live in peaceful and quiet village, where is not polluted.
- C. They go fishing and eat what they catch.
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Read the passage. Circle A, B, C or D to answer each question.

Do you want to be **fitter** and healthier? Do you like to look younger? Do you want to feel more relaxed?

Then try a few days at a health farm. Health farms are becoming one of the most popular places for a short break. I go to Helen Manor at weekends to see what it has. It is the largest health farm in the country but it isn't the most expensive. After two days of exercise and massage, you can feel ten times better. But the best thing for you is the food here. It is all very health, of course, but it is excellent, too. Then when someone asks you for something a bit cheaper, you should tell them to try a winter break. Winter is the darkest and the coldest time of the year and it can also be the worst time for your body. We all eat too much and we don't take enough exercise. A lot of **health farms** offer lower prices Monday to Friday from November to March.

Question 32. The word "**health farms**" in paragraph 2 is CLOSEST in meaning to _____

- A. hospitals
- B. Spa resorts
- C. health retreats
- D. medical centres

Question 33. According to the passage, which of the following is NOT mentioned: Why is winter not good for our body? -

- A. Because it is the longest time of the year.
- B. Because a lot of health farms offer cheap prices in winter.
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Question 34. What is the paragraph about?

- A. Health farms are becoming very popular.
- B. You can get fitter.
- C. You feel a lot better afterwards.
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Question 35. According to the passage, which of the following is TRUE?

- A. Helen Manor is the cheapest health farm in the country the cheapest.
- B. Helen Manor is the largest and the most expensive health farm in the country.
- C. Helen Manor is the largest health farm in the country.
- D. Helen Manor is the most expensive health farm in the country.

Question 36. The word "**fitter**" in the passage1 is OPPOSITE in meaning to _____.

- A. unhealthier
- B. keep fit
- C. stay in shape
- D. stronger

Question 37. Why do people come to health farms?

A. to be fitter and healthier

B. all of these things

C. to look younger

D. to feel more relaxed

Four phrases/ sentences have been removed the text below. For each question, mark the letter A, B, C, D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 38 to 40.

Hi, my name is Alex. I love doing many different things in my free time. Some of my hobbies..... **(38)**, but I enjoy them a lot.

For example, I really like making models. I've built everything from cardboard dollhouses to model airplanes. It's so satisfying to see a finished project. I think it helps me**(39)**

When the weather is nice, **(40)** It's a great way to relieve stress and stay healthy. I've also recently taken up horse riding. It's a bit challenging, but I'm really enjoying learning a new skill. I believe that hobbies are very valuable. They help us to relax, learn new things, and develop important skills. For example, yoga can help improve our flexibility and strength. And horse riding can teach us about animals and the importance of taking care of them.

A. develop my patience and responsibility.

B. I like to go jogging in the park.

C. are quite unusual.

Question 38.

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----- **THE END** -----

Name:

Class:

Listen to Tom and Linda talking about their community activities last summer and complete each sentence.

Question 1. Tom and his friends

- A. raised money B. tutored maths C. cleaned school D. grew some trees

Question 2. Linda and her friends taught

- A. History and maths B. English and maths
C. English and literature D. Maths and history

Question 3. Linda and her friends.....the elderly.

- A. talked to B. cooked for
C. read books to D. sang and danced for

Question 4. Tom and his friend picked up.....

- A. bottles and books B. books and paper C. paper and bottles D. litter

Question 5. The benefit of volunteer activities for Tom and his friends is having

- A. good luck B. good time C. fresh air D. good chance

Mark the letter A, B, C, or D on your answer sheet to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

Question 6. A. donated B. helped C. cooked D. passed

Question 7. A. collecting B. sunburn C. work D. thirteen

Mark the letter A, B, C or D on your answer sheet to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

Question 8. A. community B. disease C. develop D. volunteer

Question 9. A. tutor B. nursing C. collect D. homeless

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.

Choose the best answer.

Question 10. Staying healthy, we should..... everyday.

- A. eat a lot of meat. B. drink soda
C. get up late D. do exercise.

Question 11. The club _____ food to some poor farmers last month.

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

Question 12. Mai is talking to Hoa about hobbies:

Mai: “I think making model is an expensive hobby.”

Hoa: “..... It’s not expensive at all.”

- A. You’re right B. Certainly not C. No matter D. Really

Question 13. My sister children from poor families twice a week.

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Question 14. All of them enjoy to pop music.

- A. to listening B. listen C. to listen D. listening

Question 15. When you are sick, you should drink more water, stay in bed and relax

- A. more B. much C. less D. most

Question 16. Community service is the work we do for the of the community.

- A. benefits B. events C. forces D. problems

Read the following announcement and mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 17 to 19.

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- Eat different (17) _____.
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B. c-b-a

C. b-a-c

D. b-a-c

Question 21. Choose the sentences that can end the text (in 17) most appropriately.

A. In addition, they live in peaceful and quiet village, where is not polluted.

B. Finally, they often spend time with friends. They meet at people's houses and play games.

C. They go fishing and eat what they catch.

D. They go cycling and never drive when they can walk.

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct word or phrase that best fits each of the numbered blanks

A Grade 7 student and his friends have an idea of collecting books for homeless children in his town. They call it the "Book Birthday Party". Every month they will select a birthday of a friend in his class or a child in his neighborhood to celebrate (22) _____ special birthday party. It is just a simple party. Everyone who comes to the party should bring some healthy food, drink, and a book (23) _____ any kinds: storybook, textbook, notebook, comic, etc. Those who cannot bring books will help with the collecting and sending books (24) _____ children. They believe that the healthy food and drink will help them (25) _____ the books will help homeless children with their study. Everyone will be (26) _____!

Question 22. A. the B. a C. φ D. an

Question 23. A. of B. for C. off D. to

Question 24. A. to the homeless B. for the homeless C. of the homeless D. with the homeless

Question 25. A. stay healthy and B. stay healthy but C. stay healthy and D. stay healthy or

Question 26. A. strong B. bored C. happy D. great

Write the meaningful sentence by choosing A, B, C or D, using the words or phrases given.

Question 27. Tim/ live/ Manchester/ but/ he/ spend/ this month/ Wales.

A. Tim is living in Manchester but he is spending this month in Wales.

B. Tim lives in Manchester but he is spending this month in Wales.

C. Tim lives in Manchester but he spends this month in Wales.

D. Time is living in Manchester but he spends this month in Wales.

Question 28. I/ usually/ work/ Friday/ but/ I/ have/ day/ off/ today.

A. I usually work on Friday but I am having day off today.

B. I usually work on Friday but I have day off today.

C. I usually work on Friday but I have a day off today.

D. I usually work on Friday but I am having a day off today.

Choose the sentence that is closest in meaning to each of the following questions.

Question 29. Your room looks dark, and it looks untidy too.

A. Your room looks dark, so it looks untidy too.

- B. Your room looks dark, or it looks untidy too.
- C. Your room looks dark and untidy.
- D. Your room looks dark, because it looks untidy.

Question 30. You have sunburn. You don't wear a sun hat.

- A. You don't wear a sun hat, so you have a sunburn.
- B. You don't wear a sun hat, because you have a sunburn.
- C. You have a sunburn, so you don't wear a sun hat.
- D. You don't wear a sun hat, or you have a sunburn.

Read the following sign or notice and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following question.

Question 31. What does the sign mean?



- A. Danger! No swimming.
- B. Please stay out of the water.
- C. Deep water. No lifeguard on duty.
- D. These are dangerous children

Read the passage. Circle A, B, C or D to answer each question.

Do you want to be **fitter** and healthier? Do you like to look younger? Do you want to feel more relaxed?

Then try a few days at a health farm. Health farms are becoming one of the most popular places for a short break. I go to Helen Manor at weekends to see what it has. It is the largest health farm in the country but it isn't the most expensive. After two days of exercise and massage, you can feel ten times better. But the best thing for you is the food here. It is all very health, of course, but it is excellent, too. Then when someone asks you for something a bit cheaper, you should tell them to try a winter break. Winter is the darkest and the coldest time of the year and it can also be the worst time for your body. We all eat too much and we don't take enough exercise. A lot of **health farms** offer lower prices Monday to Friday from November to March.

Question 32. According to the passage, which of the following is TRUE?

- A. Helen Manor is the largest and the most expensive health farm in the country.
- B. Helen Manor is the most expensive health farm in the country.
- C. Helen Manor is the cheapest health farm in the country the cheapest.
- D. Helen Manor is the largest health farm in the country.

Question 33. The word "**health farms**" in paragraph 2 is CLOSEST in meaning to _____

- A. hospitals
- B. medical centres
- C. health retreats
- D. Spa resorts

Question 34. What is the paragraph about?

- A. You can get fitter.
- B. You feel a lot better afterwards.
- C. Health farms are becoming very popular.
- D. Health farms are a good way to make your health better.

Question 35. Why do people come to health farms?

- A. to look younger
- B. all of these things
- C. to be fitter and healthier
- D. to feel more relaxed

Question 36. According to the passage, which of the following is NOT mentioned: Why is winter not good for our body? -

- A. Because it is the darkest and coldest time of the year.
- B. Because a lot of health farms offer cheap prices in winter.
- C. Because we all eat too much and don't take enough exercise in winter.
- D. Because it is the longest time of the year.

Question 37. The word "**fitter**" in the passage1 is OPPOSITE in meaning to _____.

- A. keep fit
- B. stronger
- C. stay in shape
- D. unhealthier

Four phrases/ sentences have been removed the text below. For each question, mark the letter A, B, C, D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 38 to 40.

Hi, my name is Alex. I love doing many different things in my free time. Some of my hobbies..... **(38)**, but I enjoy them a lot.

For example, I really like making models. I've built everything from cardboard dollhouses to model airplanes. It's so satisfying to see a finished project. I think it helps me**(39)**

When the weather is nice, **(40)** It's a great way to relieve stress and stay healthy. I've also recently taken up horse riding. It's a bit challenging, but I'm really enjoying learning a new skill.

I believe that hobbies are very valuable. They help us to relax, learn new things, and develop important skills. For example, yoga can help improve our flexibility and strength. And horse riding can teach us about animals and the importance of taking care of them.

A. I like to go jogging in the park.

B. develop my patience and responsibility.

C. are quite unusual.

Question 38.

Question 39.

Question 40.

----- THE END -----

ANSWER

Đề 001

Câu	Đáp án			
1	A	B	C	D
2	A	B	C	D
3	A	B	C	D
4	A	B	C	D
5	A	B	C	D
6	A	B	C	D
7	A	B	C	D
8	A	B	C	D

Câu	Đáp án			
9	A	B	C	D
10	A	B	C	D
11	A	B	C	D
12	A	B	C	D
13	A	B	C	D
14	A	B	C	D
15	A	B	C	D
16	A	B	C	D

Câu	Đáp án			
17	A	B	C	D
18	A	B	C	D
19	A	B	C	D
20	A	B	C	D
21	A	B	C	D
22	A	B	C	D
23	A	B	C	D
24	A	B	C	D

Câu	Đáp án			
25	A	B	C	D
26	A	B	C	D
27	A	B	C	D
28	A	B	C	D
29	A	B	C	D
30	A	B	C	D
31	A	B	C	D
32	A	B	C	D

Câu	Đáp án			
33	A	B	C	D
34	A	B	C	D
35	A	B	C	D
36	A	B	C	D
37	A	B	C	D
38	A	B	C	D
39	A	B	C	D
40	A	B	C	D

Đề 002

Câu	Đáp án			
1	A	B	C	D
2	A	B	C	D
3	A	B	C	D
4	A	B	C	D
5	A	B	C	D
6	A	B	C	D
7	A	B	C	D
8	A	B	C	D

Câu	Đáp án			
9	A	B	C	D
10	A	B	C	D
11	A	B	C	D
12	A	B	C	D
13	A	B	C	D
14	A	B	C	D
15	A	B	C	D
16	A	B	C	D

Câu	Đáp án			
17	A	B	C	D
18	A	B	C	D
19	A	B	C	D
20	A	B	C	D
21	A	B	C	D
22	A	B	C	D
23	A	B	C	D
24	A	B	C	D

Câu	Đáp án			
25	A	B	C	D
26	A	B	C	D
27	A	B	C	D
28	A	B	C	D
29	A	B	C	D
30	A	B	C	D
31	A	B	C	D
32	A	B	C	D

Câu	Đáp án			
33	A	B	C	D
34	A	B	C	D
35	A	B	C	D
36	A	B	C	D
37	A	B	C	D
38	A	B	C	D
39	A	B	C	D
40	A	B	C	D

Đề 003

Câu	Đáp án			
1	A	B	C	D
2	A	B	C	D
3	A	B	C	D
4	A	B	C	D
5	A	B	C	D
6	A	B	C	D
7	A	B	C	D
8	A	B	C	D

Câu	Đáp án			
9	A	B	C	D
10	A	B	C	D
11	A	B	C	D
12	A	B	C	D
13	A	B	C	D
14	A	B	C	D
15	A	B	C	D
16	A	B	C	D

Câu	Đáp án			
17	A	B	C	D
18	A	B	C	D
19	A	B	C	D
20	A	B	C	D
21	A	B	C	D
22	A	B	C	D
23	A	B	C	D
24	A	B	C	D

Câu	Đáp án			
25	A	B	C	D
26	A	B	C	D
27	A	B	C	D
28	A	B	C	D
29	A	B	C	D
30	A	B	C	D
31	A	B	C	D
32	A	B	C	D

Câu	Đáp án			
33	A	B	C	D
34	A	B	C	D
35	A	B	C	D
36	A	B	C	D
37	A	B	C	D
38	A	B	C	D
39	A	B	C	D
40	A	B	C	D

Đề 004

Câu	Đáp án			
1	A	B	C	D
2	A	B	C	D
3	A	B	C	D
4	A	B	C	D
5	A	B	C	D
6	A	B	C	D
7	A	B	C	D
8	A	B	C	D

Câu	Đáp án			
9	A	B	C	D
10	A	B	C	D
11	A	B	C	D
12	A	B	C	D
13	A	B	C	D
14	A	B	C	D
15	A	B	C	D
16	A	B	C	D

Câu	Đáp án			
17	A	B	C	D
18	A	B	C	D
19	A	B	C	D
20	A	B	C	D
21	A	B	C	D
22	A	B	C	D
23	A	B	C	D
24	A	B	C	D

Câu	Đáp án			
25	A	B	C	D
26	A	B	C	D
27	A	B	C	D
28	A	B	C	D
29	A	B	C	D
30	A	B	C	D
31	A	B	C	D
32	A	B	C	D

Câu	Đáp án			
33	A	B	C	D
34	A	B	C	D
35	A	B	C	D
36	A	B	C	D
37	A	B	C	D
38	A	B	C	D
39	A	B	C	D
40	A	B	C	D