

Giải SBT Tiếng Anh lớp 7 Unit 11: Keep fit, stay healthy**A. A check-up (Bài 1-6 trang 98-102 SBT Tiếng Anh 7)**

1. (trang 98-99 SBT Tiếng Anh 7): Write the sentences with the present simple and the past simple.

- a. Now he is 1.30 meters tall. Before he was 1.20 meters tall.
- b. Now she weighs 35 kilos. Before she weighed 30 kilos.
- c. Now they are happy. Before they were sad.
- d. Now they wait for the doctor inside. Before they waited for the doctor outside.
- e. Now he feels very well. Before he felt sick.
- f. Now she goes to school by bike. Before she went to school by bus.

2. (trang 100 SBT Tiếng Anh 7): Write the question for the answer. The first one has been done for you.

- a. How heavy are you?
- b. How old are they?
- c. What did the nurse take?
- d. How often do the students have a medical check-up?
- e. Why did you visit the doctor?
- f. How do they feel now?
- g. Who did Hoa follow?
- h. What does he wear at work?

3. (trang 100 SBT Tiếng Anh 7): Write the full answer to the questions “Did you...?”

- a. Yes, I ate a lot of fruits yesterday.

No, I didn't eat any / a lot of fruits yesterday.

b. Yes, I learned lessons about healthy foods.

No, I didn't learn any lessons about healthy foods.

c. Yes, I went to school five days a week.

No, I didn't go to school five days a week.

d. Yes, I had a shower.

No, I didn't have a shower.

e. Yes, I played sports yesterday.

No, I didn't play sports yesterday.

f. Yes, I felt very well last week.

No, I didn't feel very well last week.

g. Yes, I washed my hands before meals.

No, I didn't wash my hands before meals.

h. Yes, I brushed my teeth three times a day before.

No, I didn't brush my teeth three times a day before.

4. (trang 101-102 SBT Tiếng Anh 7): Look at the pictures. Use the past form of the verbs in the box to complete the passage.

a. had	b. weighed	c. measured	d. took	e. listened
f. checked	g. was	h. left	i. felt	

5. (trang 102 SBT Tiếng Anh 7): Complete the sentences below, using the correct forms of the words in brackets.

a. protection	b. painful	c. breathless	d. headache - stomachache
e. sickness	f. running	g. unpleasant	h. Prevention
i. unhealthy	j. measurement		

6. (trang 102 SBT Tiếng Anh 7): Write questions for the following answers. The first one is done for you.

- a. How tall is your brother?
- b. How long is this Street?
- c. How deep is the lake near your house?
- d. How thick is your new LCD?
- e. How far is it from Ba Trieu Street?

B. What was wrong with you? (Bài 1-6 trang 103-106 SBT Tiếng Anh 7)

1. (trang 103 SBT Tiếng Anh 7): Write the sentences with “had better + verb” to give advice.

- a. You had better stay inside.
- b. She had better go to see a doctor.
- c. He had better take some cough syrup.
- d. They had better stop playing soccer.
- e. You had better take a rest.
- f. They had better spend a holiday by the sea.
- g. He had better eat less fat food.

2. (trang 103 SBT Tiếng Anh 7): Complete the conversation. Use the correct form of the verbs in brackets.

a. didn't	b. was	c. had	d. had	e. was	f. had
g. ate	h. Did	i. feeling	j. am	k. go/am going	

3. (trang 103-104 SBT Tiếng Anh 7): Put the words in the correct order to make questions. Then answer.

- a. Did you get up early this morning?

Yes. I got up very early this morning.

b. When did you have a cold recently?

I had a cold a month ago.

c. How can you help prevent a cold?

I wear warm clothes.

d. Do you do morning exercise every day?

Yes, I do. I do morning exercise every day.

e. What time did you eat breakfast this morning?

I ate breakfast at 6 o'clock this morning.

f. How are you feeling now?

I'm feeling very well.

4. (trang 104 SBT Tiếng Anh 7): Complete the passage. Use the correct tense and verb form in the right column.

a. lives	b. went	c. studies	d. was	e. had
f. ate	g. had	h. was	i. called	j. arrived
k. gae	l. took	m. went	n. feels/ is feeling	o. remembers
p. ate	q. tells			

5. (trang 105 SBT Tiếng Anh 7): Rewrite the sentences, using auxiliary verbs for emphasis. The first one is done for you.

a. My little brother does like football.

b. I do believe that you should think twice about this situation.

c. I do want to see you before you leave for Europe.

d. I've written to her many times but I did get no reply.

e. I did go to the library yesterday.

- f. Hoa did fill out her medical form.
- g. Mai did return to the waiting room but no one was there.
- h. She does try to make fewer mistakes with her homework.
- i. My car does need repairing.

6. (trang 105-106 SBT Tiếng Anh 7): Read and answer the questions.

1. We should add honey with lemon tea to drink as a remedy for stomachache.
2. A mixture for a quick relief from stomachache consists of 1 teaspoon mint juice and lime juice added with ginger juice and black salt.
3. We should place the hot bottle to the aching stomach region to relieve the pain.
4. We should add a teaspoon of salt and sugar into a glass of water to make a remedy for stomachache.
5. According to the direction, children under two years of age should not drink ginger juice mixed with honey to treat stomachache.
6. No, it isn't. A child should drink lemon juice mixed with warm water to ease the stomachache.
7. Oranges, apples, pears, grapes, and papaya are some useful fruit juices.
8. A healthy digestive system is the basis for a healthy body.