Grade 7 Revision on Unit 5 Vocabulary

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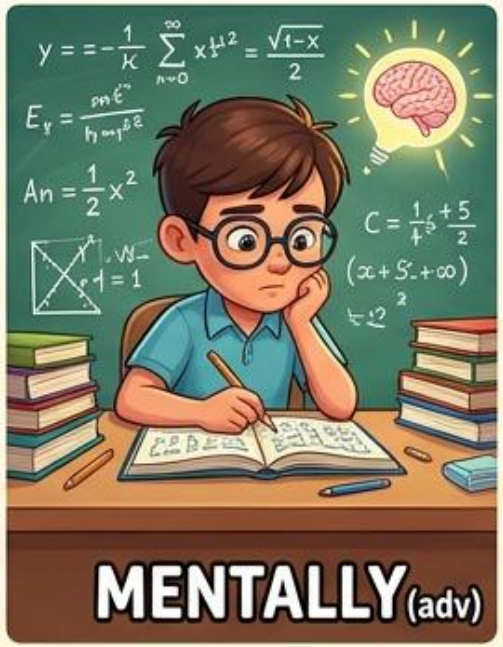
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EXPLORING GROWTH & STRENGTH





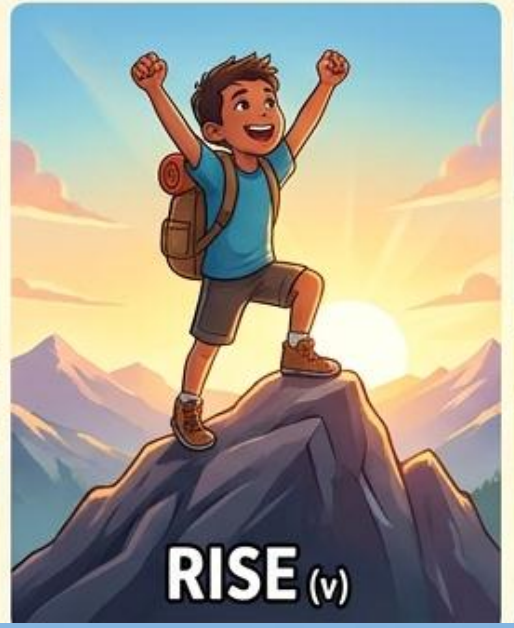


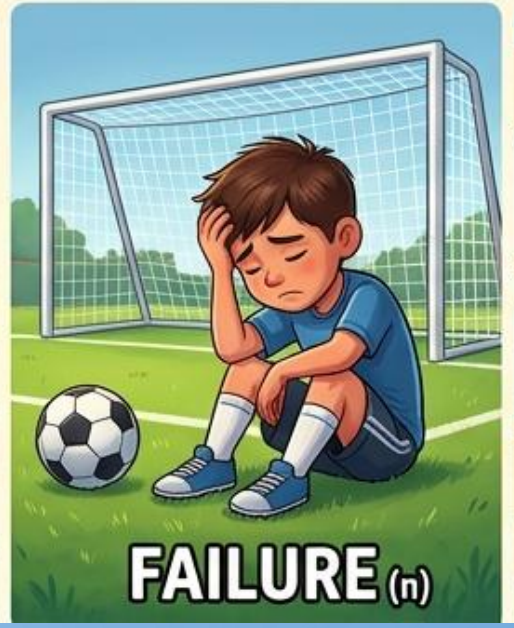














I. Choose the correct answer from a, b, c and d:

1. Athletes must be ..... strong to win the Olympic gold medal.

a) mentally b) physically c) completely d) correctly

2. A good ..... always helps and supports others during the game.

a) teammate b) victory c) courage d) concentration

3. If you work hard, you can ..... all your goals easily.

a) perform b) train c) function d) achieve

4. He made the ..... to join the army after finishing school.

a) strength b) growth c) decision d) victory

5. He did not have enough ..... to lift the heavy iron box.

a) failure b) strength c) decision d) balance

6. He kept a .....speed while driving through the heavy rain.

a) steady b) proper c) calm d) individual

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7. Every fruit and vegetable contains at least one essential……..for health.

a) emotion b) stress c) teammate d) nutrient

8. Many children ..... their parents for food and a safe home.

a) achieve b) depend on c) perform d) train

9. The manager made a quick ..... to solve the office problem.

a) victory b) strength c) decision d) growth

10. She felt a lot of ..... before the start of her exam.

a) movement b) stress c) victory d) nutrient

11. Each ..... student has a different way of learning new things.

a) individual b) unfair c) proper d) calm

12. You must use the ..... tools to fix the broken kitchen door.

a) unfair b) main c) dynamic d) proper

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13. The captain showed great ..... by encouraging all his team members.

a) stress b) decision c) tiredness d) leadership

14. We should learn from our ..... to achieve success in the future.

a) strength b) failure c) leadership d) well-being

15. Playing chess helps you to stay ..... active and very sharp.

a) mentally b) physically c) strategically d) correctly

16. The famous singer will ..... her new song on the stage tonight.

a) control b) function c) perform d) depend on

17. It is ..... to give one student more time than the others.

a) steady b) unfair c) main d) dynamic

18. They need to ..... their emotions during the very long match.

a) control b) depend on c) function d) repair

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19. His ..... during the race was fast and very smooth indeed.

a) concentration b) courage c) failure d) movement

20. The soldier showed great ..... during the difficult battle yesterday morning.

a) courage b) nutrient c) tiredness d) concentration

21. The manager thinks ..... about the future of the large company.

a) correctly b) strategically c) completely d) mentally

22. The player was ..... exhausted after the two-hour tennis match.

a) correctly b) mentally c) completely d) physically

23. The student lost his ..... because of the loud noise outside.

a) strength b) decision c) growth d) concentration

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24. It is important to keep a good ..... between work and rest.

a) balance b) failure c) nutrient d) victory

25. The team celebrated their big .....after winning the final match.

a) balance b) stress c) victory d) well-being

26. The team must .....together to improve their overall fitness levels.

a) train b) control c) perform d) function

27. Milk is essential for the ..... of healthy bones and teeth.

a) tiredness b) leadership c) movement d) growth

28. Daily exercise is very important for your general health and .....

a) movement b) stress c) well-being d) failure

30. He remained .....even when the situation became very dangerous indeed.

a) dynamic b) calm c) unfair d) proper

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II. Fill in the spaces with the suitable word from the list:

(limit - stress - function - tiredness - nutrient)

1. Every vegetable has a different ……**nutrient**…… for your body.
2. He felt a lot of ……**tiredness**…… before his difficult exam.
3. The brain must ……**function**…… well to help you think.
4. You should ……**limit**…… the time you spend on phones.

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II. Fill in the spaces with the suitable word from the list:

(perform - failure - decision - repair - courage)

1. The soldier showed great ……courage……during the big battle.
2. Making a quick ……decision…… helped him win the game.
3. The singer will ……perform…… her new song on stage.
4. The mechanic needs to ……repair……the broken car engine.

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II. Fill in the spaces with the suitable word from the list:

(emotion -- victory -- well-being -- depend on -- achieve)

1. The team celebrated their ……**victory**…..after the long match.
2. Sport is very important for your ….**well-being**….
3. Children ……**depend on**…… their parents for food and clothes.
4. It is difficult to hide your ……**emotion**…… when you are sad.

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