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UNIT 1: A LONG AND HEALTHY LIFE

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

1. A. balanced B. organism C. antibiotic D. bacteria
2. A. sugar B. consume C. muscle D. obesity

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

3. A. nutrient B. vitamin C. mineral D. infection
4. A. fitness B. disease C. treatment D. headache

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

5. A healthy _____ between work and play ensures that everyone has a chance to enjoy their lives.
A. balance B. control C. equality D. share
6. The smallest _____ are about 0.4 micron in diameter.
A. animals B. species C. bacteria D. diseases
7. Researchers continue to develop new _____ for cancer.
A. ingredients B. treatments C. nutrients D. vitamins
8. He has well-developed _____ in his arms.
A. strength B. bone C. nerve D. muscles
9. Regular exercise can increase your _____.
A. fit B. unfit C. fitness D. fitting
10. Start by looking at food labels, paying attention to ingredients and _____ such as vitamins and minerals
A. nutrients B. features C. types D. drinkables
11. The test _____ the students' ability to speak French.
A. fixes B. investigates C. repairs D. examines
12. If you have not been very active, start exercising slowly, but _____.
A. regular B. regularly C. irregular D. irregularly
13. You should cut _____ the amount of unhealthy fat you take in everyday.
A. on B. away C. down on D. on down
14. He suffered terrible pain _____ his injuries.
A. from B. of C. by D. with
15. I haven't met him again since we _____ school ten years ago.
A. have left B. leave C. left D. had left
16. Phuong _____ more vegetables since her parents _____ her to.
A. has eaten/forced B. ate/forced
C. has eaten/has forced D. ate/has forced
17. Where _____ you _____ on the Tet holiday last year?
A. do - go B. did - gone C. did - go D. did - went
18. I _____ often ill when I was young. But now I am healthy and full of energy.
A. were B. was C. have been D. am
19. I _____ here twice. I think the equipment in this gym is very modern.
A. was B. have been C. am D. will be

Read the following advertisement 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 20 to 25.

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SITUATION WANTED

A passionate sports coach offers his expertise with (20) _____ proven track record in training athletes. Age 38, height- 6'2" Skilled in Table Tennis with ten years experience. Dedicated (21) _____ nurturing talent and building winning teams. Having strong (22) _____ and mentoring skills, provide athletes with the tools they need to succeed. Salary- negotiable, Contact- Abhijeet Sinha, 3/ 25, Murli Vihar, Kota. Mob. no. 9668

- Question 20.** A. the B. no article C. a D. an
Question 21. A. at B. on C. with D. to
Question 22. A. communication B. communicating C. communicate D. communicated

MOH ANNOUNCEMENT

The General Accounts Department at the Ministry of Health (23) _____ old ministerial checks in the names of companies and individuals whose owners could not (24) _____ because their addresses are not available. Therefore, whoever finds his name in the attached statement (25) _____ review the Ministry of Health - Digital City - Third Tower - Third Floor - General Administration of Accounts

- Question 23.** A. expects B. review C. announces D. transmit
Question 24. A. be contacted B. have contacted C. contacts D. contacting
Question 25. A. had B. should C. were D. will

Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful message in each of the following questions.

Question 26.

- a. Do you prefer working out in the early morning or late afternoon?
b. Hi Phong,
c. A new fitness club has just opened near our school. It looks interesting. It has the latest exercise machines and lots of space.
d. Write back soon.
Dang.
e. Why don't you join the club with me? It'll be fun.
A. b — c — e — a — d B. b — c — a — e — d
C. b — e — d — a — c D. b — a — d — e — c

Question 27.

- a. Unfortunately, my mango trees has not produced any mangoes at the time, but by the way I will buy some fresh mangoes from the market on the way to your place for one of the dishes.
b. Looking forward to seeing you soon.
c. I am delighted to join you at your home this Sunday to find out some recipes from the book with you.
d. Warm regards.
Linda.
e. Hi Anna, I'm glad that you're finding my book on healthy cooking helpful.
A. e — a — c — b — d B. c — e — a — b — d C. c — a — b — d — e D. e — c — a — b — d

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 28 to 33.

The average daily time spent online by adults increased by nearly an hour during the UK's spring lockdown (28) _____, according to communications regulator Ofcom, with numerous countries back under severe pandemic restrictions, many of us once again find ourselves questioning whether our heavy reliance on technology is impacting (29) _____. It's true that digital devices have provided new means of work, education, connection, and entertainment during lockdown. But the perceived pressure to be online, the tendency to procrastinate to avoid undertaking tasks, and (30) _____ all have the potential to turn healthy behaviours into habits. (31) _____, which can in turn affect a user's

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wellbeing.

Digital addiction refers to the addictive and excessive use of digital devices. The design of digital platforms themselves contributes to this addictive use. Notifications, news feeds, likes and comments have all been shown to contribute towards a battle for your attention, which leads users to increase the time they spend looking at screens.

Screen time is an obvious measure of digital addiction, although researchers have noted that there is no simple way to determine how much screen time one can experience before it becomes problematic. As such, there is a continued lack of consensus on how we should think about and (32) _____.

During a global pandemic, when there often feels like no alternative to using Netflix, or video conferencing with friends and family, screen time as an indicator of digital addiction is clearly ineffective. Nonetheless, research conducted on (33) _____ does provide insights on how we can all engage with our digital technologies in a healthier way during a lockdown.

Question 28.

- A. when compared to the previous year
C. to compare to the previous year

- B. having compared to the previous year
D. compare to the previous year

Question 29.

- A. its health B. their health

- C. our health D. this health

Question 30.

- A. the digital platforms as a way to escape stress of use
C. the use of digital platforms as a way to escape stress

- B. the use a way to escape stress of digital platforms as
D. the digital platforms of use as a way to escape stress

Question 31.

- A. Which repetitive use can develop into addictive patterns
C. Developing into addictive patterns

- B. It can develop into addictive patterns
D. This repetitive use can develop into addictive patterns

Question 32.

- A. to measure digital addiction
C. measure digital addiction.

- B. we are measured digital addiction
D. digital addiction is measured

Question 33.

- A. preventing digital addiction
C. preventing addiction digital

- B. prevent digital addiction
D. prevent addiction digital

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

Regular routines can help people feel like they have control over their daily lives and that they can take positive (34) _____ in managing their health. For example, making time for exercise within routines can help meet recommended daily activity levels. This is especially relevant now, (35) _____ research shows that people who reduced their activity levels during the pandemic could experience enduring health effects. As people increase activity outside their homes, they might (36) _____ taking transit to school and work, returning to organized fitness activities and the gym, and opportunities to include movement throughout the day. (37) _____ ways that routines can support health include regular meal preparation and getting enough sleep, activities (38) _____ seem simple but can give positive results in healthy ageing over a lifetime.

Adapted from <https://theconversation.com/what-you-do-every-day-matters-the-power-of-routines-178592>

Question 34: A. activities

B. steps

C. ways

D. actions

Question 35: A. but

B. yet

C. since

D. despite

Question 36: A. consider

B. use

C. need

D. open

Question 37: A. other

B. another

C. lot of

D. few

Question 38: A. when

B. where

C. who

D. which

Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions

Everyone wants to live a long and healthy life. It's important to take care of ourselves and make choices that promote good health. By making simple lifestyle changes, we can increase our chances of living a long and fulfilling life. Exercise is important for staying healthy. Doing activities like walking, jogging, or dancing makes our hearts strong, muscles toned, and bones healthy. It also makes us feel happy and lowers the chances of getting sick, like heart disease and diabetes.

Eating good food is very crucial too. We should eat different fruits, vegetables, whole grains, and lean meats. These foods give us important vitamins and energy. We should try not to have too many sugary drinks, processed foods, or

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snacks with lots of fat. Eating healthy helps our bodies stay strong, keeps us at a good weight, and reduces the chance of getting sick.

Getting enough sleep is also essential for our bodies. When we sleep, our bodies rest and get better. It helps our bodies be strong and our brains work well. If we don't get enough sleep, we can feel tired, have trouble paying attention, and get sick more easily. We should try to sleep for seven to nine hours every night.

Last but not least, we need to manage stress to stay healthy. Stress can make our bodies and minds feel bad. We can find good ways to handle stress, like doing relaxing activities, enjoying our hobbies, or talking to our friends and family. When we manage stress in healthy ways, it helps us stay healthy and happy.

(Adapted from Centers for Disease Control and Prevention)

Question 39. Which of the following can be the best title for the passage?

- A. The Importance of Exercise for Good Health
- B. Tips for a Long and Healthy Life
- C. Managing Stress for a Healthy Lifestyle
- D. The Role of Sleep in Maintaining Good Health

Question 40. According to the passage, how does exercise contribute to staying healthy?

- A. It makes our hearts strong and muscles toned.
- B. It helps us become taller and stronger.
- C. It makes us feel sleepy and tired.
- D. It completely eliminates the chances of getting sick.

Question 41. According to the passage, we can manage stress in healthy ways by _____.

- A. doing relaxing activities, enjoying hobbies, or talking to friends and family
- B. eating healthy foods and not skipping meals
- C. watching television and playing video games for long hours to relax
- D. avoiding social interactions and isolating ourselves

Question 42. Which of the following is not true according to the passage?

- A. Exercise helps in preventing heart disease and diabetes.
- B. Consuming sugary drinks and snacks with high fat content is beneficial for our bodies.
- C. Getting enough sleep improves our physical and mental well-being.
- D. Managing stress contributes to our overall health and happiness.

Question 43. It can be inferred from the passage that _____.

- A. Eating a variety of fruits and vegetables provides essential nutrients for our bodies.
- B. Exercising regularly leads to weight gain and a higher risk of illness.
- C. Lack of sleep has no impact on our cognitive functions.
- D. Managing stress negatively affects our physical and mental health.

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the question from 44 to 50

In many experience, freshmen today are different from those I knew when I started as a counselor and professor 2 years ago. College has always been demanding both academically and socially. But students now are less mature and often not ready for the responsibility of being in college.

It is really too easy to point the finger at parents who protect their children from life's obstacle. Parents, who handle every difficulty and every other responsibility for their children writing admission essays to picking college courses, certainly may contribute to their children's lack of coping strategies. But we can look even more broadly to the social trends of today.

How many people do you know who are on medication to prevent anxiety or depression? The number of students who arrive at college already medicated for unwanted emotions has increased dramatically in the past 10 years. We, as a society, don't want to "feel" anything unpleasant and we certainly don't want our children to "suffer".

The resulting problem is that by not experiencing negative emotions, one does not learn the necessary skills to tolerate and negotiate adversity. As a psychologist, I am well aware of the fact that some individuals suffer from depression and anxiety and can benefit from treatment, but I question the growing number of medicated adolescents today.

Our world is more stressful in general because of the current economic and political realities, but I don't believe that the college experience itself is more intense today than that of the past 10 years. What I do think is that many students are often not prepared to be young "adults" with all the responsibilities of life.

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What does this mean for college faculty and staff? We are required to assist in the basic parenting of these students – the student who complains that the professor didn't remind her of the due date for an assignment that was clearly listed on the syllabus and the student who cheats on an assignment in spite of careful instructions about plagiarism.

As college professors, we have to explain what it means to be an independent college student before we can even begin to teach. As parents and teachers we should expect young people to meet challenges. To encourage them in this direction, we have to step back and let them fail and pick themselves up and move forward. This approach needs to begin at an early age so that college can actually be a passage to independent adulthood.

Question 44. According to the writer, students today are different from those she knew in that they are _____.

- A. not so academic
- B. too ready for college
- C. responsible for their work
- D. not as mature

Question 45. The word “*handle*” in paragraph 2 is opposite in meaning to.....

- A. ignore
- B. deal with
- C. gain benefits from
- D. lend a hand to

Question 46. According to the writer, students' difficulties to cope with college life are partly due to _____.

- A. the absence of parents' protection
- B. the over – parenting from parents
- C. the lack of parental support
- D. the lack of financial support

Question 47. The phrase “*on medication*” in paragraph 3 is similar in meaning to _____.

- A. studying medicine at college
- B. receiving medical treatment
- C. suffering anxiety or depression
- D. doing medical research

Question 48. Which of the following is NOT TRUE according to the passage?

- A. Our world is more stressful because of the current economic and political situation.
- B. Our society certainly doesn't want our children to experience unpleasant things.
- C. The college experience itself is more intense today than that of the past 10 years.
- D. College faculty and staff are required to help in the parenting of problematic students.

Question 49. Students who are not well – prepared to be young “adults” with all the responsibilities of life will need _____.

- A. to be assigned more housework from adults
- B. to be encouraged to meet challenges
- C. daily coaching from their teachers
- D. to be given more social responsibilities

Question 50. According to the writer, failure in life and less support from parents will _____.

- A. help students to learn to stand on their own feet
- B. defeat students from the very beginning
- C. allow students to learn the first lesson in their lives
- D. discourage students and let them down forever

B. SPEAKING

I. Giving steps to do aerobics

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II. Practising giving instructions for doing aerobics

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C. LISTENING

Task 1: Listen and decide if each statement is true (T) or false (F)

1. Health is so undeniably important that everyone wishes to have a healthy life.
2. Doing exercises also helps build up our muscle and strengthen the immune system.
3. A healthy mind is not part of a healthy body.

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4. Reducing stress or getting enough sleep is the only way to have a healthy life.

Task 2: Listen and choose the best answers

5. What is the best way to prevent heart disease or high blood pressure?

A. Doing exercises B. Eating meat C. Regular health care D. A combination of practices

6. If one wants to stay healthy, what should he do?

A. He'd better walk and play sports everyday.
B. It's necessary for him to have a suitable and nutritious eating habit.
C. He should jog daily.
D. It is advisable for him to reduce stress by getting enough sleep.

7. The following diseases are mentioned, **EXCEPT** _____.

A. heart ailment B. high blood pressure C. lung disorder D. muscle

8. Regular health care visit is _____ for a healthy life.

A. essential B. potential C. vital D. expensive

D. WRITING

I. WORD FORM

1. Whole grains are high in fiber and contain a variety of _____ that support healthy blood sugar levels. (NUTRITIOUS) :

2. _____ cholesterol is a byproduct of the fat that are found in animal-based foods like eggs, dairy products and meat. (DIET)

3. Although it's impossible to control all the factors involving your skin, you can take measures to reduce the problem with the anti-glare _____ at home. (TREAT)

4. Try to lose weight _____, by exercising more and eating better foods, rather than by extreme dieting. (HEALTH)

5. The doctor _____ her carefully, but could not find anything wrong. (EXAMINE)

II. Rewrite the following sentences, using the words given.

1. He began reading book two months ago

→ *He*

2. They started studying English when they were in grade 3.

→ *They*

3. I haven't met my aunt since I was 10 years old.

→ *I last*

4. It is a long time since she last saw her parents.

→ *She hasn't*

5. I haven't visited the museum for three months.

→ *I last*

6. Tom is ill. He became ill three days ago

→ *Tom has*

7. Let's go to the market to buy some fresh vegetables.

→ *How about*

8. I suggest (**that**) we wait a while before we make any firm decisions.

→ *Why don't*

9. Remember to brush your teeth every day.

→ *Don't*

10. My mom was delighted with her friend's invitation to a special event.

→ *My mom was pleased*

→ *My mom was pleased to*

III. Writing a short message.

Someone in your regular yoga class invites you to a housewarming party. Write a short message (35-45 words) to accept the invitation.

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