**UNIT 1: A LONG AND HEALTHY LIFE**

1. **VOCABULARY**

|  |  |  |  |
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| **STT** | **WORDS/ PHRASES** | **TRANSCRIPTION** | **MEANING** |
|  | **Fit (a)** | fɪt | Thon thả, vừa vặn |
|  | **Fitness (n)** | ˈfɪtnəs | Sự cân đối, tình trạng khoẻ mạnh |
|  | **Healthy (a)**  **> < unhealthy (a)** | ˈhelθi  ʌnˈhelθi | Khoẻ mạnh, lành mạnh  >< không khoẻ mạnh, k tốt |
|  | **Health (n)**  **Health problem** | helθ   helθ ˈprɒbləm | Sức khoẻ  Vấn đề về sức khoẻ |
|  | **Fast food** | fɑːst fuːd | Đồ ăn nhanh |
|  | **Junk food** | ˈdʒʌŋk fuːd | Đồ ăn vặt |
|  | **Regular (a) > < irregular (a)** | ˈreɡjʊlə > < ɪˈreɡjʊlə | Thường xuyên >< không thường xuyên |
|  | **Balanced diet** | ˌbælənst ˈdaɪət | Chế độ ăn uống cân bằng |
|  | **Strength (n)**  **Strenthen (v) = enhance (v) = boost**  **Strong (a)** | streŋθ  strenthen = ɪnˈhɑːns = buːst …  strɒŋ | Sức mạnh  Đẩy mạnh, thúc đẩy, tăng cường  Khoẻ |
|  | **Enthusiasm (n)**  **Enthusiast (n)**  **Enthusiastic (a)**  **Enthusiastically (adv)** | ɪnˈθjuːzɪæzəm   ɪnˈθjuːzɪæst   ɪnˌθjuːzɪˈæstɪk   ɪnˌθjuːzɪˈæstɪkl̩i | Sự nhiệt tình  Người hâm mộ  Nhiệt tình  Một cách nhiệt tình |
|  | **Physical (a)**  **Physical education**  **Physics (n)**  **Physicist (n)**  **Physician (n) = doctor (n)** | ˈfɪzɪkl̩   ˈfɪzɪkl̩ ˌedʒʊˈkeɪʃn̩   ˈfɪzɪks   ˈfɪzɪsɪst   fɪˈzɪʃn̩ = ˈdɒktə | Thuộc về thể chất  Giáo dục thể chất  Vật lý  Nhà vật lý học  Bác sĩ |
|  | **Mental (a)** | ˈmentl̩ | Thuộc về tinh thần |
|  | **Frequent (a)**  **Frequently (adv)**  **Frequency (n)** | frɪˈkwent  ˈfriːkwəntli adv   ˈfriːkwənsi | Thường xuyên (a)  Thường xuyên (adv)  Sự thường xuyên |
|  | **The amount OF + Nkđđ**  **The number OF + N s/ es**  **The quantity OF + Nkđđ/Ns/ es** | ði əˈmaʊnt əv  ðə ˈnʌmbər əv  ðə ˈkwɒntɪti əv | Lượng + danh từ không đếm được  Số lượng + + danh từ không đếm được  Lượng, số lượng + danh từ |
|  | **Lifestyle (n)** | ˈlaɪfstaɪl | Phong cách sống (n) |
|  | **Celebrate (v)**  **Celebration (n)**  **Celebrated (a) = famous (a)**  **= well-known (a)**  **Celebrity (n) = famous people** | ˈselɪbreɪt   ˌselɪˈbreɪʃn̩   ˈselɪbreɪtɪd = ˈfeɪməs  = ˈwel nəʊn  sɪˈlebrɪti = ˈfeɪməs ˈpiːpl̩ | Tổ chức kỉ niệm  Lễ kỉ niệm, ăn mừng  Nổi tiếng  Người nổi tiếng |
|  | **Treat (v) = cure (v) + sb FOR st**  **Treat sb WITH st**  **Treat st WITH st = process (v)**  **Treatment (n) = cure (n)** | triːt = ˈkjʊər   triːt   triːt = ˈprəʊses   ˈtriːtmənt = kjʊə | Điều trị cho ai bị bệnh gì  Đối xử với ai = thái độ ntn  Xử lý cái gì bằng … (chất hoá học)  Sự điều trị |
|  | **Muscle (n)** | ˈmʌsl̩ | cơ bắp (n) |
|  | **Examine (v)** | ɪɡˈzæmɪn | kiểm tra (v) |
|  | **Flesh (n)** | fleʃ | thịt (n) |
|  | **Movement (n)** | ˈmuːvmənt | Sự di chuyển, phong trào |
|  | **Injury (n)**  **Injure (v)**  **Injured (ad)** | ˈɪndʒəri   ˈɪndʒə   ˈɪndʒəd adj | Vết thương, tình trạng bị thương (n)  làm ai bị thương (v)  bị thương (adj) |
|  | **Life expectancy = life span = longevity (n)** | life ɪkˈspektənsi =  laif spæn = lɒnˈdʒevəti | Tuổi thọ |
|  | **Generally = in general**  **= on the whole = by and large**  **>< particularly = in particular** | ˈdʒenr̩əli = ɪn ˈdʒenr̩əl   = ˈɒn ðə ˈhəʊl = ˈbaɪ ənd lɑːdʒ  pəˈtɪkjʊləli = ɪn pəˈtɪkjʊlə | Nói chung  Nói riêng, cụ thể |
|  | **Possible (a) = probable (a) = likely (a)** | ˈpɒsəbl̩ = ˈprɒbəbl̩ = ˈlaɪkli | Có thể |
|  | **Lifestyle (n)** | ˈlaɪfstaɪl | Phong cách sống (n) |
|  | **Food label** | fuːd ˈleɪbl̩ | Nhãn dán thực phẩm |
|  | **Ingredient (n)** | ɪnˈɡridiənt | Nguyên liệu (nấu ăn)  Thành phần (thuốc, bánh kẹo …) |
|  | **Nutrient (n)**  **Nutrition (n)**  **Nutrious (a)** | ˈnjuːtrɪənt   njuːˈtrɪʃn̩   nutrious | Chất dinh dưỡng  Chế độ dinh dưỡng, khoa dinh dưỡng  Giàu dinh dưỡng |
|  | **Mineral (n)** | ˈmɪnərəl | Khoáng chất |
|  | **Furthermore = Moreover = In addition=Besides** | ˌfɜːðəˈmɔː = mɔːˈrəʊvə | Hơn nữa |
|  | **Active (a)**  **>< inactive (a) ~ passive** | ˈæktɪv  ɪnˈæktɪv ~ ˈpæsɪv | Năng động  >< thụ động, bị động |
|  | **Slowly (adv) >< quickly = rapidly = speedily = fast** | ˈsləʊli | chậm >< nhanh |
|  | **Repetitive (a)**  **Repeat (v)**  **Repetition (n)** | rɪˈpetətɪv  rɪˈpiːt  ˌrepɪˈtɪʃn̩ | lặp đi lặp lại (a)  nhắc lại  sự lặp lại |
|  | **Electronic device** | ˌɪlekˈtrɒnɪk dɪˈvaɪs | Thiết bị điện tử |
|  | **Energy drink** | ˈenədʒi drɪŋk | Nước uống tăng lực |
|  | **Article (n)** | ˈɑːtɪkl̩ | Bài báo, mạo từ |
|  | **Diagram (n)** | ˈdaɪəɡræm | Sơ đồ, biểu đồ |
|  | **Complete (v)**  **Complete (a)** | kəmˈpliːt | Hoàn thành  Hoàn hảo, trọn vẹn |
|  | **Instruction (n)** | ɪnˈstrʌkʃn̩ | Sự hướng dẫn |
|  | **Instruct (v)** | ɪnˈstrʌkt | Hướng dẫn |
|  | **Routine (n)** | ruːˈtiːn | Thói quen |
|  | **Proper (a)**  **(dress/ behave) + properly (adv)** | ˈprɒpə   ˈdres bɪˈheɪv + ˈprɒpəli | Phù hợp  (ăn mặc/ cư xử) một cách phù hợp |
|  | **Spread – spread – spread** | ˈspred – ˈspred – spred | Lan rộng, lan tràn, dãn ra |
|  | **Position (n)** | pəˈzɪʃn̩ | Vị trí |
|  | **Develop (v)**  **Development (n)** | dɪˈveləp   dɪˈveləpmənt | Phát triển  Sự phát triển |
|  | **Replace (v)** | rɪˈpleɪs | Thay thế |
|  | **Bone (n)** | bəʊn | Xương |
|  | **Sugar (n)** | ˈʃʊɡə | Đường |
|  | **Yoghurt (n)** | ˈjɒɡət | Sữa chua |
|  | **Butter (n)** | ˈbʌtə | Bơ |
|  | **Take turn** | ˈteɪk tɜːn | Thay nhau làm gì, lần lượt, luân phiên |
|  | **Demontrate (V) = illustrate (v)**  **Demonstration (n) = illustration (n)** | emənˈstreɪt= ˈɪləstreɪt  ˌdemənˈstreɪʃn̩ = ˌɪləˈstreɪʃn̩ | Minh hoạ  Sự minh hoạ |
|  | **Contain (v)**  **Container (n)** | kənˈteɪn   kənˈteɪnə | Chứa, đựng  Đồ chứa |
|  | **Recipe (n)**  **Cuisine (n)** | ˈresəpi   kwɪˈziːn | Công thức nấu ăn  ẩm thực |
|  | **Return st** | rɪˈtɜːn seɪnt | Mang trả lại cái gì |
|  | **Accept to V**  **>< refuse to V** | əkˈsept tu viː   ˈrefju:s tu viː | Chấp nhận làm gì  Từ chối làm gì |
|  | **(Dress) formally (adv)**  **(Dress) informally (adv)** | ˈdres ˈfɔːml̩i adv   ˈdres ɪnˈfɔːməli adv | (ăn mặc) một cách trang trọng  (ăn mặc) không trang trọng |
|  | **Treadmill (n)** | ˈtredmɪl | Máy chạy bộ |
|  | **A bacterium (n)**   * **Bacteria (pl.n)** | ə bækˈtɪəriəm   bækˈtɪəriə | 1 vi khuẩn  Nhiều vi khuẩn |
|  | **Disease (n) = ailment (n)**  **Illness (n) = sickness (n)** | dɪˈziːz = ˈeɪlmənt   ˈɪlnəs = ˈsɪknəs | Bệnh tật, sự ốm yếu |
|  | **Living organism**  **= Living creature** | ˈlɪvɪŋ ˈɔːɡənɪzəm  = ˈlɪvɪŋ ˈkriːtʃə | Sinh vật sống |
|  | **Infect (v)**  **Infectious (a) = contagious (a) = communicable (a)**  **Infection (n) = contagion (n)** | ɪnˈfekt   ɪnˈfekʃəs = kənˈteɪdʒəs  = kəˈmjuːnɪkəbl̩   ɪnˈfekʃn̩ = kənˈteɪdʒən | Lây nhiễm, lây lan  Truyền nhiễm (a)  Sự lây nhiễm |
|  | **Food poisoning** | fuːd ˈpɔɪzn̩ɪŋ | Ngộ độc thực phẩm |
|  | **Antibiotics (n)** | ˌæntibaɪˈɒtɪks | Kháng sinh |
|  | **Tiny (a) >< huge (a)** | ˈtaɪni hjuːdʒ | Nhỏ >< lớn |
|  | **Germ (n) # gem (n)** | dʒɜːm # dʒem | Mầm bệnh # đá quý, viên ngọc |
|  | **Cause (v) = lead TO**  **= result IN = bring ABOUT** | kɔːz = led tu  = rɪˈzʌlt ɪn = brɪŋ əˈbaʊt | Gây ra, dẫn đến |
|  | **A wide range OF** | ə ˌwaɪd reɪndʒ ɒv | Nhiều, phạm vi rộng |
|  | **Common (a) >< uncommon (a)** | ˈkɒmən ʌnˈkɒmən | Thông thường >< không phổ biến |
|  | **Serious (a) = severe (a)** | ˈsɪərɪəs = sɪˈvɪə | Nghiêm trọng |
|  | **Cell (n)** | sel | Tế bào |

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| **STT** | **STRUCTURES & COLLOCATIONS & IDIOMS** | **TRANSCRIPTION** | **MEANING** |
|  | **Work out** | wɜrk | Tập thể dục |
|  | **Stay healthy** | steɪ ˈhɛlθi | Sống khoẻ |
|  | **Keep fit** | kip fɪt | Giữ dáng |
|  | **Give up** | ɡɪv ʌp | Từ bỏ |
|  | **Stay up** | steɪ ʌp | Thức |
|  | **Under the weather**  **= off color**  **>< in the pink** | ˈʌndər ðə ˈwɛðər  = ɔf ˈkʌlər  >< ɪn ðə pɪŋk | Bị ốm  >< Khoẻ mạnh |
|  | **Stop + Ving**  **Stop + to V** | stɑp | Dừng/ ngừng hẳn/ từ bỏ việc gì đó  Dừng lại để làm gì |
|  | **Prefer sb/ st/ Ving TO sb/ st/ Ving**  **= would prefer to V RATHER THAN V**  **= would rather V THAN V** | prəˈfɜr  = wəd prəˈfɜr  = wəd ˈræðər | Thích ai/ cái gì/ làm gì HƠN ai/ cái gì/ làm gì KHÁC  Thích làm gì HƠN làm gì KHÁC  Thích làm gì HƠN làm gì KHÁC |
|  | **Be full OF ~ be crowded WITH**  **~ be packed WITH ~ filled WITH** | fʊl ʌv ~ ˈkraʊdəd  ~ pækt ~ fɪld | Đầy, nhiều … |
|  | **S + spend + time/ money + Ving**  **= It takes + sb + time/ money + to V** | ɛs spɛnd taɪm ˈmʌni  = ɪt teɪks taɪm ˈmʌni | Ai đó dành + thời gian/ tiền bạc vào việc gì  = Ai đó mất bao nhiêu thời gian/ tiền vào việc gì |
|  | **Take/ do/ get + exercises** | teɪk dʊ ɡɛt ˈɛksərˌsaɪzəz | Tập thể dục |
|  | **The key TO st** | ðə ki | Chìa khoá/ giải pháp CHO việc gì |
|  | **Visit + sb/st = pay a visit TO sb/st**  **= pay sb/st a visit** | ˈvɪzət = peɪ ˈvɪzət ɛs  = peɪ ˈvɪzət | Thăm ai/ nơi nào |
|  | **Be good FOR >< Be bad FOR**  **# be good AT >< be bad AT** | ɡʊd >< bæd  # ɡʊd æt >< bæd æt | Tốt cho ai >< không tốt cho ai  Giỏi về môn gì >< kém về môn gì |
|  | **Enjoy + Ving** | ɛnˈʤɔɪ | Thích làm gì |
|  | **Suffer FROM** | ˈsʌfər | Chịu đựng điều gì/ bệnh gì |
|  | **Look AT** | lʊk æt | Nhìn |
|  | **Pay attention TO = take notice OF**  **= focus ON = Concentrate ON** | peɪ əˈtɛnʃən = teɪk ˈnoʊtəs ʌv = ˈfoʊkəs ɑn = ˈkɑnsənˌtreɪt ɑn | Chú ý  Tập trung |
|  | **Avoid Ving** | əˈvɔɪd | Tránh làm gì |
|  | **Remember to V**  **Remember Ving** | rɪˈmɛmbər | Nhớ phải làm gì  Nhớ đã làm gì trong quá khứ |
|  | **Forget to V**  **Forget VING** | fərˈɡɛt | Quên phải làm gì  Quên đã làm gì trong quá khứ |
|  | **Give OFF = emit (v) + (light/ gas …)**  **>< tak IN = absorb (v)** | ɡɪv ɔf = ɪˈmɪt (laɪt ɡæs …)  >< tæk ɪn = əbˈzɔrb | Thải ra, phát ra  Hấp thụ, thẩm thấu, tiếp thu |
|  | **Prevent sb FROM Ving** | prɪˈvɛnt | Ngăn cản ai làm gì |
|  | **Fall asleep**  **# feel sleepy** | fɔl əˈslip  # fil ˈslipi | Ngủ thiếp đi  Cảm thấy buồn ngủ |
|  | **Try + to V**  **Try + Ving/ st** | traɪ | Cố gắng làm gì  Thử làm gì/ thử cái gì |
|  | **Give instruction** | ɡɪv ɪnˈstrʌkʃən | Đưa ra sự hướng dẫn |
|  | **Do star jumps** | dʊ stɑr ʤʌmps | Nhảy sao |
|  | **Do squats** | dʊ skwɑts | Tập squats |
|  | **Run on the spot** | rʌn ɑn ðə spɑt | Chạy tại chỗ |
|  | **Cut down on = reduce (v)**  **= decrease (v) + O**  **S + reduce/ decrease/**  **decline/ go down (không có O)** | kʌt daʊn ɑn = rəˈdus  = ˈdiˌkris  ɛs rəˈdus ˈdiˌkris  dɪˈklaɪn ɡoʊ daʊn | Làm giảm cái gì  Chủ ngữ + giảm (không có tân ngữ phía sau) |
|  | **Help sb V/ to V = assist (v)**  **Help sb with st** | hɛlp = əˈsɪst | Giúp đỡ ai làm gì  Giúp đỡ ai việc gì |
|  | **Bring sb with st** | brɪŋ | Mang theo cái gì |
|  | **How about/ What about + Ving**  **= Let’s V …?**  **= Shall we V …?**  **= Why don’t we V …?** | haʊ əˈbaʊt wɑt əˈbaʊt  = lɛts  = ʃəl wi  = waɪ doʊnt wi | Thế còn làm việc này thì sao?  Chúng ta hãy cùng ….  … |
|  | **Thank sb FOR st/ Ving** | θæŋk | Cảm ơn ai vì điều gì |
|  | **Lend sb st**  **Borrow st FROM sb** | lɛnd ˈbɑˌroʊ | Cho ai mượn cái gì  Mượn cái gì từ ai |
|  | **Suggest + Ving**  **Suggest that S + should V** | səɡˈʤɛst  səɡˈʤɛst ðət ɛs ʃʊd | Đề xuất làm gì  Đề xuất ai đó làm gì |
|  | **Remind sb to V**  **Remind sb OF sb/st/ Ving** | riˈmaɪnd  riˈmaɪnd ʌv | Nhắc nhở ai làm gì  Gợi cho ai nhớ về ai/ điều gì |
|  | **Be pleased WITH = be satisfied/ contented WITH** | plizd = ˈsætəˌsfaɪd  kənˈtɛntəd | Hài lòng với |
|  | **Accept to V**  **>< refuse to V** | ækˈsɛpt  >< rɪˈfjuz | Chấp nhận làm gì  Từ chối làm gì |
|  | **(Dress) formally (adv)**  **(Dress) informally (adv)** | (drɛs) ˈfɔrməli  (drɛs) ɪnˈfɔrməli | (ăn mặc) một cách trang trọng  (ăn mặc) không trang trọng |
|  | **(thank/ book) + in advance** | ɪn ədˈvæns | (cảm ơn/ đặt … ) trước |
|  | **Offer st TO sb**  **Offer sb st** | ˈɔfər | Cung cấp cái gì cho ai  Cung cấp cho ai cái gì |
|  | **Respond (v) TO st**  **Response (n) TO st**  **Responsive (a) TO st** | rɪˈspɑns  rɪˈspɑnsɪv | Đáp lại, phản hồi lại  Sự phản hồi  Phản hồi lại |
|  | **Be different FROM = differ FROM**  **>< Be similar TO** | ˈdɪfərənt = ˈdɪfər  >< ˈsɪmələr | Khác so với  Giống với |
|  | **Give sb a hand**  **= do sb a favour = help sb** | ɡɪv hænd  = dʊ fvour = hɛlp | Giúp đỡ ai |
|  | **Use st to V**  **Use st FOR Ving** | juz | Sử dụng cái gì để làm gì |
|  | **get over = recover from** | ɡɛt ˈoʊvər = rɪˈkʌvər | Vượt qua, Phục hồi |
|  | **go off** | ɡoʊ ɔf | Ôi thiu, bị hỏng |
|  | **lie down** | laɪ daʊn | Nằm xuống |
|  | **put on (weight)** | pʊt ɑn (weɪt) | Tăng cân |
|  | **on a diet** | ɑn ˈdaɪət | Ăn kiêng |
|  | **Be addicted to** | əˈdɪktəd | Nghiện |
|  | **Be allergic to** | əˈlɜrʤɪk | Dị ứng đối với |
|  | **die from/of** | daɪ ʌv | Chết vì bệnh gì |
|  | **a cure for** | kjʊr | phương pháp điều trị cho bệnh gì |
|  | **a recipe for** | ˈrɛsəpi | Cách nấu món gì |

1. **GRAMMAR**

**QUÁ KHỨ ĐƠN & HIỆN TẠI HOÀN THÀNH**

**1. Simple past (Quá khứ đơn)**

**A. Với động từ "to be":**

**(+) S + was/ were + O**

**(-) S + wasn't/ weren't + O**

**(?) Was/ were (not) + S + O?**

**B. Với động từ “to do”:**

**(+) S + Ved + O**

**(-) S + didn't + V + O**

**(?) Did (not) + S + V + O?**

**Uses (Cách sử dụng)**

• Điều tả hành động đã xảy ra và chấm dứt hoàn toàn trong quá khứ.

Ex: - I saw a movie yesterday.

- Last year, I traveled to Japan.

• Diễn tà một chuỗi các hành động liên tiếp xảy ra trong quá khứ.

Ex: - I finished work, walked to the beach and found a nice place to swim.

- Did you add flour, pour the milk and then add the eggs?

**C. Adverbs (Trạng ngữ nhận biết)**

• Yesterday, ago, in + năm/ tháng trong quá khứ, last...

**D. Một số lưu ý đối với thi quá khứ đơn:**

• Quy tắc thêm **“ed”** với động từ thường: Hầu hết động từ được thêm **"ed"** để biến thành động từ dạng quá khứ.

Ex: work - worked, visit - visited

• Một vài động từ kết thúc bằng phụ âm **"y"** thì biến **"y"** thành **"i"** rồi thêm **"ed"** để biến thành dạng động từ quá khứ.

Ex: study - studied, carry - carried

• Một vài động từ có dạng 1:1:1 (1 phụ âm + 1 nguyên âm + 1 phụ âm) thì ta gấp đôi phụ âm cuối rồi thêm **"ed".**

Ex: plan - planned, fit - fitted

***\* Cách phát âm đối với động từ có đuôi “ed”:***

**Đúng nhất:** Theo phiên âm quốc tế, khi **-ED** đứng sau các âm sau sẽ được phát âm như sau:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Phát âm của **-ED** | Các âm trước **-ED** | | | | | | | |
| /ɪd/ | /t/ | | | | /d/ | | | |
| /t/ | /k/ | /f/ | /p/ | /ʃ/ | /tʃ/ | /s/ | /t/ | /θ/ |
| /d/ | Các nguyên âm và phụ âm còn lại | | | | | | | |

***Mẹo vặt:*** (Không đúng 100%): sáng sớm xe sh chạy khắp phố phường

s, x, ce, sh, ch, k, p, f

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Phát âm của **-ED** | Các âm trước **-ED** | | | | | | | | | | |
| /ɪd/ | t | | | | | d | | | | | |
| /t/ | P | x | ce | f | ch | sh | \*gh | s | \*th | ph | k |
| /d/ | Các nguyên âm và phụ âm còn lại | | | | | | | | | | |

Ex:

|  |  |
| --- | --- |
| /ɪd/ | wanted, needed, demanded, suggested, mended, hated, visited, … |
| /t/ | walked, liked, stopped, raped, washed, watched, laughed, sentenced, rated, breathed, stated, looked, cooked, sniffed, missed, mixed**.**... |
| /d/ | played, studied, changed, matched, decreed, .... |

***Note:***

• Khi \*th phát âm là /θ/ thì -ed mới phát âm là /t/ như breathed, ...

• Khi \*th phát âm là /ð/ thì -ed có phát âm là /d/ như bathed, ...

• Khi \*gh phát âm là /f/ thi -ed phát âm là /t/ như laughed, coughed, ....

• Khi \*gh là âm câm thi -ed phát âm là /d/ như ploughed, ...

• Khi \*s phát âm là /z/ thì -ed thường được phát âm là /d/ như praised, chased, raise**d.**...

• Khi \*s phát âm là /s/ thì -ed thường được phát âm là /t/ như: passed, increased, crossed …

**Ngoại lệ:**

- Một số tính từ sau có cách phát âm của -ed là /ɪd/: naked /'neɪkɪd/, learned /'lə:nɪd/, aged /eɪdʒɪd/, beloved /bɪ'lʌvɪd/, blessed /'blesɪd/, crooked /'krʊkɪd/, ragged /'ræɡɪd/, sacred /'seɪkrɪd/, wretched /'retʃɪd/,...

- Phần ngoại lệ: Có một chữ có -ed tận cùng được phát âm là /əd/. Chữ đó là hundred /'hʌndrəd/

**2. Perfect present (Hiện tại hoàn thành)**

**(+) S + have/ has Vpp…**

**(-) S + haven’t/ hasn’t Vpp …**

**(?) Have/ Has (not) + S + Vpp …?**

**Uses (Cách sử dụng)**

• Điều tả hành động đã xảy ra trong quá khứ và kéo dài đến hiện tại hoặc liên quan đến hiện tại

Ex: - I have lost the key since yesterday

• diễn tả hành động lặp đi lặp lại nhiều lần trong quá khứ.

Ex: - I have seen this film several times

• Diễn tả một kinh nghiệm cho tới thời điểm hiện tại (thường dùng trạng từ ever)

Ex: - This is the most interesting film I **have ever seen**

* I **have read** this book **since** 9**a.**m. Its ending is goo**d**
* I **have waited** you **for** half an hour. Now I quit
* I **have** never **seen** a prettier girl than her.
* I **have** already **finished** my homework.
* I **have** just **come** back from school.
* I **haven’t had** a presentation yet.

**C. Adverbs (Trạng ngữ nhận biết)**

***- just****=****recently****=****lately****:* gần đây, vừa mới

***- already****:*đãrồi

***- ever****:*đã từng

***- never … before****:*chưa từng, không bao giờ

***- for****+****khoảng******thời gian****:* trong khoảng (for a year, for a long time, …)

***- since****+****mốc thời gian****:* từ khi (since 1992, since june,...)

***- yet****:*chưa (dùng trong câu phủ định và câu hỏi)

***- so far = until now = up to now = up to the present:***cho đến bây giờ

- **for/ over/ in/ during + the last/ past + few + days/ months/ years** …: trong suốt những ngày/ tháng … qua

1. **EXERCISES**

### Circle 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.** healthy **B.** fitness **C.** strength **D.** mental
2. **A.** health **B.** enthusiasm **C.** strength **D.** without
3. **A.** muscle **B.** suffer **C.** yoghurt **D.** instruct
4. **A.** fresh **B.** diet **C.** flesh **D.** exercise
5. **A.** yoga **B.** fatty **C.** balance **D.** habit
6. **A.** changed **B.** stayed **C.** happened **D.** stopped
7. **A.** pieces **B.** muscles **C.** decades **D.** labels
8. **A.** ache **B.** chip **C.** choose **D.** cheese
9. **A.** flesh **B.** muscle **C.** sugar **D.** fish
10. **A.** ingredient **B.** nutrient **C.** vitamin **D.** mineral

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

1. **A.** healthy **B.** problem **C.** mental **D.** amount
2. **A.** lifestyle **B.** frequent **C.** injure **D.** balance
3. **A.** device **B.** treatment **C.** muscle **D.** movement
4. **A.** replace **B.** proper **C.** instruct **D.** routine
5. **A.** accept **B.** contain **C.** return **D.** treadmill
6. **A.** regular **B.** energy **C.** position **D.** diagram
7. **A.** infectious **B.** attention **C.** position **D.** demonstrate
8. **A.** asleep **B.** avoid **C.** formal **D.** remind
9. **A.** recipe **B.** informal **C.** mineral **D.** nutrient
10. **A.** offer **B.** provide **C.** advance **D.** respond
11. **Complete the following sentences using the present perfect forms of the verbs in brackets.**
12. She\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(learn) English **for** three years.
13. I’m hungry. I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(not eat) anything **since** breakfast.
14. He **never**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(drive) a car **before**.
15. We\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(know) each other **since** we were at high school.
16. Everything is going well. We\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(not have) any problem **so far.**
17. I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(drink) **four cups** of coffee **today**.
18. John\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(live) in Denver **since** 2017.
19. - You **ever**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(climb) Mount Everest?

- No, I haven’t. But I’m sure I will, if I have a chance.

1. It is nice to see you again. We\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(not see) each other **for** a long time.
2. I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(forget) my key. I can’t unlock the door now.
3. Eric is calling his girlfriend again. That is **the third time** he\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(call) her this evening.
4. The police\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(arrest) **two** men in connection with the robbery.
5. Susan really loves that film. She\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(see) it **eight times**!
6. You **already**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(read) the book? What do you think?
7. I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(not go) to a zoo **before**. It is a nice feeling to go somewhere you **never** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (be) **before**.
8. **Over the past few years**, Viet Nam \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(become) one of  the most popular destinations for foreign visitors in Southeast Asi**a**
9. I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (not, sleep) well just **lately**. I don’t know how to keep balance between work and play.
10. As an avid traveler, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (travel) to more than 30 countries and 4 continents **up to now.**

**KEY**

|  |  |
| --- | --- |
| 1. **learn => has learnt** 2. **haven't eaten** 3. **has never driven** 4. **know => have known** 5. **haven't had** 6. **have drunk** 7. **live => has lived** 8. **have you ever climbed** 9. **haven't seen** | 1. **forget => have forgotten** 2. **call => has called** 3. **arrest => have arrested** 4. **see => has seen** 5. **read => have you already read** 6. **haven't gone; have never been** 7. **has become** 8. **haven't slept** 9. **have traveled** |

1. **Complete the following sentences using the past simple forms of the verbs in brackets.**
2. People\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(build) this school **in 2001.**
3. **Last year**, my father\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(promise) to buy my sister a piano.
4. It\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(be) very hot **last summer**.
5. I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(walk) home after the party **last night.**
6. The Chinese\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(invent) printing.
7. Sam and I\_\_\_\_\_\_\_\_\_\_\_\_(play) tennis **yesterday**. He **was** much better than I **was**, so he \_\_\_\_\_\_\_\_\_(win) easily
8. My grandpa\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(die) 30 years **ago**.
9. - You\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(go) to the movies **last night**?

* Yes, but it\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(be) a mistake. The movie\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(be) awful.

1. When I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(get) home **last night**, I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(be) very tired, so I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(go) straight to the be**d**
2. Diane\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(use) to travel a lot. These days she doesn’t take many trips.
3. - When Joe and Carol\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(meet) each other?

They first\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(meet) when they\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(be) in high school.

1. When Sarah\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(get) to the party **last night**, Eric had already gone home.
2. I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(ring) you up two days **ago** but I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(get) no answer. Where you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(be)?
3. When I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(be) small, I often\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(play) with a doll.

**KEY**

|  |  |
| --- | --- |
| **1. built.** | **8. did you go - was - was.** |
| **2. promised** | **9. got - was - went.** |
| **3. was.** | **10. used** |
| **4. walked** | **11. did .... meet/met/were** |
| **5. invented** | **12. got.** |
| **6. played - won.** | **13. rang - got - were you** |
| **7. died** | **14. was - played** |

1. **Complete the following sentences using the past simple forms of the verbs in brackets.**
2. When I was waiting for the bus, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (see) my close frien**d**
3. She\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(study) English since she\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(be) four years ol**d**
4. He\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(see) 10 mice when he\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(come) into the room.
5. When I was going to the door, the phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(ring).
6. His health has improved since he\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(return) from the hills.
7. It is the first time he\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(drive) a car.
8. "\_\_\_\_\_\_\_\_\_\_ You\_\_\_\_\_\_\_\_\_\_(find) the key which you\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(lose) yesterday?"

"Yes. I\_\_\_\_\_\_\_\_\_\_ (find) it in the pocket of my other coat."

1. Sarah has lost passport again. It is the second time this\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(happen).
2. When the alarm rang, Jack\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(jump) out of bed quickly.
3. Yesterday, I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(decide) to stop eating animal products to be a vegan.
4. It \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(be) my birthday last Sunday, so we \_\_\_\_\_\_\_\_\_ (meet) up with my friends for a pizz**a**
5. She \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (be) unwell since last week. She \_\_\_\_\_\_\_\_\_ (go) to the hospital three times.
6. I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (lose) my appetite for sugary food recently. Now I can only eat food with no sugar.
7. They \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(switch) to having one low-calorie meal for a few months
8. My brother \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (not, write) his report yet.
9. This is the best book she \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(read)
10. Until now, the disease \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(kill) over thirty thousand people worldwide
11. My brother \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(not, finish) his exercise so far.

**Key**

|  |  |
| --- | --- |
| **1. saw** | **10. decided** |
| **2. has studied - was** | **11. was/ met up** |
| **3. saw - came.** | **12. has been/ has gone** |
| **4. rang.** | **13. have lost** |
| **5. returned** | **14. have switched** |
| **6. has driven.** | **15. hasn't written** |
| **7. have you found/lost/found** | **16. has read** |
| **8. has happened** | **17. has killed** |
| **9. jumped** | **18. hasn't finished** |

1. **Circle A, B, C or D to indicate the correct answer to each of the following questions**
2. While we were having dinner at a restaurant someone came to the house and \_\_\_\_\_\_\_\_\_\_this note.

**A.** left **B.** hadleft **C.** was left **D.** was leaving

1. She said she met you once at the Hilton last year. \_\_\_\_\_\_\_\_\_\_ since then?

**A.** Have you met her **B.** Did you meet her **C.** Were you met her **D.** Had you met her

1. “How’s Peter doing?” “I don’t know. I \_\_\_\_\_\_\_\_\_\_ from him for months.”

**A.** have to hear **B.** haven’t heard **C.** didn’t hear **D.** don’t hear

1. Their children \_\_\_\_\_\_\_\_\_\_ lots of new friends since they \_\_\_\_\_\_\_\_\_\_ to that town.

**A.** have made - moved **B.** were making - have moved

**C.** made - are moving **D.** made - have been moving

1. There \_\_\_\_\_\_\_\_\_\_ great changes in our village in the past few years.

**A.** have been **B.** had been **C.** was **D.** has been

1. The noise from the trains \_\_\_\_\_\_\_\_\_\_ me terribly last night.

**A.** was annoyed **B.** annoyed **C.** has annoyed **D.** had annoyed

1. After he had finished his English course, he \_\_\_\_\_\_\_\_\_\_ to England to continue his study.

**A.** goes **B.** went **C.** has gone **D.** was going

1. When I \_\_\_\_\_\_\_\_\_\_ to visit her last night, she was having a bath.

**A.** was coming **B.** came **C.** has come **D.** had come

1. John \_\_\_\_\_\_\_\_\_\_ in the same house since he left school.

**A.** lived **B.** had lived **C.** was living **D.** has lived

1. I had prepared dinner before I \_\_\_\_\_\_\_\_\_\_ to work.

**A.** went **B.** was going **C.** had gone **D.** is going

1. When she came into the hall, she \_\_\_\_\_\_\_\_\_\_ her arms to the audience, smiled and bowed deeply.

**A.** opened **B.** had opened **C.** was opening **D.** is opening

1. I have never played badminton before. This is the first time I \_\_\_\_\_\_\_\_\_\_ to play it.

**A.** try **B.** tried **C.** have tried **D.** am trying

1. When her husband was in the army, Mary \_\_\_\_\_\_\_\_\_\_ to him twice a week

**A.** was writing **B.** wrote **C.** was written **D.** writes

1. Since Tom \_\_\_\_\_\_\_\_\_\_, I have heard nothing from him.

**A.** had left **B.** left **C.** has left **D.** was left

1. These are the highest words of praise they \_\_\_\_\_\_\_\_\_\_ from the old man.

**A.** ever heard **B.** have ever had **C.** had ever had **D.** will have ever heard

1. **Complete the following sentences with the correct forms of the words in capitals**
2. Many people are trying to adopt a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ lifestyle these days. (**HEALTH**)
3. Stay healthy by eating well and exercising\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (**REGULAR**)
4. Just taking vitamin tablets will not turn an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_diet into a good one. (**HEALTH**)
5. She stays so \_\_\_\_\_\_\_\_\_\_\_\_\_\_ although she is 70 years old now (**ACT**)
6. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_ diet contains an adequate amount of all the nutrients required by the body to grow, remain healthy and be disease-free (**BALANCE**)
7. These exercises are a great way to increase \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ while maintaining flexibility.(**STRONG**)
8. Regular exercises are physical or mental activities that we do \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to stay healthy (**FREQUENT**)
9. Two motorists needed medical \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ following the accident. (**TREAT**)
10. Muscles are pieces of flesh in our body that allow the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of our arms, legs, et**c** (**MOVE**)
11. As a result of the accident, several passengers suffered serious \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (**INJURE**)
12. The doctor \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ her carefully, but could not find anything wrong. (**EXAM**)
13. Life \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for both men and women has improved greatly in the past 20 years (**EXPECT**)
14. The book opens with an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of why some food are not good for health. (**EXPLAIN**)
15. Plants draw minerals and other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from the soil. (**NUTRITIOUS**)
16. He was so exhausted that he fell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at his desk. (**SLEEP**)
17. A special trainer has been brought in to work on the tennis player's \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (**FIT**)
18. Raw meat and poultry may contain harmful \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (**BACTERIUM**).
19. The virus affects the body's immune system so that it cannot fight \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (**INFECT**)
20. An \_\_\_\_\_\_\_\_\_\_\_\_ is a substance, for example [penicillin](https://www.oxfordlearnersdictionaries.com/definition/english/penicillin), that can destroy or prevent the growth of bacteria and cure infections (**BIOTIC**)
21. Food with a lot of sugar is not very good for your skin, so you should cut down on \_\_\_\_\_\_\_\_\_\_\_\_\_ desserts and drinks. (**SUGAR**)

**Key**

|  |  |
| --- | --- |
| **1. healthy** | **11. examined** |
| **2. regularly** | **12. expectancy** |
| **3. unhealthy** | **13. explanation** |
| **4. active** | **14. nutrients** |
| **5. balanced** | **15. asleep** |
| **6. strength** | **16. fitness** |
| **7. frequently** | **17. bacteria** |
| **8. treatment** | **18. infection** |
| **9. movement** | **19. antibiotic** |
| **10. injuries** | **20. sugary** |

1. **Fill in the blank with a suitable word given in the box**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **health** | **diet** | **habit** | **avoid** | **balanced** |
| **treatment** | **strength** | **suffered** | **examined** | **muscles** |

1. I completely \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ eating cake. If I eat one piece, I’ll feel awful.
2. It's also important to eat a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ diet with lots of fruits, vegetables, and protein
3. The chance of developing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ problems is greater for individuals who are too fat or too thin.
4. At the hospital, the doctor had \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ David and diagnosed malari**a**
5. She is trying to lose weight through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and exercise.
6. The strategy is helping children develop the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of eating fruits and vegetables
7. Work out at home with simple weights or bands to build your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
8. Researchers are working to find a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the disease.
9. The fitness program will help you maintain your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and endurance
10. Victims \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from severe injuries in the accident.

**Key**

|  |  |
| --- | --- |
| **1. avoid** | **6. habit** |
| **2. balanced** | **7. muscles** |
| **3. health** | **8. treatment** |
| **4. examined** | **9. strength** |
| **5. diet** | **10. suffered** |

1. **Fill in the blank with a suitable word given in the box**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **label** | **expectancy** | **reduce** | **ingredients** | **nutrients** |
| **electronic** | **attention** | **infectious** | **regularly** | **Injuries** |

* + - 1. Studies show that for each hour of regular exercise, people can gain two hours of additional life \_\_\_\_\_\_\_\_\_\_\_\_\_\_
      2. Kim's mother reminded her to turn off her \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ devices before going to bed
      3. The doctors advised viewers to exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
      4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ diseases, which are caused by organisms such as bacteria, viruses, fungi or parasites, can be passed from person to person
      5. A low-fat diet can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the risk of heart disease.
      6. Check the calorie levels and ingredients on the food \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ before you eat
      7. We need to pay \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to what we eat and the effects of food on our health.
      8. A healthy diet should provide all your essential \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
      9. All food products should carry a list of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on the packet.
      10. As a result of the accident, several passengers sustained serious head \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**KEY**

|  |  |
| --- | --- |
| **1. expectancy** | **6. label** |
| **2. electronic** | **7. attention** |
| **3. regularly** | **8. ingredients 9. nutrients** |
| **4. infectious** |  |
| **5. reduce** | **10. injuries** |

1. **Fill in the blank with a suitable phrasal verbs**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **work out** | **stay up** | **give up** | **go on** | **turn off** |
| **give off** | **get over** | **go off** | **cut down** | **spread out** |

1. Jump with your feet apart and your arm \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. I'm trying to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on fatty foods to have a healthy diet
3. I’ve got school tomorrow. I don't want to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ late.
4. My brothers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at a gym or swim twice a week.
5. My friends \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ eating junk food and energy drinks
6. I'd love a dessert, but I want to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a diet.
7. Please \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ smarphones, laptops or tablets before you go to bed
8. Smarphone screens \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ blue light which is harmful to our eyes
9. Yates is struggling to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a serious knee injury.
10. Cream will \_\_\_\_\_\_\_\_\_\_\_ very [quickly](https://dictionary.cambridge.org/dictionary/english/quick) if it is not [kept](https://dictionary.cambridge.org/dictionary/english/kept) in the [fridge](https://dictionary.cambridge.org/dictionary/english/fridge).

**KEY**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1.** | **spread out** |  | **6.** | **go on** |
| **2.** | **cut down** |  | **7.** | **turn off** |
| **3.** | **stay up** |  | **8.** | **give off** |
| **4.** | **work out** |  | **9.** | **get over** |

**5. give up 10. go off**

1. **Circle A, B, C or D to indicate the correct answer to each of the following questions**
2. Don't forget to drink lots of water and stay \_\_\_\_\_\_\_\_\_\_ with plenty of exercise.  
   **A.** inactive **B.** active **C.** awake **D.** still
3. If you want to have a long, healthy life, you need to exercise to have a good level of \_\_\_\_\_\_\_\_\_\_\_

**A.** intelligence **B.** activities **C.** weight **D.** fitness

1. It's also important to eat a \_\_\_\_\_\_\_\_\_\_\_ diet with lots of fruits, vegetables, and protein

**A.** balanced **B.** unhealthy **C.** poor **D.** strict

1. Early morning sleep helps us prepare our mind which helps us manage our feelings and avoid \_\_\_\_\_\_\_\_ too stresse**D.**

**A.** get **B.** to get **C.** getting **D.** got

1. I prefer fruits and vegetables \_\_\_\_\_\_\_\_\_\_\_ fast food and junk food

**A.** of  **B.** for **C.** than **D.** to

1. Just 15 minutes of daily \_\_\_\_\_\_\_\_\_\_\_ can add three more years of life

**A.** smoking **B.** reading **C.** routines **D.** exercise

1. However, you shouldn't drink coffee and green tea too much \_\_\_\_\_\_\_\_\_\_\_ they can make it harder for you to sleep.

**A.** because **B.** because of **C.** although **D.** despite

1. She got enough sleep last night, so today she is full of \_\_\_\_\_\_\_\_\_\_\_

**A.** exercise **B.** energy **C.** injuries **D.** stress

1. We spent a lot of time \_\_\_\_\_\_\_\_\_, doing the gardening and walking in the parks

**A.** cooked **B.** cook **C.** cooking **D.** to cook

1. The [office](https://dictionary.cambridge.org/dictionary/english/office) has a [gym](https://dictionary.cambridge.org/dictionary/english/gym) for those who like to \_\_\_\_\_\_\_\_ exercise in [their](https://dictionary.cambridge.org/dictionary/english/their) [lunch](https://dictionary.cambridge.org/dictionary/english/lunch) [hour](https://dictionary.cambridge.org/dictionary/english/hour).

**A.** take **B.** put **C.** make **D.** give

1. The key \_\_\_\_\_\_\_\_\_\_ a healthy body is diet and exercise

**A.** for **B.** with **C.** to **D.** by

1. We should \_\_\_\_\_\_\_\_\_\_ healthy by eating well and exercising regularly.

**A.** sound **B.** seem **C.** look **D.** stay

1. \_\_\_\_\_\_\_\_\_\_ [fruit](https://dictionary.cambridge.org/dictionary/english/fruit) and [vegetables](https://dictionary.cambridge.org/dictionary/english/vegetable) [form](https://dictionary.cambridge.org/dictionary/english/form) an [important](https://dictionary.cambridge.org/dictionary/english/important) [part](https://dictionary.cambridge.org/dictionary/english/part) of a healthy diet

**A.** Raw **B.** Fresh **C.** Frozen **D.** Cooked

1. We \_\_\_\_\_\_\_\_\_\_\_\_ our 25th wedding anniversary in Florence.

**A.** celebrated **B.** memorized **C.** remembered **D.** organized

1. This exercise is [designed](https://dictionary.cambridge.org/dictionary/english/design) to build the [shoulder](https://dictionary.cambridge.org/dictionary/english/shoulder) and back \_\_\_\_\_\_\_\_

**A.** skin **B.** bones **C.** flesh **D.** muscles

1. Increasing numbers of children are \_\_\_\_\_\_\_\_\_\_\_ from mental health problems due to bad habits

**A.** suffering **B.** recovering **C.** harming **D.** improving

1. \_\_\_\_\_\_\_ attention to your diet, exercise, sleep, and happiness, and you'll find yourself enjoying your 100th birthday!

**A.** Put **B.** Take **C.** Pay **D.** Attract

1. Start following these five habits to add years to your life \_\_\_\_\_\_\_\_\_\_\_.

**A.** expect **B.** expectant **C.** expectation **D.** expectancy

1. Put away your electronic \_\_\_\_\_\_\_\_\_\_\_, turn off the TV, and chill out on your bed or the sofa for 10-15 minutes before you try to go to sleep.

**A.** mails **B.** books **C.** devices **D.** appliances

1. Coffee and green tea can help \_\_\_\_\_\_\_\_\_\_\_ your risk of early death by 20 to 30%.

**A.** promote **B.** reduce **C.** examine **D.** increase

1. I believe you need to decide if you want to focus on \_\_\_\_\_\_\_\_\_\_\_ weights or improving your heart health

**A.** lifting **B.** putting **C.** taking **D.** pulling

1. The doctor have just \_\_\_\_\_\_\_\_\_\_\_ the patients and fortunately the treatment is working

**A.** discharged **B.** suffered **C.** examined **D.** operated

1. 30 minutes is enough time to use social media because the screens of electronic devices \_\_\_\_\_\_\_ blue lights

**A.** give up **B.** give off **C.** take in **D.** take up

1. I don’t cook well, so I just whip up some easy Vietnamese \_\_\_\_\_\_\_, such as: spring rolls or fried rice

**A.** minerals **B.** nutritions **C.** recipes **D.** ingredients

1. I usually cook some simple Vietnamese dishes, whose \_\_\_\_\_\_\_\_\_\_\_ are meat, onion, pepper, salt and sugar.

**A.** minerals **B.** nutritions **C.** recipes **D.** ingredients

1. I think we need to eat a balanced diet because junk food has a lot of fat, which is harmful \_\_\_\_\_\_\_\_\_\_\_ our health.

**A.** for **B.** with **C.** to **D.** by

1. The last century's advances such as the discovery of \_\_\_\_\_\_\_\_\_\_\_\_and vaccines have contributed to longer life.

**A.** antibiotics **B.** natural remedies **C.** traditional therapies **D.** acupressure

1. While smoking and fast food consumption can increase the risk of obesity, doing regular \_\_\_\_\_\_\_\_\_\_\_ activity can help people have a good shape.

**A.** mental **B.** physical **C.** daily **D.** extracurricular

1. Sneezing is the most common way of spreading an \_\_\_\_\_\_\_\_.

**A.** ignorance **B.** ache  **C.** injury **D.** infection

1. All food products should carry a list of \_\_\_\_\_\_\_\_ on the packet.

**A.** areas  **B.** parts  **C.** ingredients  **D.** chemicals

1. The supermarket chain has promised to \_\_\_\_\_\_\_\_ on packaging.

**A.** cut down **B.** cut off **C.** cut into **D.** cut by

1. The coronavirus is so \_\_\_\_\_\_\_ that all citizens in this city contract it.  
   **A.** infection  **B.** infected  **C.** infectious  **D.** infect
2. It’s not easy to give up\_\_\_\_\_\_\_\_\_. My uncle has tried\_\_\_\_\_\_\_\_\_ it lots of times without success.

A. smoke/ to do B. to smoke/ doing C. smoking/ to do D. smoking/ doing

1. **Circle A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s)**
2. Old people have an **active** lifestyle and are cared for by their families

**A.** independent **B.** simple **C.** energetic **D.** passive

1. You will become **unhealthy** if you eat too many snacks.

**A.** harmful **B.** nutritious **C.** sick **D.** injured

1. Men often gather in the street and laugh with each other. This **reduces** their stress and risk of heart diseases.

**A.** cut down on **B.** go down **C.** go up **D.** give up

1. The balance between work and life helps people to protect themselves from the negative **effects** of stress

**A.** reasons **B.** impacts **C.** causes **D.** symptoms

1. Eating more fruits and vegetables, but less fatty foods can reduce the risk of serious **diseases**

**A.** symptoms **B.** problems **C.** treatments **D.** ailments

1. Research shows that the food we eat can affect **longevity**.

**A.** health **B.** protection **C.** length **D.** life span

1. We should **consume** healthy food such as brown rice, fresh fruit and vegetables. We should also eat more fish and less red meat.

**A.** use **B.** eat **C.** purchase **D.** sell

1. In the 21st century, scientists continue to look for new ways to **treat** serious diseases and slow down the ageing process.

**A.** prevent **B.** protect **C.** cure **D.** eliminate

1. The local government has organised routine health check-ups, created hundreds of walking trails for residents to exercise, and built hot springs for local people to **recover from** ill health.

**A.** get over **B.** give off **C.** give up **D.** go over

1. We should do exercise **frequently** and eat more fruits and vegetables to stay healthy

**A.** rarely **B.** daily **C.** regularly **D.** immediately

1. I read an article on the Internet, which claimed you could increase your **life expectancy** if you ate brown rice, fruit and vegetables

**A.** health **B.** protection **C.** length **D.** longevity

1. No effective **treatment** exists for this highly infectious disease

**A.** cure **B.** problems **C.** method **D.** symptom

1. The doctor **examined** her carefully but could find nothing wrong.

**A.** treated **B.** checked **C.** operated **D.** diagnosed

1. Please **pay attention to** what I'm about to tell you.

**A.** take note of **B.** take advantage of **C.** concentrate on **D.** make use of

1. Avoid bad habits such as drinking too much coffee or teas. **Furthermore**, you should do more exercise

**A.** Moreover **B.** Therefore **C.** However **D.** For example

1. The cell is the unit of which all living **organisms** are composed

**A.** plants **B.** animals **C.** creatures **D.** immediately

1. An **infectious** disease can be passed easily from one person to another, especially through air or water

**A.** serious **B.** contagious **C.** mental **D.** common

1. He died after suffering from a **serious** illness.

**A.** severe **B.** common **C.** communicable **D.** curable

1. You ought to **give up** smoking to protect your health

**A.** suffer **B.** reduce **C.** stop **D.** prevent

1. I [noticed](https://dictionary.cambridge.org/dictionary/english/notice) that you was [looking](https://dictionary.cambridge.org/dictionary/english/looking) a little **under the**[**weather**](https://dictionary.cambridge.org/dictionary/english/weather). You coughed a lot

**A.** sleepy **B.** unhappy **C.** healthy **D.** ill

1. She gave us some tips for keeping our skin healthy and preventing **common** skin problems.

**A.** particular **B.** normal **C.** infrequent **D.** accepted

1. You should also **exercise** early in the morning when it's not too hot.

**A.** have a rest **B.** do housework **C.** do homework **D.** work out

1. Lack of sleep can **lead to** many health problems. We should sleep seven to eight hours a night.

**A.** prevent **B.** solve **C.** result from **D.** cause

1. **Circle A, B, C or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s)**
2. Spending more time outdoors can boost the body's **strength** and ability to function well

**A.** power **B.** health **C.** weakness **D.** injury

1. Getting enough sleep can **reduce** stress and improve your mood

**A.** decrease **B.** relieve **C.** ease **D.** increase

1. Stress may **weaken** your immune system

**A.** lengthen **B.** enlarge **C.** strengthen **D.** shorten

1. 30 minutes is enough time to use social media because the screens of electronic devices **give off** blue lights

**A.** release **B.** absorb **C.** emit **D.** discharge

1. Many of these treatments and new developments have the potential to **prolong** and improve the quality of life.

**A.** strengthen **B.** lengthen **C.** shorten **D.** widen

1. Even a **tiny** amount of food may trigger an allergic reaction.

**A.** huge **B.** Therefore **C.** small **D.** For example

1. She looks like she's **put on weight**.

**A.** gain **B.** lose **C.** maintain **D.** dress

1. The new drug will be **generally** available from January.

**A.** in general **B.** practically **C.** mostly **D.** particularly

1. Most of us need to lead more balanced lives to be **healthy** and happy

**A.** blue **B.** ill **C.** down **D.** upset

1. I [noticed](https://dictionary.cambridge.org/dictionary/english/notice) that you was [looking](https://dictionary.cambridge.org/dictionary/english/looking) a little **under the**[**weather**](https://dictionary.cambridge.org/dictionary/english/weather). You coughed a lot

**A.** as pale as a ghost **B.** green around the gills **C.** off color **D.** in the pink

1. **Circle A, B, C or D to indicate the words/ phrases that need correction**
2. That house on the corner has been empty since the past few months

**A.** on **B.** been **C.** since **D.** few months

1. Last month, cycling safety groups are planning to lobby for better facilities for cyclists.

**A.** are **B.** to lobby **C.** facilities **D.** cyclists

1. The salt flavor of the fish combines well with the sweeter flavor of tomato sauce.

**A.** salt **B.** combines **C.** with **D.** tomato

1. The two boys were playing loudly when their parents were arriving home from work.

**A.** The **B.** loudly **C.** were arriving **D.** from

1. Premature babies are more likely to suffer to breathing difficulties in childhood.

**A.** likely **B.** premature **C.** to **D.** childhood

1. The plants are an excellent source of vitamin and minerals.

**A.** are **B.** vitamin **C.** minerals **D.** excellent

1. Two motorists needed hospital treat following the accident.

**A.** motorists **B.** needed **C.** accident **D.** treat

1. A good gardener knows how to keep things growing healthy.

**A.** healthy **B.** knows **C.** good **D.** keep

1. You need to make sure you eat enough meat and vegetables and avoid to eat too much added sugar

**A.** to make sure **B.** enough **C.** to eat **D.** added

1. My grandmother keeps telling us that if we catch a cold, we should try natural remedies before drinking any medicine

**A.** telling **B.** catch **C.** natural remedies **D.** drinking

1. **Fill in the blank with a suitable preposition**
2. I knew what food tasted good, but I didn’t know what was good \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ my body
3. Sausages smell amazing and are full \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ protein
4. Add nuts to your diet because They're rich \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ protein, vitamins, and minerals
5. Too little sleep can lead \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ many diseases.
6. The doctor advised Mr Wilson not to exercise too hard because it was bad\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ his heart.
7. He was treated \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ depression with medication prescribed by his doctor.
8. I work \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ regularly to keep fit.
9. His [wife](https://www.macmillandictionary.com/dictionary/british/wife) [finally](https://www.macmillandictionary.com/dictionary/british/finally) [persuaded](https://www.macmillandictionary.com/dictionary/british/persuade) him to give \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [smoking](https://www.macmillandictionary.com/dictionary/british/smoking).
10. [Josh](https://www.macmillandictionary.com/dictionary/british/josh) could [stay](https://www.macmillandictionary.com/dictionary/british/stay_1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ all [night](https://www.macmillandictionary.com/dictionary/british/night_1) without [getting](https://www.macmillandictionary.com/dictionary/british/get) [tired](https://www.macmillandictionary.com/dictionary/british/tired).
11. Her [life](https://www.macmillandictionary.com/dictionary/british/life) always seemed full \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [excitement](https://www.macmillandictionary.com/dictionary/british/excitement) with a healthy lifestyle
12. [Proper](https://www.macmillandictionary.com/dictionary/british/proper_1) [planning](https://www.macmillandictionary.com/dictionary/british/planning) is the key \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [success](https://www.macmillandictionary.com/dictionary/british/success).
13. Even [today](https://www.macmillandictionary.com/dictionary/british/today_1), most Americans prefer [coffee](https://www.macmillandictionary.com/dictionary/british/coffee) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [tea](https://www.macmillandictionary.com/dictionary/british/tea).
14. I’ve been [feeling](https://www.macmillandictionary.com/dictionary/british/feeling_1) a [bit](https://www.macmillandictionary.com/dictionary/british/bit_1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the [weather](https://www.macmillandictionary.com/dictionary/british/weather_1) this [week](https://www.macmillandictionary.com/dictionary/british/week).
15. She [suffered](https://www.macmillandictionary.com/dictionary/british/suffer) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [depression](https://www.macmillandictionary.com/dictionary/british/depression) for most of her [adult](https://www.macmillandictionary.com/dictionary/british/adult_1) [life](https://www.macmillandictionary.com/dictionary/british/life).
16. [Pay](https://www.macmillandictionary.com/dictionary/british/pay_1) [particular](https://www.macmillandictionary.com/dictionary/british/particular_1) [attention](https://www.macmillandictionary.com/dictionary/british/attention) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the [warnings](https://www.macmillandictionary.com/dictionary/british/warning) [printed](https://www.macmillandictionary.com/dictionary/british/print_1) on the food [label](https://www.macmillandictionary.com/dictionary/british/label_1).
17. When they [die](https://www.macmillandictionary.com/dictionary/british/die_1), [plants](https://www.macmillandictionary.com/dictionary/british/plant_1) give \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [gases](https://www.macmillandictionary.com/dictionary/british/gas_1) such as [carbon](https://www.macmillandictionary.com/dictionary/british/carbon) dioxide and [methane](https://www.macmillandictionary.com/dictionary/british/methane).
18. Further treatment will prevent cancer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ developing.
19. She does five minutes of running \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the spot to keep warm.
20. It [took](https://www.macmillandictionary.com/dictionary/british/took) a long time to lose some weights, but I’m very pleased \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the [results](https://www.macmillandictionary.com/dictionary/british/result_1).
21. You need to make an appointment \_\_\_\_\_\_\_\_\_ advance before going to hospital
22. It can take [weeks](https://www.macmillandictionary.com/dictionary/british/week) to get \_\_\_\_\_\_\_\_\_ an [illness](https://www.macmillandictionary.com/dictionary/british/illness) [like](https://www.macmillandictionary.com/dictionary/british/like_1) that.
23. I'm going \_\_\_\_\_\_\_\_\_ a diet next [week](https://dictionary.cambridge.org/vi/dictionary/english/week) and [hope](https://dictionary.cambridge.org/vi/dictionary/english/hope) to [lose](https://dictionary.cambridge.org/vi/dictionary/english/lose) ten [pounds](https://dictionary.cambridge.org/vi/dictionary/english/pound) before [Christmas](https://dictionary.cambridge.org/vi/dictionary/english/christmas).
24. Researchers are working to find a cure \_\_\_\_\_\_\_\_\_ cancer
25. I like seafood dishes but unfortunately I'm allergic \_\_\_\_\_\_\_\_\_ them.
26. Put this meat back in the [fridge](https://dictionary.cambridge.org/dictionary/english/fridge) or [else](https://dictionary.cambridge.org/dictionary/english/else) it will go \_\_\_\_\_\_\_\_\_.

**KEY**

|  |  |  |
| --- | --- | --- |
| **1. for** | **10. of** | **18. on** |
| **2. of** | **11. to** | **19. with** |
| **3. in** | **12. to** | **20. In** |
| **4. to** | **13. under** | **21. over** |
| **5. for** | **14. from** | **22. on** |
| **6. for** | **15. to** | **23. for** |
| **7. out** | **16. off** | **24. to** |
| **8. up** | **17. from** | **25. off** |

**9. up**

**BÀI TẬP LÀM THÊM**

1. Scientists are claiming a major breakthrough in the fight \_\_\_\_\_\_\_\_ cancer.

**A.** against **B.** on  **C.** to **D.** about

1. You could see he was allergic \_\_\_\_\_\_\_\_ housework.

**A.** by **B.** with  **C.** to **D.** of

1. She was very pleased \_\_\_\_\_\_\_\_ her exam results.

**A.** on  **B.** for **C.** with **D.** to

1. A lot of people nowadays have become addicted \_\_\_\_\_\_\_\_ the internet.

**A.** to **B.** at **C.** for **D.** on

1. The animals had died \_\_\_\_\_\_\_\_ starvation.

**A.** on **B.** for **C.** of **D.** to

1. She spent many weeks in hospital recovering \_\_\_\_\_\_\_\_ her injuries.

**A.** from **B.** on **C.** to **D.** with

1. You're in no \_\_\_\_\_\_\_\_ to go to work today.

**A.** shape **B.** picture **C.** image  **D.** painting

1. I'm going on a \_\_\_\_\_\_\_\_ next week and hope to lose ten pounds before Christmas.

**A.** meal **B.** diet  **C.** snack **D.** dessert

1. This could result in serious \_\_\_\_\_\_\_\_ or even death.

**A.** wound **B.** injury **C.** ache **D.** hurt

1. That glass of lemonade is too \_\_\_\_\_\_\_\_ for me to drink without sugar.

**A.** sweet **B.** bitter  **C.** sour **D.** spicy

1. It is important to keep the different aspects of your life in \_\_\_\_\_\_\_\_.

**A.** balance **B.** equality **C.** justice **D.** fairness

1. Katy Perry keeps \_\_\_\_\_\_\_\_\_\_ shape with the mushroom diet

**A.** on **B.** at **C.** in **D.** to

1. Regular \_\_\_\_\_\_\_\_ reduces the risk of heart disease.

**A.** overeating  **B.** exercise  **C.** operation **D.** recovery

1. They’re upset that you didn’t call, but they’ll \_\_\_\_\_\_\_\_ it**.**

**A.** get off **B.** get over  **C.** get up **D.** get on

1. This bacon smells a bit funny - do you think it's \_\_\_\_\_\_\_\_?

**A.** cut off **B.** gone up  **C.** gone off  **D.** cut into

1. She looks like she's \_\_\_\_\_\_\_\_ weight.

**A.** put up **B.** put down **C.** put off **D.** put on

1. Modern farming methods can have an adverse **effect** on the environment.

**A.** impacts **B.** balance **C.** injury **D.** benefit

1. It's taken me ages to **get over** the flu.

**A.** fall **B.** recover from **C.** trip **D.** catch

1. Pollution from the works has been **reduced** by 70 per cent.

**A.** ignored **B.** contained **C.** decreased **D.** increased

1. She was employed as a \_\_\_\_\_\_\_\_ in a hotel.

**A.** cook **B.** cooker **C.** cooking  **D.** cookery

1. His \_\_\_\_\_\_\_\_ records showed that he was unfit for work.

**A.** meditation  **B.** medicine  **C.** medical  **D.** medic

1. Sleep, rest and relaxation can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the ageing process

**A.** slow down **B.** speed up **C.** turn off **D.** turn on

1. Your body may not be able to fight \_\_\_\_\_\_\_\_\_\_\_\_ naturally if your immune system is weakened

**A.** infect **B.** infected **C.** infectious **D.** infection

1. My teenage son always wants to sleep \_\_\_\_\_\_\_\_\_\_\_\_ on the weekends

**A.** in **B.** on **C.** for **D.** up

1. Today I'm going to talk about how to take care \_\_\_\_\_\_\_\_\_\_\_\_ your skin.

**A.** of  **B.** on **C.** for **D.** up

1. Mass media have helped to raise people's awareness \_\_\_\_\_\_\_\_\_\_\_\_ lifestyle choices.

**A.** of  **B.** on **C.** for **D.** up

1. Good nutrition is essential if patients are to \_\_\_\_\_\_\_\_\_\_\_\_ a quick recovery.

**A.** do **B.** make **C.** put **D.** take

1. Red meat is high \_\_\_\_\_\_\_\_\_\_\_\_ fat, which increases the risk of developing heart disease.

**A.** of  **B.** on **C.** for **D.** in

1. This exercise may look easy and suitable for people of all ages. However, if it's not done properly, it can \_\_\_\_\_\_\_\_\_\_\_\_ more harm than good

**A.** do **B.** make **C.** put **D.** take

1. **Circle A, B, C, or D to indicate the correct response to each of the following exchanges.**
2. Linda and Peter are at the school gate,

Linda: “ \_\_\_\_\_\_\_ ”

Peter: “Sorry I can’t make it today. I’m quite busy.”

**A.** Your parents must be proud of you. **B.** Come on, you can do better.

**C.** How about going to the zoo? **D.** You must be kidding.

1. A: “Can I give you a hand?” B: “\_\_\_\_\_\_\_\_\_\_\_\_”

**A.** That’s very kind of you **B.** You’re right.

**C.** Sorry to hear that. **D.** I agree with you.

1. Lan: “Is there anything else I can do for you?” - Nam: “\_\_\_\_\_\_\_\_”

**A.** Good job **B.** You’re right.

**C.** I’d love to **D.** Thank you, but I think I’m fine

1. Will: “Let’s me show you how to use this treadmill” – Mary: “\_\_\_\_\_\_\_\_\_\_\_\_\_”

**A.** My pleasure **B.** You’re right.

**C.** Thank you for your help **D.** Never mind

1. Mark and Dave are talking about the vaccination programme.

Mark: “If vaccinated, people will be less prone to the virus.”

Dave: “ \_\_\_\_\_\_\_. They can be reinfected with it.”

**A.** You bet. **B.** Actually, you can be wrong.

**C.** Sorry to hear that. **D.** I couldn’t agree with you more.

1. ~ ***Nam***: What do you personally do to keep fit? ~ ***Lan***: “………...”

**A.** I think keeping fit is necessary for everyone.

**B.** As far as I know, more and more people exercise to keep fit.

**C.** Fitness centres are mushrooming.

**D.** I just do morning exercise and maintain a balanced diet.

1. ~ ***Lan***: Do you think it's important for young people to keep fit? ~ ***Nam***: “………...”

**A.** Why do they need to keep fit?

**B.** It's very important for old-aged people to have a healthy lifestyle

**C.** I do think so. As the main labour force of the country, they must be strong.

**D.** It doesn't cost much to work out in the gym thesi

1. ~ ***Nam***: Do you do any sports? ~ ***Lan***: “………...”

**A.** More and more people are talking about sports events these days.

**B.** I used to, but now I don't I'm too busy.

**C.** There are different types of sports.

**D.** Sportsmen should be highly paid

1. ~ ***Lan***: What do people do to keep fit? ~ ***Nam***: “………...”

**A.** Everyone wants to keep fit these days.

**B.** So many people do harm to their health by smoking or drinking.

**C.** They combine exercising and having a balanced diet.

**D.** Not many people can afford to eat healthily.

1. ~ ***Nam***: Do young people you know get enough exercise? ~ ***Lan***: \_\_\_\_\_\_\_\_

**A.** Not really. They are a little bit lazy. **B.** Getting enough exercise is very important.

**C.** They tend to eat too much junk food **D.** Fast food is the young people's favourite foo**d**

1. ~ ***Nam***: What could we do to encourage them to exercise more? ~ ***Lan***: “………...”

**A.** Exercising in the morning is really encouraging.

**B.** How about forming some sports clubs after school hours?

**C.** Young people tend to exercise less than before.

**D.** Lack of exercise will weaken your body.

1. ~ ***Nam***: Do you think we are healthier today than people were fifty years ago? ~ ***Lan***: “………...”

**A.** People always want to live long and stay healthy.

**B.** Life fifty years ago was much harder than nowadays.

**C.** People in the past had to overcome lots of hardship.

**D.** Not really. People nowadays live in a more polluted environment.

1. ~ ***Nam***: What are the main health problems young people face? ~ ***Lan***: “………...”

**A.** There are so many health problems these days.

**B.** Young people tend to eat a lot of convenience foo**d**

**C.** Diabetes and obesity are the biggest threats to them.

**D.** It is easy for young people to overcome their health problems.

1. ~ ***Nam***: Do you think all medical care should be free?  ***~ Lan***: “………...”

**A.** I think it should be. People's life must be protecte**d** **B.** Medical equipment is very expensive.

**C.** Public schools are also free in many countries. **D.** Not all people can get access to free medical care.

1. ~ ***Nam***: What is a healthy diet? ~ ***Lan***: “………...”

**A.** All people need to eat healthily. **B.** Healthy diets are getting more expensive.

**C.** Fast food is not healthy foo**d**  **D.** It must be a balanced, nutritious and healthy diet.

1. ~ ***Lan***: In your opinion, do you have a healthy diet? ~ ***Nam***: “………...”

**A.** I prefer to cook my own meals. **B.** Sometimes I eat out with my family or my friends.

**C.** In general, I do. I have a balanced and healthy diet. **D.** My friends eat a lot of fast fooc

1. ~ ***Lan***: How many hours a day do you spend watching TV? ~ ***Nam***: “………...”

**A.** TV programmes are various. There are so many of them. **B.** Not much. Just about thirty minutes after dinner.

C . My mother spends hours watching soap operas. **D.** Sports channel is my favourite.

1. ~ ***Lan***: Do you ever eat junk food? ~ ***Nam***: “………...”

**A.** Sometimes I have a snack for my breakfast. **B.** Junk food is not nutritious enough.

**C.** Junk food is also addictive. **D.** We should discourage children from eating junk foo**d**

1. ~ ***Nam***: What exercise do you do? ~ ***Lan***: “………...”

**A.** I go jogging in the morning and aerobics in the afternoon. **B.** My teachers ask us to do so many exercises.

**C.** I hate doing too much homework. **D.** Exercising is time-consuming.

1. ~ ***Lan***: What could you do to make your lifestyle healthier? ~ ***Nam***: “………...”

**A.** People need a healthy lifestyle. **B.** I do need to exercise more.

**C.** I don't care much about my diet. **D.** I prefer to eat out at the weekends

1. **Rewrite the following sentences as long as the meaning is unchanged**

|  |
| --- |
| S + **last** + VQKĐ + ……+ **in** …/ **when** …… / **ago**    = S + ~~(last)~~ + haven’t/ hasn’t Vpp + …… + **since** …… / **for** ……. (bỏ **last**) |

**Eg** : - I **last saw** her **when** I was a student / 2 years **ago**.

🡪 I **haven’t seen** her **since** I was a student / **for** 2 years.

1. We last saw Tom when we moved to Bristol.

We haven’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. She last wrote to me nearly 2 years ago.

She hasn’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. This film was last shown on TV 10 years ago.

This film hasn’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. She last swam in the river 3 years ago.

She hasn’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I last visited the city museum in May

I hasn’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I haven’t attended the club since 2021.

I last \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I haven’t seen him for 2 months.

I last \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I haven’t gone swimming for 2 years.

I last

**KEY**

1. **We haven't seen Tom since we moved to Bristol.**
2. **She hasn't written to me FOR nearly 2 years**
3. **This film hasn't been shown on TV FOR 10 years**
4. **She hasn't swum in the river FOR 3 years**
5. **I hasn't visited the city museum since May**
6. **I last attended the club in 2021**
7. **I last saw him 2 months ago**
8. **I last went swimming 2 years ago**

|  |
| --- |
| **The last time** + S + VQKĐ + … + was **in** (**at** …) / was … **ago**  S + **haven’t/ hasn’t** + Vpp … + **since / for** … |

**Eg**: The last time I **heard** him **was in August**.

= I **haven’t heard** him **since** August.

1. The last time I played football was in 2022.

I have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The last time it rained was a fortnight ago.

It has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The last time Lucy wore that dress was at Barbara’s wedding.

Lucy has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The last time my father went to Vung Tau was 2 years ago.

My father has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The last time Betty rode to work was 5 days ago.

Betty has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. He hasn’t played tennis since 2020.

The last time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I haven’t met her for 2 months.

The last time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**KEY**

1. **I have not played football since 2022**
2. **It has not rained for a fortnight**
3. **Lucy has not worn that dress since Barbara's wedding.**
4. **My father has not gone to Vung Tau for 2 years**
5. **Betty has not ridden to work for 5 days**
6. **The last time he played tennis was in 2020**
7. **The last time I met was 2 months ago**

|  |
| --- |
| S + **started/ began** + to V/ Ving+ … + **in/at** … **/** …+ **ago**  S+ have/ has Vpp + … + **since +** … **/ for +** … **(bỏ started / began)** |

**Eg**: - He **started working** for this factory **a year ago**.

🡪He **has been working** for this factory **since** last year / **for** a year.

1. Tom began playing the piano 4 years ago.

Tom has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I started cooking for the party 4 hours ago.

I have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. She started working as a secretary 2 years ago.

She \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. My sister began to study English a year ago.

My sister \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Scientists began to fight against AIDS in 1980.

Scientists have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The Browns have lived in London for 20 years.

The Browns began \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. John has worked for this electronics firm since 1999.

John started \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Jack and Jill have learned how to drive for 2 weeks.

Jack and Jill started \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How long have you studied English?

When \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. When did you begin to do research on lung cancer?

How long \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**KEY**

1. **Tom has played the piano FOR 4 years**
2. **I have cooked for the party for 4 hours**
3. **She has worked as a secretary for 2 years.**
4. **My sister has studied English for a year**
5. **Scientists have fought against AIDS since 1980**
6. **Mr Browns began living/ to live in London 20 years ago**
7. **John started working/ to work for this electronics firm in 1999**
8. **Jack and Jill started learning/ to learn how to drive 2 weeks ago**
9. **When did you start studying English?**
10. **How long have you done research on lung cancer?**

|  |
| --- |
| S + have/has **never/ not** + Vpp + … +**before**  = **It / This is the first time** + S + have/ has + (ever) + Vpp + … (bỏ **never**, **before**) |

**Eg**: I **haven’t seen** that film **before**.

🡪 **It / This is the first time** I **have seen** that film.

1. My father hasn’t driven a car before.

This is the first time .

1. I’ve never met such a famous singer before.

It’s the first time .

1. She has never been to the ballet before.

It’s .

1. She hasn’t drunk Coca Cola before.

This is .

1. It’s the first time I have read this book

I have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-

1. It’s the first time I have ever met such an intelligent student

I have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-

1. This is the first time my grandfather has visited Ha Long Bay.

My grandfather has

**KEY**

1. **This is the first time my father has driven a car**
2. **It is the first time I have ever met such a famous singer**
3. **les the first time she has been to the ballet**
4. **This is the first time I have drunk Coca Cola**
5. **I have never read this book before.**
6. **I have never met such an intelligent student before.**
7. **My grandfather has never visited Ha Long Bay before**

|  |
| --- |
| S + haven’t/ hasn’t Vpp …+ **for** + **time**  **It’s + time + since** + S + **last** + VQKĐ + … (bỏ **~~for~~**) |

**Eg**: I **haven’t seen** my father **for one month**.

🡪It’s **one month since** I **last saw** my father.

1. Tom has not had his hair cut for over 3 months.

It’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. My father hasn’t gone to Hanoi for 2 years.

It is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I haven’t enjoyed myself so much for years.

It is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I haven’t eaten this kind of food for 2 years.

It is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. We haven’t seen him for 4 years.

It is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. It’s over a year since I last went to see them.

I haven’t .

1. It’s more than ten years since I last played football.

I haven’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**KEY**

1. **les over 3 months since Tom last had his hair cut**
2. **It is 2 years since my father last went to Hanoi**
3. **It is years since I last enjoyed myself so much**
4. **It is 2 years since I last ate this kind of food**
5. **It is 4 years since we last saw him**
6. **I haven't gone to see them for over a years**
7. **I haven't played football for more than ten years**
8. **Rewrite the following sentences as long as the meaning is unchanged**
9. The last time she came back to her hometown was 4 years ago.

→ She hasn't \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. He started working as a bank clerk 3 months ago.

→ He has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I last had my hair cut in November.

→ I haven't \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The last time we called each other was 5 months ago.

→ We haven't \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. It has been a long time since we last met.

→ We haven't \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. When did you have it?

→ How long \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

1. This is the first time I had such a delicious meal.

→ I have never \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I haven't seen him for 8 days.

→ The last \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

→ I last \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I like rock climbing more than swimming.

→ I prefer\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. My sister thinks it’s better to buy books than borrow them.

→ My sister prefer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. It took Layla five minutes to find her car keys.

→ Layla spent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I spent ages getting all the documents I needed

It took \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Why don’t we go camping this summer?

How about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. It took her a long time to recover from her illness. **OVER**

→ It took her a long time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_her illness.

**KEY**

1. **She hasn't come back to her hometown E\_QR 4 years**
2. **He has worked as a bank clerk FOR 3 months**
3. **We haven't had my hair cut SINCE November**
4. **We haven't called each other FOR 5 months**
5. **We haven't met FOR a long time**
6. **How long have you had it?**
7. **I have never had such a delicious meal before**
8. **The last time I saw him was 8 days ago**

**I last saw him 8 days ago**

1. **I prefer rock climbing TO swimming**
2. **My sister prefer buying books TO borrowing them**
3. **Layla spent five minutes finding her car keys**
4. **It took me ages to get all the documents I needed**
5. **13. How about going camping this summer?**

**14. It took her a long time to get over from her illness**

1. **Complete the following sentences as long as the meaning is unchanged**
2. Children/ adolescent/ should/ eat/ sufficient/ nutritious/ foods/ grow/ develop normally.

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

1. Although/ eat/ breakfast/ dinner/ home/ students/ usually/ have/ lunch/ school.

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

1. Healthy lunches/ important/ for/ them/ because/ these/ help/ concentrate/ learning.

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

1. Some/ student/ usually/ have/ unhealthy lunch/ of/ fast food.

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

1. School aged/ children/ learn/ fast/ and/ be/ influenced/ friends.

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

1. If/ we/ not talk/ them/ about/ healthy eating/ they/ may/ only eat/ junk food.

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

1. At home/ parents/ should/ encourage/ children/ prepare/ lunchboxes.

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

1. They/ should discuss/ healthier/ food choices/ and/ decide/ what/ be/ lunchbox/ with/ children.

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

**KEY**

1. **Children and adolescents should eat sufficient nutritious foods to grow and develop normally.**
2. **Although they eat breakfast and dinner at home, students usually have lunch at school.**
3. **Healthy lunches are important for them because these help them concentrate on learning.**
4. **Some students usually have an unhealthy lunch of fast food.**
5. **School aged children learn fast and are influenced by friends.**
6. **If we don't talk to them about healthy eating, they may only eat junk food.**
7. **At home parents should encourage their children to prepare their lunchboxes.**
8. **They should discuss healthier food choices and decide what will be in the lunchbox with their children.**
9. **Listen to the recording and decide whether the following statements are true of false**

|  |  |  |
| --- | --- | --- |
|  | TRUE | FALSE |
| 1. The more exercise you do, the healthier you become. |  |  |
| 2. Doing extensive workouts is too much of a good thing. |  |  |
| 3. People may become addicted to high-intensity physical activity. |  |  |
| 4. Over-exercising can be harmful to the body’s muscles, joints and heart. |  |  |
| 5. You should consult with an instructor before starting a new exercise programme. |  |  |

**KEY 1.F 2.T 3.T 4.T 5.F**

**Audio Script:**

**Nobody can deny the benifits of exercise to human health. But too much exercise can do you more harm than good. Many people believe that more exercise bringgs more benefits, and they try to have too much of a good thing. This leads to extreme workouts in the gym, and long hours of outdoor fitness walking or cycling. However, high intensity may cause addiction to and overdose in exercise.**

**Over-exercising mav damage the body's muscles and joints, increase the risk of heart disease or stroke, and even cause death. The same degree of exercise miuht be moderate to 30-year-olds and intense to 60-year-olds. Always, consult with a doctor before starting a new exercise programme to make sure you exercise safely and effectively.**

1. **Listen to John Keith, a fitness instructor, talking about four types of physical activity. Listen carefully and fill in the blanks with ONE word for each blank.**

My name's John Keith and I've been a (1) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ instructor for more than ten years. Today I'd like to talk about the precautions we all need to take when doing different types of (2) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ activity.

Aerobic exercise seems very simple and easy to do. However, studies have shown that if you do your workout outdoors in the hot and sunny weather, your body can overheat and lose a lot of fluid**.** This can lead to heat stroke. You should drink a glass of water before a workout and then pause (3) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to drink more. You should also exercise early in the morning when it's not too hot.

Next is swimming. It's verv important to be safe in the water. Swimming pools may look safe, but you should always test the pool water before jumping in. Cold water can make your blood (4) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and heart rate go up. Make sure you have warmed up your body by stretching or jumping. Don't swim in bad weather, especially in rivers, lakes or the sea**.** If you are swimming and lightning strikes, vou risk serious (5) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or death.

Now, how about yoga? This exercise may look easy and suitable for people of all ages. However, if it's not done (6) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, it can do more harm than good**.** You need to do some warm-up exercise such as stretching before you start your yoga practice. This will relax your (7) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and prevent any damage to your joints.

The last type of physical activity is fitness walking. First, you need good shoes to keep you (8) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and pain-free. Next, when you walk, don't look at your feet. This will slow you down and cause back pain. Finally, remember to bring water with you and drink at least 150 ml for every 15 minutes of walking.

That's all from me for today. Hope you find these safety precautions useful. Thanks for listening.

**Key**

1. **fitness**
2. **physical**
3. **regularly**

**4. pressure**

1. **injury**
2. **properly**

**7. muscles**

**8. comfortable**

1. **Read the following passage and Circle A, B, C, or D to indicate the correct answer to each of the questions.**

**HEALTH BENEFITS OF YOGA**

Yoga is a healthy lifestyle. One of the benefits of yoga is that you can choose a yoga style that is suitable for your lifestyle, such as hot yoga, power yoga, relaxation yoga, etc**.**   If you are a yoga beginner, Hatha Yoga, which focuses on basic postures at a comfortable pace, would be great for you. If you want to increase strength through using more of your own body’s resistance, Power Yoga may be right for you. Whether you prefer you're at home, in a private session, watching a DVD or at a studio or gym, there are a huge variety of options available to suit your goals and needs.

Improved flexibility is one of the first and most obvious benefits of yoga**.**  During your first class, you probably won’t be able to touch your toes. But if you stick with it, you’ll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. Each of the yoga poses is built to reinforce the muscles around the spine, the very center of your body, which is the core from which everything else operates. When the core is working properly, posture is improved, thus **alleviating** back, shoulder, and neck pain.

Strong muscles do more than look good**.**  They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.

Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is released**.**

Many studies found that a consistent yoga practice improved depression and led to greater levels of happiness and better immune function.

1. Yoga is a very convenient type of exercise because \_\_\_\_\_\_\_.
2. we can watch a DVD at a studio or gym and follow it
3. we can choose a yoga style that is suitable for our lifestyle
4. we can choose Hatha Yoga to focus on basic postures or to increase strength
5. there are a huge variety of options available for our private session
6. According to yoga’s principles, the spine is of great importance because \_\_\_\_\_ .
7. when the spine is working properly, postures will become possible
8. seemingly impossible poses will become possible
9. it is the center of your body, from which other muscles operate
10. we can avoid back, shoulder, and neck pain
11. In order to build strong muscles, \_\_\_\_\_.
12. we build strength with high expenses at the gym
13. we don’t pay any attention to our appearance
14. we should reinforce the muscles around the spine
15. we can have strength with flexibility through yoga
16. Yoga can improve our circulation because \_\_\_\_\_\_\_.
17. it helps to provide more oxygen to cells or internal organs
18. it helps us to perform twisting poses more easily
19. we can have more relaxation exercises
20. it helps to provide more blood to internal organs than others
21. The word “alleviating” in paragraph 2 is closest in meaning to \_\_\_\_\_\_.
    * + - 1. keeping **B.** relieving **C.** worsening **D.** boosting
22. **Read the passage below and choose one correct answer for each question.**

**ACUPUNCTURE**

Acupuncture involves the insertion of very thin needles through the patient's skin at specific points on the body, and the needles are inserted to various depths. The medical community is not in conclusive agreement about how acupuncture works scientifically. However, we know that it does have some therapeutic benefits, including pain relief.

According to WHO, acupuncture is effective for treating 28 conditions, while evidence indicates it may have an effective therapeutic value for many more. People with tension, headaches or migraines may find acupuncture to be very effective in alleviating their symptoms. Another study found that twice weekly acupuncture treatments relieve debilitating symptoms of zerostomia - severe dry mouth - among patients treated with head and neck cancer.

Traditional Chinese medicine explains that health is the result of a harmonious balance of the complementary extremes of yin and yang of the life force known as chi or qi. Qi is said to flow through pathways in the human body. Through 350 acupuncture points in the body, these pathways and energy flows may be accessed**.**  Illness is said to be the consequence of an imbalance of the forces. If needles are inserted into these points with appropriate combinations, it is said that the energy flow can be brought back into proper balance.

In Western societies and several other parts of the world, acupuncture is explained, including concepts of neuroscience. Acupuncture points are seen by Western practitioners as places where nerves, muscles and connective tissue can be stimulated**.**  Acupuncture practitioners say that the stimulation increases blood flow while at the same time **triggering** the activity of our own body's natural painkillers.

1. In acupuncture, the insertion of the very thin needles involve with\_\_\_\_\_\_ .
2. the thinness of needles and skin         **C.** therapeutic benefits of pain relief
3. agreement from scientists       **D.** the locations, and the depths
4. It is thought that acupuncture is effective in treating all of the following symptoms EXCEPT \_\_\_\_\_\_.
5. headaches **B.** cancer **C.** migraines **D.** nervousness
6. With the practice of acupuncture, it is believed that \_\_\_\_\_\_\_ .
7. the energy flow can be brought back to patients
8. energy can go through acupuncture points in the body
9. patients can get proper balance between yin and yang
10. illness causes the imbalance of qi throughout the body
11. According to Western medicine, the insertion of needles through acupuncture points in the body may \_\_\_\_.
12. increase blood flow and stimulate our instinct of pain relief
13. stimulate the effect of painkillers in our bodies for treatment
14. be used only in China and the Far East not the Western countries
15. help to explain where nerves and muscles can be stimulated
16. The word “**triggering**” in paragraph 4 is closest in meaning to \_\_\_\_\_\_.
17. causing a device to start operating **C.** causing something to explode
18. making something happen suddenly **D.** making something develop very quickly
19. **Read the passage below and then choose the best answer (A, B, C or D) that fits best for the gap.**

      Everyone knows that exercise is good for the body and the mind**.** We all want to keep fit and look good, but too many of us take  (1) \_\_\_\_\_\_\_\_\_\_\_ the wrong sport and quickly lose interest. So now fitness experts are advising people to choose an activity that matches their character.

       For instance, those (2)\_\_\_\_\_\_\_\_\_\_\_\_\_\_ like to be with other people often enjoy golf or squash, or playing for a basketball, football or hockey team. (3) \_\_\_\_\_\_\_\_\_\_\_\_\_, you may prefer to go jogging or swimming if you’re happier on your own.

       Do you like competition? Then try something like running, or a racket sport such as tennis. If, on the other hand, (4) \_\_\_\_\_\_\_\_\_\_\_\_\_isn’t important to you, then activities like dancing can be an enjoyable (5)\_\_\_\_\_\_\_\_\_\_\_\_\_\_ without the need to show you’re better than everyone else.

       Finally, think about whether you find it easy to make yourself do exercise. If so, sports like weight training at home and cycling are fine. If not, book a skiing holiday, Taekwondo lessons, or a tennis court. You’re much more likely to do something you’ve already paid for!

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | A | down | B | out | C | in | D | up |
|  | A | who | B | whose | C | which | D | what |
|  | A | therefore | B | thus | C | however | D | while |
|  | A | winners | B | winning | C | win | D | won |
|  | A | challenge | B | victory | C | defeat | D | Score |

1. **Read the passage and decide if each sentence is true (T) or false (F)**

**NORMAL DIET FOR ADOLESCENTS – 12 TO 18 YEARS OF AGE**

**1. Changing Food Habits**

Teenagers are often very busy with school, work, and sports schedules. Help your teenager plan his day if he cannot be home for meals. Send healthy snacks or packed lunches with him. This will help him avoid filling up on "junk" foods or high fat foods. They may need extra snacks to take with them or meals they can prepare quickly.

Your teenager still learns from your healthy eating habits. Be an example and praise his good food choices whenever you can. Never criticise the way your child looks at this time of life. Teenagers can easily become too worried about their body image. If they are eating too much or too little, it can affect their growth. Talk with your doctor if you are worried about your teenager's eating habits.

**2. Food Group Choices**

Give your teenager at least one serving per day of a high vitamin C food. Examples are citrus fruits and juices, tomatoes, potatoes, and green peppers. Your teenager also needs one serving per day of a high vitamin A food. This includes spinach, winter squash, carrots, or sweet potatoes.

Choose lean meats, fish, and poultry foods for your teenager. They are a source of proteins young people need in the period of growth. Also, give your teenager 2% milk and low-fat dairy foods. Avoid fried foods and high fat desserts; serve them only on special occasions. This will lower his risk for heart disease when he is older.

|  |  |  |
| --- | --- | --- |
|  | **TRUE** | **FALSE** |
| 1. Parents should help their busy teenage children with planning their day. | **T** |  |
| 2. Healthy snacks contain a lot of high fat foods. |  | **F** |
| 3. Teenagers are sensitive to the criticism of their appearance. | **T** |  |
| 4. There are alot of vitamins in vegetables. | **T** |  |
| 5. Fried foods and high fat desserts are very important in the developmental period of the youngsters. |  |  |

1. **Read the passage below and choose one correct answer for each question.**

America’s foods began to affect the rest of the world**.** American emphasis on convenient and rapid consumption is best represented in fast foods such as hamburgers, French fries, and soft drinks. By the 1960s and 1970s fast foods became one of America’s strongest exports as franchises for Mc Donalds and Burger King spread through Europe and other parts of the world, including Russia and China**.** Traditional meals cooked at home and consumed at a leisurely pace \_ gave way to quick lunches and dinners eaten on the run as other countries imitated American cultural patterns.

By the late 20th century Americans had become more conscious of their diets, eating more poultry, fish and vegetables, and fewer eggs and less beef. Cooks began to rediscover many world cuisines in forms closer to their original. In California, chefs combined fresh fruits and vegetables available with ingredients and spices borrowed from immigrant kitchens to create an innovative cooking style that was lighter than traditional French, but more interesting and varied than typical American ***cuisine***. Along with the states wines, California cuisine took its place among the acknowledged forms of fine dining. 56. Fast foods such as hamburgers, French fries, and soft drinks ………

1. Fast foods such as hamburgers, French fries, and soft drinks
2. are traditional meals of the US people.
3. are popular because of their nutritious values.
4. became more popular than meals cooked at home in Chin**a**
5. became popular with other European and Asian countries.
6. Which of the following is similar in meaning to the word ***cuisine***?

**A.** cooking **B.** style of cooking **C.** cookery **D.** cook

1. What is the main idea of the first paragraph?
2. Americas cuisine used to have an influence on many countries.
3. Fast foods became one of Americas strongest exports.
4. Mc Donalds and Burger King are American food suppliers successful in Europe.
5. Traditional meals cooked at home and consumed at a leisurely pace are not common in the US.
6. Which of the following statements is true?
7. By the late 20th century, fast foods had lost their popularity in the USA
8. Americans used to eat more poultry, fish, and fresh fruits and vegetables than they do now.
9. Cooking styles of other countries began to affect Americas by the late 20th century.
10. Fewer eggs and less beef in American diet made them fitter.
11. An innovative style of cooking was created in California
12. to attract more immigrants to the state.
13. and made the states wines well-known.
14. by borrowing recipes from immigrant kitchens.
15. by combining the local specialities with immigrants spices
16. **Read the following passage and Circle A, B, C, or D to indicate the correct word or phrase that best fits each of the numbered blanks.**

**HEALTHY LIVING**

Millions of people today are overweight and out of shape. This is due in part (1) \_\_\_\_\_\_\_\_their diet, which is often high in sugars and fats. Another (2) \_\_\_\_\_\_\_\_is that too many of us spend our evenings gluing (3) \_\_\_\_\_\_\_\_the television, instead of doing something to keep (4) \_\_\_\_\_\_\_\_fit. Today hectic lifestyles also prevent us (5) \_\_\_\_\_\_\_\_spending as much time as we should on staying in shape.

Long hours at school and work don't (6) \_\_\_\_\_\_\_\_much time for healthy eating. Convenience food, such as (7) \_\_\_\_\_\_\_\_meals and canned vegetables, saves time but is often (8) \_\_\_\_\_\_\_\_.. . Fast food and takeaways are also (9) \_\_\_\_\_\_\_\_for many health problems.

In order to enjoy good health, a regular programme of (10) \_\_\_\_\_\_\_\_ is essential. This can be anything from gentle forms of yoga (11) \_\_\_\_\_\_\_\_body building. Doing a little exercise every day so as not to develop (12) \_\_\_\_\_\_\_\_ problems is something that all of us should consider, young and ol**d.** If you don't practise any form of exercise now, it is for you to choose one and start today and get in shape!

1. **A.** of **B.** to **C.** in **D.** at
2. **A.** reason **B.** effect **C.** result **D.** consequence
3. **A.** in **B.** on **C.** to **D.** at
4. **A.** them **B.** themselves **C.** us **D.** ourselves
5. **A.** from **B.** against **C.** about **D.** with
6. **A.** take **B.** leave **C.** spend **D.** waste
7. **A.** freeze **B.** freezing **C.** frozen **D.** unfrozen
8. **A.** health care **B.** healthful **C.** healthy **D.** unhealthy
9. **A.** responsive **B.** reacted **C.** responsible **D.** irresponsible
10. **A.** exercises **B.** exercise **C.** homework **D.** housework
11. **A.** to **B.** but **C.** and **D.** with
12. **A.** healthy **B.** unhealthy **C.** health care **D.** health
13. **Read the following passage and Circle A, B, C, or D to indicate the correct answer to each of the questions.**

Super Size Me is a 2004 film by Morgan Spurlock, in which he documents his experiment to eat only McDonald's fast food three times a day, every day, for thirty days.

Spurlock made himself a short list of rules for the experiment, including an obligation to eat all of the three meals he ordered. He also had to ‘Super Size’, which means accepting a **giant** portion every time the option was offered to him. He ended up vomiting after the first Super Size meal he finished, after taking nearly twenty minutes to consume it.

After five days Spurlock put on almost 5kg, and he soon found himself feeling depressed, with no energy. The only thing that got rid of his headaches and made him feel better was another McDonald's meal, so his doctors told him he was addicted**.** More seriously, around day twenty, he started experiencing heart palpitations and one of the doctors detected liver problems. However, in spite of his doctor's advice, Spurlock continued to the end of the month and achieved a total weight gain of 11kg. His body mass index also increased from a healthy 23.2 to an overweight 27.

It took Spurlock fifteen months to recover from his experiment and return to his original weight, but the film also had a wider impact. Just after **its** showing in 2004, McDonald's phased out the Super Size option and healthier options like salads appeared on the menu.

Unfortunately, McDonald's denied the connection between the film and the changes, but it is interesting to note how closely they coincided with the release of the film.

1. Which of the following is the **best title** for the passage?

**A.** An experiment with McDonald's fast food **B.** Putting on weight due to eating fast food

**C.** Connection between fast food and heart diseases **D.** How fast food trigger liver damage

1. Which of the following is TRUE about Morgan Spurlock?

**A.** He had to eat Super Size meal once a week. **B.** He had to eat Super Size meal twice a day.

**C.** He had to eat Super Size meal three times a week. **D.** He had to consume Super Size for three meals a day

1. In paragraph 2, the word "**giant**” is closest in meaning to........

**A.** light **B.** balanced **C.** big **D.** healthy

1. Which of the following could get rid of Spurlock's headaches?

**A.** salad **B.** a McDonald's meal **C.** a pain killer **D.** nothing

1. According to the passage, all of the following are the results of the experiment EXCEPT.........

**A.** Spurlock put on weight **B.** the experiment affected his heart

**C.** the experiment affected his liver **D.** he became fairly relaxed and energetic

1. The word "**its**” in paragraph 4 refers to.........

**A.** McDonald's **B.** the experiment **C.** the film Super Size Me **D.** the menu

1. **Read the following passage and Circle A, B, C, or D to indicate the correct answer to each of the questions.**

In 2002, several obese teenagers in the USA sued McDonald's, claiming that the company was responsible for making them fat. They argued that McDonald's deliberately misled them into thinking that their cheeseburgers and other products were healthy and nutritious food**.** They claimed that the company had not warned them about the health problems that can result from eating too much salty, high-fat food and drinking too many sugary drinks: diabetes, high blood pressure and obesity. The mother of one of the children, who at the age of 15 weighed more than 180 kilograms, said in her statement: I always believed McDonald's was healthy for my son.'

McDonald's **rejected** the claim that they were responsible for these teenagers’ health problems. ‘People don't go to sleep thin and wake up obese,' said McDonald's lawyer, Brad Lerman. 'The understanding of what hamburgers and French fries do has been with us for a long, long time,’ he added**.** The judge agreed, and dismissed the case, saying: 'It is not the place of the law to protect people against their own excesses.' In other words, if people choose to eat a lot of unhealthy food, they can't blame the company that sold **it** to them.

Other similar lawsuits against fast food companies in the USA have also **failed.** In 2005, the US House of Representatives passed a bill which became known as the 'Cheeseburger Bill'.

It made it much harder for obese people to take legal action against the food industry. However, the bill has not ended the arguments about responsibility. There is some scientific evidence to suggest that fast food is addictive, and harmful too. So is selling fast food the same, in a way, as drug-dealing?

1. Which of the following is the best title for the passage?

**A.** Obesity - who is to blame? **B.** Is fast food addictive?

**C.** Is fast food really healthy? **D.** How to get rid of fast food

1. According to the obese teenagers in the USA who sued McDonald's, which of the following health problems was NOT mentioned?

**A.** diabetes **B.** hypertension **C.** obesity **D.** heart disease

1. In paragraph 2, the word "**rejected**” is closest in meaning to........

**A.** accepted **B.** denied **C.** ignored **D.** agreed

1. In paragraph 2, the word "**it**" refers to........

**A.** law **B.** healthy food **C.** unhealthy food **D.** bill

1. What happens if people choose to eat a lot of unhealthy food?

**A.** The company will be responsible for their health problems.

**B.** They may get financial support from the company.

**C.** They will surely succeed in lawsuits.

**D.** They can't force the company to be responsible for them.

1. In paragraph 3, the word "**failed**" is closest in meaning to.........

**A.** not famous **B.** not important **C.** not successful **D.** not proud

7. According to the passage, which of the following is NOT true about fast food?

**A.** salty and high-fat **B.** addictive **C.** nutritious **D.**harmful

**THE END**