

UNIT 1: A LONG AND HEALTHY LIFE

A. VOCABULARY

S T T	WORDS/ PHRASES	TRANSCRIPTION	MEANING
1.	Fit (a)	fit	Thon thả, vừa vặn
2.	Fitness (n)	'fitnəs	Sự cân đối, tình trạng khoẻ mạnh
3.	Healthy (a) > < unhealthy (a)	'helθi ʌn'helθi	Khoẻ mạnh, lành mạnh >< không khoẻ mạnh, k tốt
4.	Health (n) Health problem	helθ helθ 'prɒbləm	Sức khoẻ Vấn đề về sức khoẻ
5.	Fast food	fɑ:st fu:d	Đồ ăn nhanh
6.	Junk food	'dʒʌŋk fu:d	Đồ ăn vặt
7.	Regular (a) > < irregular (a)	'regjʊlə > < 'regjʊlə	Thường xuyên >< không thường xuyên
8.	Balanced diet	,bælənst 'daɪət	Chế độ ăn uống cân bằng
9.	Strength (n) Strengthen (v) = enhance (v) = boost Strong (a)	streŋθ strengthen = ɪn'hɑ:ns = bu:st ... strɒŋ	Sức mạnh Đẩy mạnh, thúc đẩy, tăng cường Khoẻ
10.	Enthusiasm (n) Enthusiast (n) Enthusiastic (a) Enthusiastically (adv)	ɪn'θju:ziæzəm ɪn'θju:ziæst ɪn,θju:zi'æstɪk ɪn,θju:zi'æstɪklɪ	Sự nhiệt tình Người hâm mộ Nhiệt tình Một cách nhiệt tình
11.	Physical (a) Physical education Physics (n) Physicist (n) Physician (n) = doctor (n)	'fɪzɪkl 'fɪzɪkl ,edʒʊ'keɪʃn 'fɪzɪks 'fɪzɪsɪst fɪ'zɪʃn = 'dɒktə	Thuộc về thể chất Giáo dục thể chất Vật lý Nhà vật lý học Bác sĩ
12.	Mental (a)	'mentl	Thuộc về tinh thần
13.	Frequent (a) Frequently (adv) Frequency (n)	fri'kwent 'fri:kwəntli adv 'fri:kwənsi	Thường xuyên (a) Thường xuyên (adv) Sự thường xuyên
14.	The amount OF + Nkđđ The number OF + N s/ es The quantity OF + Nkđđ/Ns/ es	ði ə'maʊnt əv ðə 'nʌmbər əv ðə 'kwɒntəti əv	Lượng + danh từ không đếm được Số lượng + + danh từ không đếm được Lượng, số lượng + danh từ
15.	Lifestyle (n)	'laɪfstail	Phong cách sống (n)
16.	Celebrate (v) Celebration (n) Celebrated (a) = famous (a) = well-known (a) Celebrity (n) = famous people	'selɪbreɪt ,selɪ'breɪʃn 'selɪbreɪtɪd = 'feɪməs = 'wel nəʊn sɪ'lebrɪti = 'feɪməs 'pi:pl	Tổ chức kỉ niệm Lễ kỉ niệm, ăn mừng Nổi tiếng Người nổi tiếng

17.	Treat (v) = cure (v) + sb FOR st Treat sb WITH st Treat st WITH st = process (v) Treatment (n) = cure (n)	tri:t = 'kjʊər tri:t tri:t = 'prəʊses 'tri:tment = 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
18.	Muscle (n)	'masl	cơ bắp (n)
19.	Examine (v)	ig'zæmɪn	kiểm tra (v)
20.	Flesh (n)	fleʃ	thịt (n)
21.	Movement (n)	'mu:vment	Sự di chuyển, phong trào
22.	Injury (n) Injure (v) Injured (ad)	'indʒəri 'indʒə 'indʒəd adj	Vết thương, tình trạng bị thương (n) làm ai bị thương (v) bị thương (adj)
23.	Life expectancy = life span = longevity (n)	life ɪk'spektənsi = laɪf spæn = lɒn'dʒevəti	Tuổi thọ
24.	Generally = in general = on the whole = by and large >< particularly = in particular	'dʒenrəli = ɪn 'dʒenrəl = 'ɒn ðə 'həʊl = 'baɪ ənd lɑ:dʒ pə'tɪkjʊləli = ɪn pə'tɪkjʊlə	Nói chung Nói riêng, cụ thể
25.	Possible (a) = probable (a) = likely (a)	'pɒsəbl̩ = 'prɒbəbl̩ = 'laɪkli	Có thể
26.	Lifestyle (n)	'laɪfstail	Phong cách sống (n)
27.	Food label	fu:d 'leɪbl̩	Nhãn dán thực phẩm
28.	Ingredient (n)	n'grɪdiənt	Nguyên liệu (nấu ăn) Thành phần (thuốc, bánh kẹo ...)
29.	Nutrient (n) Nutrition (n) Nutritious (a)	'nju:triənt nju:'trɪʃn̩ nutritious	Chất dinh dưỡng Chế độ dinh dưỡng, khoa dinh dưỡng Giàu dinh dưỡng
30.	Mineral (n)	'mɪnərəl	Khoáng chất
31.	Furthermore = Moreover = In addition=Besides	,fɜ:ðə'mɔ: = mɔ:'rəʊvə	Hơn nữa
32.	Active (a) >< inactive (a) ~ passive	'æktɪv ɪn'æktɪv ~ 'pæsɪv	Năng động >< thụ động, bị động
33.	Slowly (adv) >< quickly = rapidly = speedily = fast	'sləʊli	chậm >< nhanh
34.	Repetitive (a) Repeat (v) Repetition (n)	rɪ'petətɪv rɪ'pi:t ,repɪ'tɪʃn̩	lặp đi lặp lại (a) nhắc lại sự lặp lại
35.	Electronic device	,ɪlek'trɒnɪk dɪ'vaɪs	Thiết bị điện tử
36.	Energy drink	'enədʒɪ drɪŋk	Nước uống tăng lực
37.	Article (n)	'ɑ:tɪkl̩	Bài báo, mào từ
38.	Diagram (n)	'daɪəgræm	Sơ đồ, biểu đồ
39.	Complete (v) Complete (a)	kəm'pli:t	Hoàn thành Hoàn hảo, trọn vẹn

40.	Instruction (n)	in'strækʃn	Sự hướng dẫn
41.	Instruct (v)	in'strækt	Hướng dẫn
42.	Routine (n)	ru:'ti:n	Thói quen
43.	Proper (a) (dress/ behave) + properly (adv)	'propə 'dres bi'heiv + 'propəli	Phù hợp (ăn mặc/ cư xử) một cách phù hợp
44.	Spread – spread – spread	'spred – 'spred – spred	Lan rộng, lan tràn, dân ra
45.	Position (n)	pə'ziʃn	Vị trí
46.	Develop (v) Development (n)	di'veləp di'veləpmənt	Phát triển Sự phát triển
47.	Replace (v)	ri'pleis	Thay thế
48.	Bone (n)	bəʊn	Xương
49.	Sugar (n)	'ʃʊgə	Đường
50.	Yoghurt (n)	'jɒgət	Sữa chua
51.	Butter (n)	'bʌtə	Bơ
52.	Take turn	'teik tɜ:n	Thay nhau làm gì, lần lượt, luân phiên
53.	Demonstrate (V) = illustrate (v) Demonstration (n) = illustration (n)	emən'streit = 'iləstreit ,demən'streɪʃn = ,ilə'streɪʃn	Minh hoạ Sự minh hoạ
54.	Contain (v) Container (n)	kən'tein kən'teinə	Chứa, đựng Đồ chứa
55.	Recipe (n) Cuisine (n)	'resəpi kwɪ'zi:n	Công thức nấu ăn ẩm thực
56.	Return st	ri'tɜ:n seɪnt	Mang trả lại cái gì
57.	Accept to V >< refuse to V	ək'sept tu vi: 'refju:s tu vi:	Chấp nhận làm gì Từ chối làm gì
58.	(Dress) formally (adv) (Dress) informally (adv)	'dres 'fɔ:mli adv 'dres in'fɔ:mli adv	(ăn mặc) một cách trang trọng (ăn mặc) không trang trọng
59.	Treadmill (n)	'tredmɪl	Máy chạy bộ
60.	A bacterium (n) ⇒ Bacteria (pl.n)	ə bækt'ɪəriəm bækt'ɪəriə	1 vi khuẩn Nhiều vi khuẩn
61.	Disease (n) = ailment (n) Illness (n) = sickness (n)	di'zi:z = 'eɪlmənt 'ɪlnəs = 'sɪknəs	Bệnh tật, sự ốm yếu
62.	Living organism = Living creature	'lɪvɪŋ 'ɔ:gənɪzəm = 'lɪvɪŋ 'kri:tʃə	Sinh vật sống
63.	Infect (v) Infectious (a) = contagious (a) = communicable (a) Infection (n) = contagion (n)	in'fekt in'fekʃəs = kən'teɪdʒəs = kə'mju:nɪkəbl in'fekʃn = kən'teɪdʒən	Lây nhiễm, lây lan Truyền nhiễm (a) Sự lây nhiễm
64.	Food poisoning	fu:d 'pɔɪzɪŋ	Ngộ độc thực phẩm

GLOBAL SUCCESS 11

65.	Antibiotics (n)	,æntɪbaɪ'ɒtɪks	Kháng sinh
66.	Tiny (a) >< huge (a)	'taɪni hjuːdʒ	Nhỏ >< lớn
67.	Germ (n) # gem (n)	dʒɜːm # dʒem	Mầm bệnh # đá quý, viên ngọc
68.	Cause (v) = lead TO = result IN = bring ABOUT	kɔːz = led tu = rɪ'zʌlt ɪn = brɪŋ ə'baʊt	Gây ra, dẫn đến
69.	A wide range OF	ə ,waɪd reɪndʒ ɒv	Nhiều, phạm vi rộng
70.	Common (a) >< uncommon (a)	'kɒmən ən'kɒmən	Thông thường >< không phổ biến
71.	Serious (a) = severe (a)	'sɪəriəs = sɪ'viə	Nghiêm trọng
72.	Cell (n)	sel	Tế bào

ST T	STRUCTURES & COLLOCATIONS & IDIOMS	TRANSCRIPTION	MEANING
1.	Work out	wɜːk	Tập thể dục
2.	Stay healthy	steɪ 'heɪθi	Sống khoẻ
3.	Keep fit	kip fit	Giữ dáng
4.	Give up	ɡɪv ʌp	Từ bỏ
5.	Stay up	steɪ ʌp	Thức
6.	Under the weather = off color >< in the pink	'ʌndər ðə 'weðər = ɔf 'kʌlər >< ɪn ðə pɪŋk	Bị ốm >< Khoẻ mạnh
7.	Stop + Ving Stop + to V	stɒp	Dừng/ ngừng hẳn/ từ bỏ việc gì đó Dừng lại để làm gì
8.	Prefer sb/ st/ Ving TO sb/ st/ Ving = would prefer to V RATHER THAN V = would rather V THAN V	prə'fɜː = wəd prə'fɜː = wəd 'ræðər	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
9.	Be full OF ~ be crowded WITH ~ be packed WITH ~ filled WITH	fʊl ʌv ~ 'kraʊdəd ~ pækt ~ fɪld	Đầy, nhiều ...
10.	S + spend + time/ money + Ving = It takes + sb + time/ money + to V	es spend taɪm 'mʌni = ɪt teɪks taɪm 'mʌni	Ai đó dành + thời gian/ tiền bạc vào việc gì = Ai đó mất bao nhiêu thời gian/ tiền vào việc gì
11.	Take/ do/ get + exercises	teɪk dʊ ɡet 'eksəˌsaɪzəz	Tập thể dục
12.	The key TO st	ðə ki	Chìa khoá/ giải pháp CHO việc gì
13.	Visit + sb/st = pay a visit TO sb/st = pay sb/st a visit	'vɪzət = peɪ 'vɪzət ɪs = peɪ 'vɪzət	Thăm ai/ nơi nào
14.	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
15.	Enjoy + Ving	en'dʒɔɪ	Thích làm gì
16.	Suffer FROM	'sʌfər	Chịu đựng điều gì/ bệnh gì
17.	Look AT	lʊk æt	Nhìn

18.	Pay attention TO = take notice OF = focus ON = Concentrate ON	peɪ ə'tenʃən = teɪk 'noʊtəs əv = 'fəʊkəs ən = 'kənsən'treɪt ən	Chú ý Tập trung
19.	Avoid Ving	ə'vɔɪd	Tránh làm gì
20.	Remember to V Remember Ving	rɪ'membər	Nhớ phải làm gì Nhớ đã làm gì trong quá khứ
21.	Forget to V Forget VING	fər'ɡet	Quên phải làm gì Quên đã làm gì trong quá khứ
22.	Give OFF = emit (v) + (light/ gas ...) >< tak IN = absorb (v)	ɡɪv ɔf = i'mɪt (laɪt ɡæs ...) >< tæk ɪn = əb'zɔrb	Thải ra, phát ra Hấp thụ, thẩm thấu, tiếp thu
23.	Prevent sb FROM Ving	pri'vent	Ngăn cản ai làm gì
24.	Fall asleep # feel sleepy	fəl ə'slɪp # fɪl 'slɪpi	Ngủ thiếp đi Cảm thấy buồn ngủ
25.	Try + to V Try + Ving/ st	traɪ	Cố gắng làm gì Thử làm gì/ thử cái gì
26.	Give instruction	ɡɪv ɪn'strʌkʃən	Đưa ra sự hướng dẫn
27.	Do star jumps	dʊ stɑː dʒʌmps	Nhảy sao
28.	Do squats	dʊ skwɒts	Tập squats
29.	Run on the spot	rʌn ən ðə spɒt	Chạy tại chỗ
30.	Cut down on = reduce (v) = decrease (v) + O S + reduce/ decrease/ decline/ go down (không có O)	kʌt daʊn ən = rə'dʊs = 'diːkris ɛs rə'dʊs 'diːkris di'klaɪn ɡəʊ daʊn	Làm giảm cái gì Chủ ngữ + giảm (không có tân ngữ phía sau)
31.	Help sb V/ to V = assist (v) Help sb with st	help = ə'sɪst	Giúp đỡ ai làm gì Giúp đỡ ai việc gì
32.	Bring sb with st	briŋ	Mang theo cái gì
33.	How about/ What about + Ving = Let's V ...? = Shall we V ...? = Why don't we V ...?	haʊ ə'baʊt wʌt ə'baʊt = lɛts = ʃəl wi = waɪ doʊnt wi	Thế còn làm việc này thì sao? Chúng ta hãy cùng
34.	Thank sb FOR st/ Ving	θæŋk	Cảm ơn ai vì điều gì
35.	Lend sb st Borrow st FROM sb	lɛnd 'bɔːrɒ	Cho ai mượn cái gì Mượn cái gì từ ai
36.	Suggest + Ving Suggest that S + should V	səɡ'dʒest səɡ'dʒest ðæt ɛs ʃʊd	Đề xuất làm gì Đề xuất ai đó làm gì
37.	Remind sb to V Remind sb OF sb/st/ Ving	rɪ'maɪnd rɪ'maɪnd əv	Nhắc nhở ai làm gì Gợi cho ai nhớ về ai/ điều gì
38.	Be pleased WITH = be satisfied/ contented WITH	plɪzd = 'sætə'sfaɪd kən'tɛntəd	Hài lòng với
39.	Accept to V >< refuse to V	æk'sept >< rɪ'fjuːz	Chấp nhận làm gì Từ chối làm gì
40.	(Dress) formally (adv)	(dres) 'fɔːməli	(ăn mặc) một cách trang trọng

	(Dress) informally (adv)	(dres) in 'fɔrməli	(ăn mặc) không trang trọng
41.	(thank/ book) + in advance	in əd'væns	(cảm ơn/ đặt ...) trước
42.	Offer st TO sb Offer sb st	'ɔfər	Cung cấp cái gì cho ai Cung cấp cho ai cái gì
43.	Respond (v) TO st Response (n) TO st Responsive (a) TO st	rɪ'spəns rɪ'spənsɪv	Đáp lại, phản hồi lại Sự phản hồi Phản hồi lại
44.	Be different FROM = differ FROM >< Be similar TO	'dɪfərənt = 'dɪfər >< 'sɪmələ	Khác so với Giống với
45.	Give sb a hand = do sb a favour = help sb	gɪv hænd = dʊ fəvər = help	Giúp đỡ ai
46.	Use st to V Use st FOR Việc	jʊz	Sử dụng cái gì để làm gì
47.	get over = recover from	get 'oʊvər = rɪ'kʌvər	Vượt qua, Phục hồi
48.	go off	gəʊ ɔf	Ồi thiêu, bị hỏng
49.	lie down	laɪ daʊn	Nằm xuống
50.	put on (weight)	pʊt ɒn (weɪt)	Tăng cân
51.	on a diet	ɒn 'daɪət	Ăn kiêng
52.	Be addicted to	ə'dɪktəd	Nghiện
53.	Be allergic to	ə'lɜ:dʒɪk	Dị ứng đối với
54.	die from/of	daɪ frɒm	Chết vì bệnh gì
55.	a cure for	kjʊr	phương pháp điều trị cho bệnh gì
56.	a recipe for	'resəpi	Cách nấu món gì

B. 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 tả 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 thì 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/ thì -ed phát âm là /t/ như laughed, coughed,
- Khi *gh là âm câm thì -ed phát âm là /d/ như ploughed, ...
- Khi *s phát âm là /z/ thì -ed thường được phát âm là /d/ như praised, chased, raised**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 /'lɜ:nɪd/, aged /eɪdʒɪd/, beloved /brɪ'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)**

• Diễn 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** 9a.m. Its ending is good
- 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**: đã rồi

- **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

C. EXERCISES

Ex 1. 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. <u>h</u> ealthy | B. <u>f</u> itness | C. str <u>ea</u> ngth | D. m <u>e</u> ntal |
| 2. A. <u>h</u> ealth | B. <u>e</u> nthusiasm | C. str <u>ea</u> ngth | D. <u>w</u> ithout |
| 3. A. <u>m</u> uscle | B. <u>s</u> uffer | C. <u>y</u> oghurt | D. <u>i</u> nstruct |
| 4. A. <u>f</u> resh | B. <u>d</u> iet | C. <u>f</u> lesh | D. <u>e</u> xercise |
| 5. A. <u>y</u> oga | B. <u>f</u> atty | C. <u>b</u> alance | D. <u>h</u> abit |
| 6. A. <u>c</u> hanged | B. <u>s</u> tayed | C. <u>h</u> appened | D. <u>s</u> topped |
| 7. A. <u>p</u> ieces | B. <u>m</u> uscles | C. <u>d</u> ecades | D. <u>l</u> abels |
| 8. A. <u>a</u> che | B. <u>c</u> hip | C. <u>c</u> hoose | D. <u>c</u> heese |
| 9. A. <u>f</u> lesh | B. <u>m</u> uscle | C. <u>s</u> ugar | D. <u>f</u> ish |
| 10. A. <u>i</u> ngredient | B. <u>n</u> utrient | C. <u>v</u> itamin | D. <u>m</u> ineral |

Ex 2. 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.

- | | | | |
|------------------|--------------|-----------|-------------|
| 11. A. healthy | B. problem | C. mental | D. amount |
| 12. A. lifestyle | B. frequent | C. injure | D. balance |
| 13. A. device | B. treatment | C. muscle | D. movement |

- | | | | |
|-------------------|--------------|-------------|----------------|
| 14. A. replace | B. proper | C. instruct | D. routine |
| 15. A. accept | B. contain | C. return | D. treadmill |
| 16. A. regular | B. energy | C. position | D. diagram |
| 17. A. infectious | B. attention | C. position | D. demonstrate |
| 18. A. asleep | B. avoid | C. formal | D. remind |
| 19. A. recipe | B. informal | C. mineral | D. nutrient |
| 20. A. offer | B. provide | C. advance | D. respond |

Ex 3. Complete the following sentences using the present perfect forms of the verbs in brackets.

- She _____ (learn) English **for** three years.
- I'm hungry. I _____ (not eat) anything **since** breakfast.
- He **never** _____ (drive) a car **before**.
- We _____ (know) each other **since** we were at high school.
- Everything is going well. We _____ (not have) any problem **so far**.
- I _____ (drink) **four cups** of coffee **today**.
- John _____ (live) in Denver **since** 2017.
- You **ever** _____ (climb) Mount Everest?
- No, I haven't. But I'm sure I will, if I have a chance.
- It is nice to see you again. We _____ (not see) each other **for** a long time.
- I _____ (forget) my key. I can't unlock the door now.
- Eric is calling his girlfriend again. That is **the third time** he _____ (call) her this evening.
- The police _____ (arrest) **two** men in connection with the robbery.
- Susan really loves that film. She _____ (see) it **eight times**!
- You **already** _____ (read) the book? What do you think?
- I _____ (not go) to a zoo **before**. It is a nice feeling to go somewhere you **never** _____ (be) **before**.
- Over the past few years**, Viet Nam _____ (become) one of the most popular destinations for foreign visitors in Southeast Asia
- I _____ (not, sleep) well just **lately**. I don't know how to keep balance between work and play.
- As an avid traveler, I _____ (travel) to more than 30 countries and 4 continents **up to now**.

KEY

- | | |
|----------------------------------|---|
| 1. learn => has learnt | 10. forget => have forgotten |
| 2. haven't eaten | 11. call => has called |
| 3. has never driven | 12. arrest => have arrested |
| 4. know => have known | 13. see => has seen |
| 5. haven't had | 14. read => have you already read |
| 6. have drunk | 15. haven't gone; have never been |
| 7. live => has lived | 16. has become |
| 8. have you ever climbed | |
| 9. haven't seen | |

17. **haven't slept**18. **have traveled****Ex 4. Complete the following sentences using the past simple forms of the verbs in brackets.**

1. People _____ (build) this school **in 2001**.
2. **Last year**, my father _____ (promise) to buy my sister a piano.
3. It _____ (be) very hot **last summer**.
4. I _____ (walk) home after the party **last night**.
5. The Chinese _____ (invent) printing.
6. Sam and I _____ (play) tennis **yesterday**. He **was** much better than I **was**, so he _____ (win) easily.
7. My grandpa _____ (die) 30 years **ago**.
8. - You _____ (go) to the movies **last night**?
- Yes, but it _____ (be) a mistake. The movie _____ (be) awful.
9. When I _____ (get) home **last night**, I _____ (be) very tired, so I _____ (go) straight to the bed.
10. Diane _____ (use) to travel a lot. These days she doesn't take many trips.
11. - When Joe and Carol _____ (meet) each other?
They first _____ (meet) when they _____ (be) in high school.
12. When Sarah _____ (get) to the party **last night**, Eric had already gone home.
13. I _____ (ring) you up two days **ago** but I _____ (get) no answer. Where you _____ (be)?
14. 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 |

Ex 5. Complete the following sentences using the past simple forms of the verbs in brackets.

1. When I was waiting for the bus, I _____ (see) my close friend.
2. She _____ (study) English since she _____ (be) four years old.
3. He _____ (see) 10 mice when he _____ (come) into the room.
4. When I was going to the door, the phone _____ (ring).
5. His health has improved since he _____ (return) from the hills.
6. It is the first time he _____ (drive) a car.
7. " _____ You _____ (find) the key which you _____ (lose) yesterday?"
"Yes. I _____ (find) it in the pocket of my other coat."
8. Sarah has lost passport again. It is the second time this _____ (happen).

9. When the alarm rang, Jack _____ (jump) out of bed quickly.
10. Yesterday, I _____ (decide) to stop eating animal products to be a vegan.
11. It _____ (be) my birthday last Sunday, so we _____ (meet) up with my friends for a pizza
12. She _____ (be) unwell since last week. She _____ (go) to the hospital three times.
13. I _____ (lose) my appetite for sugary food recently. Now I can only eat food with no sugar.
14. They _____ (switch) to having one low-calorie meal for a few months
15. My brother _____ (not, write) his report yet.
16. This is the best book she _____ (read)
17. Until now, the disease _____ (kill) over thirty thousand people worldwide
18. 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 |

Ex 6. Circle A, B, C or D to indicate the correct answer to each of the following questions

1. While we were having dinner at a restaurant someone came to the house and _____ this note.
A. left B. had left C. was left D. was leaving
2. 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
3. "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
4. 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
5. There _____ great changes in our village in the past few years.
A. have been B. had been C. was D. has been
6. The noise from the trains _____ me terribly last night.
A. was annoyed B. annoyed C. has annoyed D. had annoyed
7. After he had finished his English course, he _____ to England to continue his study.
A. goes B. went C. has gone D. was going
8. When I _____ to visit her last night, she was having a bath.
A. was coming B. came C. has come D. had come
9. John _____ in the same house since he left school.
A. lived B. had lived C. was living D. has lived
10. I had prepared dinner before I _____ to work.
A. went B. was going C. had gone D. is going

11. 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
12. 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
13. When her husband was in the army, Mary _____ to him twice a week
 A. was writing **B. wrote** C. was written D. writes
14. Since Tom _____, I have heard nothing from him.
 A. had left **B. left** C. has left D. was left
15. 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

Ex 7. Complete the following sentences with the correct forms of the words in capitals

- Many people are trying to adopt a _____ lifestyle these days. (**HEALTH**)
- Stay healthy by eating well and exercising _____. (**REGULAR**)
- Just taking vitamin tablets will not turn an _____ diet into a good one. (**HEALTH**)
- She stays so _____ although she is 70 years old now (**ACT**)
- A _____ diet contains an adequate amount of all the nutrients required by the body to grow, remain healthy and be disease-free (**BALANCE**)
- These exercises are a great way to increase _____ while maintaining flexibility. (**STRONG**)
- Regular exercises are physical or mental activities that we do _____ to stay healthy (**FREQUENT**)
- Two motorists needed medical _____ following the accident. (**TREAT**)
- Muscles are pieces of flesh in our body that allow the _____ of our arms, legs, etc (**MOVE**)
- As a result of the accident, several passengers suffered serious _____. (**INJURE**)
- The doctor _____ her carefully, but could not find anything wrong. (**EXAM**)
- Life _____ for both men and women has improved greatly in the past 20 years (**EXPECT**)
- The book opens with an _____ of why some food are not good for health. (**EXPLAIN**)
- Plants draw minerals and other _____ from the soil. (**NUTRITIOUS**)
- He was so exhausted that he fell _____ at his desk. (**SLEEP**)
- A special trainer has been brought in to work on the tennis player's _____. (**FIT**)
- Raw meat and poultry may contain harmful _____ (**BACTERIUM**).
- The virus affects the body's immune system so that it cannot fight _____. (**INFECT**)
- An _____ is a substance, for example **penicillin**, that can destroy or prevent the growth of bacteria and cure infections (**BIOTIC**)
- 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

10. injuries

19. antibiotic

20. sugary

Ex 8.Fill in the blank with a suitable word given in the box

health	diet	habit	avoid	balanced
treatment	strength	suffered	examined	muscles

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

Key

1. avoid

2. balanced

3. health

4. examined

5. diet

6. habit

7. muscles

8. treatment

9. strength

10. suffered

Ex 9.Fill in the blank with a suitable word given in the box

label	expectancy	reduce	ingredients	nutrients
electronic	attention	infectious	regularly	Injuries

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

KEY

1. expectancy

2. electronic

3. regularly

4. infectious

5. reduce

6. label

7. attention

8.ingredients

9. nutrients

10. injuries

Ex 10. 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

- Jump with your feet apart and your arm _____
- I'm trying to _____ on fatty foods to have a healthy diet
- I've got school tomorrow. I don't want to _____ late.
- My brothers _____ at a gym or swim twice a week.
- My friends _____ eating junk food and energy drinks
- I'd love a dessert, but I want to _____ a diet.
- Please _____ smartphones, laptops or tablets before you go to bed
- Smartphone screens _____ blue light which is harmful to our eyes
- Yates is struggling to _____ a serious knee injury.
- Cream will _____ very quickly if it is not kept in the 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 |

Ex 11. Circle A, B, C or D to indicate the correct answer to each of the following questions

- Don't forget to drink lots of water and stay _____ with plenty of exercise.
A. inactive B. active C. awake D. still
- 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
- It's also important to eat a _____ diet with lots of fruits, vegetables, and protein
A. balanced B. unhealthy C. poor D. strict
- Early morning sleep helps us prepare our mind which helps us manage our feelings and avoid _____ too stressed.
A. get B. to get C. getting D. got
- I prefer fruits and vegetables _____ fast food and junk food
A. of B. for C. than D. to
- Just 15 minutes of daily _____ can add three more years of life
A. smoking B. reading C. routines D. exercise
- 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**
8. She got enough sleep last night, so today she is full of _____
- A. exercise** **B. energy** **C. injuries** **D. stress**
9. We spent a lot of time _____, doing the gardening and walking in the parks
- A. cooked** **B. cook** **C. cooking** **D. to cook**
10. The office has a gym for those who like to _____ exercise in their lunch hour.
- A. take** **B. put** **C. make** **D. give**
11. The key _____ a healthy body is diet and exercise
- A. for** **B. with** **C. to** **D. by**
12. We should _____ healthy by eating well and exercising regularly.
- A. sound** **B. seem** **C. look** **D. stay**
13. _____ fruit and vegetables form an important part of a healthy diet
- A. Raw** **B. Fresh** **C. Frozen** **D. Cooked**
14. We _____ our 25th wedding anniversary in Florence.
- A. celebrated** **B. memorized** **C. remembered** **D. organized**
15. This exercise is designed to build the shoulder and back _____
- A. skin** **B. bones** **C. flesh** **D. muscles**
16. Increasing numbers of children are _____ from mental health problems due to bad habits
- A. suffering** **B. recovering** **C. harming** **D. improving**
17. _____ 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**
18. Start following these five habits to add years to your life _____.
- A. expect** **B. expectant** **C. expectation** **D. expectancy**
19. 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**
20. Coffee and green tea can help _____ your risk of early death by 20 to 30%.
- A. promote** **B. reduce** **C. examine** **D. increase**
21. 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**
22. The doctor have just _____ the patients and fortunately the treatment is working
- A. discharged** **B. suffered** **C. examined** **D. operated**
23. 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**
24. 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**
25. I usually cook some simple Vietnamese dishes, whose _____ are meat, onion, pepper, salt and sugar.
- A. minerals** **B. nutritions** **C. recipes** **D. ingredients**
26. 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**

27. 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

28. 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

29. Sneezing is the most common way of spreading an _____.

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

30. All food products should carry a list of _____ on the packet.

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

31. The supermarket chain has promised to _____ on packaging.

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

32. The coronavirus is so _____ that all citizens in this city contract it.

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

33. 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

Ex 12. Circle A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s)

1. Old people have an active lifestyle and are cared for by their families

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

2. You will become unhealthy if you eat too many snacks.

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

3. 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

4. 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

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

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

6. Research shows that the food we eat can affect longevity.

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

7. 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

8. 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

9. 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

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

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

11. 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

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

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

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

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

14. 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

15. 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

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

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

17. 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

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

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

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

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

20. I noticed that you was looking a little **under the weather**. You coughed a lot

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

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

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

22. 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

23. 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

Ex 13. Circle A, B, C or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s)

1. Spending more time outdoors can boost the body's **strength** and ability to function well

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

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

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

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

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

4. 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

5. 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

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

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

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

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

8. The new drug will be generally available from January.

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

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

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

10. I noticed that you was looking a little under the weather. You coughed a lot

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

Ex 14. Circle A, B, C or D to indicate the words/ phrases that need correction

1. That house on the corner has been empty since the past few months

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

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

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

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

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

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

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

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

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

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

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

7. Two motorists needed hospital treat following the accident.

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

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

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

9. 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

10. 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

Ex 15. Fill in the blank with a suitable preposition

1. I knew what food tasted good, but I didn't know what was good _____ my body

2. Sausages smell amazing and are full _____ protein

3. Add nuts to your diet because They're rich _____ protein, vitamins, and minerals

4. Too little sleep can lead _____ many diseases.

5. The doctor advised Mr Wilson not to exercise too hard because it was bad _____ his heart.

6. He was treated _____ depression with medication prescribed by his doctor.

7. I work _____ regularly to keep fit.

8. His wife finally persuaded him to give _____ smoking.

9. Josh could stay _____ all night without getting tired.

10. Her life always seemed full _____ excitement with a healthy lifestyle

11. Proper planning is the key _____ success.

12. Even today, most Americans prefer coffee _____ tea.

13. I've been feeling a bit _____ the weather this week.

14. She suffered _____ depression for most of her adult life.

15. Pay particular attention _____ the warnings printed on the food label.
16. When they die, plants give _____ gases such as carbon dioxide and methane.
17. Further treatment will prevent cancer _____ developing.
18. She does five minutes of running _____ the spot to keep warm.
19. It took a long time to lose some weights, but I'm very pleased _____ the results.
20. You need to make an appointment _____ advance before going to hospital
21. It can take weeks to get _____ an illness like that.
22. I'm going _____ a diet next week and hope to lose ten pounds before Christmas.
23. Researchers are working to find a cure _____ cancer
24. I like seafood dishes but unfortunately I'm allergic _____ them.
25. Put this meat back in the fridge or 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
2. You could see he was allergic _____ housework.
A. by B. with C. to D. of
3. She was very pleased _____ her exam results.
A. on B. for C. with D. to
4. A lot of people nowadays have become addicted _____ the internet.
A. to B. at C. for D. on
5. The animals had died _____ starvation.
A. on B. for C. of D. to
6. She spent many weeks in hospital recovering _____ her injuries.
A. from B. on C. to D. with
7. You're in no _____ to go to work today.
A. shape B. picture C. image D. painting
8. I'm going on a _____ next week and hope to lose ten pounds before Christmas.
A. meal B. diet C. snack D. dessert
9. This could result in serious _____ or even death.
A. wound B. injury C. ache D. hurt
10. That glass of lemonade is too _____ for me to drink without sugar.
A. sweet B. bitter C. sour D. spicy

11. It is important to keep the different aspects of your life in _____.
 A. balance B. equality C. justice D. fairness
12. Katy Perry keeps _____ shape with the mushroom diet
 A. on B. at C. in D. to
13. Regular _____ reduces the risk of heart disease.
 A. overeating B. exercise C. operation D. recovery
14. They're upset that you didn't call, but they'll _____ it.
 A. get off B. get over C. get up D. get on
15. This bacon smells a bit funny - do you think it's _____?
 A. cut off B. gone up C. gone off D. cut into
16. She looks like she's _____ weight.
 A. put up B. put down C. put off D. put on
17. Modern farming methods can have an adverse effect on the environment.
 A. impacts B. balance C. injury D. benefit
18. It's taken me ages to get over the flu.
 A. fall B. recover from C. trip D. catch
19. Pollution from the works has been reduced by 70 per cent.
 A. ignored B. contained C. decreased D. increased
20. She was employed as a _____ in a hotel.
 A. cook B. cooker C. cooking D. cookery
21. His _____ records showed that he was unfit for work.
 A. meditation B. medicine C. medical D. medic
22. Sleep, rest and relaxation can _____ the ageing process
 A. slow down B. speed up C. turn off D. turn on
23. Your body may not be able to fight _____ naturally if your immune system is weakened
 A. infect B. infected C. infectious D. infection
11. My teenage son always wants to sleep _____ on the weekends
 A. in B. on C. for D. up
12. Today I'm going to talk about how to take care _____ your skin.
 A. of B. on C. for D. up
13. Mass media have helped to raise people's awareness _____ lifestyle choices.
 A. of B. on C. for D. up
14. Good nutrition is essential if patients are to _____ a quick recovery.
 A. do B. make C. put D. take
15. Red meat is high _____ fat, which increases the risk of developing heart disease.
 A. of B. on C. for D. in
16. 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

Ex 16. Circle A, B, C, or D to indicate the correct response to each of the following exchanges.

1. 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.

2. 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.

3. 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

4. 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

5. 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.

6. ~ **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.

7. ~ **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 these

8. ~ **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

9. ~ **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.

10. ~ **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 food

11. ~ **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.

12. ~ **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.

13. ~ **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 food

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

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

14. ~ **Nam**: Do you think all medical care should be free? ~ **Lan**: "....."

A. I think it should be. People's life must be protected

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.

15. ~ **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 food

D. It must be a balanced, nutritious and healthy diet.

16. ~ **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 food

17. ~ **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.

18. ~ **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 food

19. ~ **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.

20. ~ **Lan**: What could you do to make your lifestyle healthier? ~ **Nam**: "....."

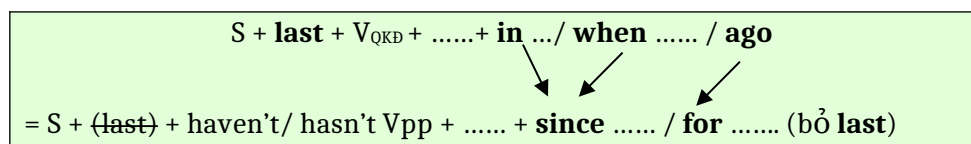
A. People need a healthy lifestyle.

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

Ex 17. Rewrite the following sentences as long as the meaning is unchanged



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 _____

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

She hasn't _____

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

This film hasn't _____

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

She hasn't _____

5. I last visited the city museum in May

I haven't _____

6. I haven't attended the club since 2021.

I last _____

7. I haven't seen him for 2 months.

I last _____

8. 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 + V_{QKD} + ... + was in (at ...) / was ... ago

S + haven't / hasn't + V_{pp} ... + 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 _____

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

It has _____

3. The last time Lucy wore that dress was at Barbara's wedding.

Lucy has _____

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

My father has _____

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

Betty has _____

6. He hasn't played tennis since 2020.

The last time _____

7. 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 _____

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

I have _____

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

She _____

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

My sister _____

5. Scientists began to fight against AIDS in 1980.

Scientists have _____

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

The Browns began _____

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

John started _____

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

Jack and Jill started _____

9. How long have you studied English?

When _____

10. 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

2. I've never met such a famous singer before.

It's the first time

3. She has never been to the ballet before.

It's .

4. She hasn't drunk Coca Cola before.

This is

5. It's the first time I have read this book

I have _____ -

6. It's the first time I have ever met such an intelligent student

I have _____ -

7. 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. **It's 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 + V_{QKD} + ... (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 _____

2. My father hasn't gone to Hanoi for 2 years.

It is _____

3. I haven't enjoyed myself so much for years.

It is _____

4. I haven't eaten this kind of food for 2 years.

It is _____

5. We haven't seen him for 4 years.

It is _____

6. It's over a year since I last went to see them.

I haven't _____

7. 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**

Ex 18. Rewrite the following sentences as long as the meaning is unchanged

1. The last time she came back to her hometown was 4 years ago.

→ She hasn't _____

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

→ He has _____

3. I last had my hair cut in November.

→ I haven't _____

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

→ We haven't _____

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

→ We haven't _____

6. When did you have it?

→ How long _____?

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

→ I have never _____

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

→ The last _____

→ I last _____

9. I like rock climbing more than swimming.

→ I prefer _____

10. My sister thinks it's better to buy books than borrow them.

→ My sister prefer _____

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

→ Layla spent _____

12. I spent ages getting all the documents I needed

It took _____

13. Why don't we go camping this summer?

How about _____

14. 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 OR 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

9. I prefer rock climbing TO swimming

10. My sister prefer buying books TO borrowing them

11. Layla spent five minutes finding her car keys

12. It took me ages to get all the documents I needed

13. 13. How about going camping this summer?

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

Ex 19. Complete the following sentences as long as the meaning is unchanged

1. Children/ adolescent/ should/ eat/ sufficient/ nutritious/ foods/ grow/ develop normally.

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

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

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

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

6. If/ we/ not talk/ them/ about/ healthy eating/ they/ may/ only eat/ junk food.
7. At home/ parents/ should/ encourage/ children/ prepare/ lunchboxes.
8. 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.**

Ex 20. Listen to the recording and decide whether the following statements are true or 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 benefits of exercise to human health. But too much exercise can do you more harm than good. Many people believe that more exercise brings 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 may damage the body's muscles and joints, increase the risk of heart disease or stroke, and even cause death. The same degree of exercise might 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.

Ex 21. 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 very 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, you 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**
5. **injury**
6. **properly**
7. **muscles**
8. **comfortable**

Ex 20. 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 ____.

A. we can watch a DVD at a studio or gym and follow it

B. we can choose a yoga style that is suitable for our lifestyle

C. we can choose Hatha Yoga to focus on basic postures or to increase strength

D. there are a huge variety of options available for our private session

2. According to yoga's principles, the spine is of great importance because ____.

A. when the spine is working properly, postures will become possible

B. seemingly impossible poses will become possible

C. it is the center of your body, from which other muscles operate

D. we can avoid back, shoulder, and neck pain

3. In order to build strong muscles, ____.

A. we build strength with high expenses at the gym

D. we can have strength with flexibility through

B. we don't pay any attention to our appearance

yoga

C. we should reinforce the muscles around the spine

4. Yoga can improve our circulation because ____.

A. it helps to provide more oxygen to cells or internal organs

B. it helps us to perform twisting poses more easily

C. we can have more relaxation exercises

D. it helps to provide more blood to internal organs than others

5. The word "alleviating" in paragraph 2 is closest in meaning to ____.

A. keeping

B. relieving

C. worsening

D. boosting

Ex 21. 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 xerostomia - 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.

- In acupuncture, the insertion of the very thin needles involve with ____ .
 - the thinness of needles and skin
 - agreement from scientists
 - therapeutic benefits of pain relief
 - the locations, and the depths
- It is thought that acupuncture is effective in treating all of the following symptoms EXCEPT ____ .
 - headaches
 - cancer
 - migraines
 - nervousness
- With the practice of acupuncture, it is believed that ____ .
 - the energy flow can be brought back to patients
 - energy can go through acupuncture points in the body
 - patients can get proper balance between yin and yang
 - illness causes the imbalance of qi throughout the body
- According to Western medicine, the insertion of needles through acupuncture points in the body may ____ .
 - increase blood flow and stimulate our instinct of pain relief
 - stimulate the effect of painkillers in our bodies for treatment
 - be used only in China and the Far East not the Western countries
 - help to explain where nerves and muscles can be stimulated
- The word “**triggering**” in paragraph 4 is closest in meaning to ____ .
 - causing a device to start operating
 - making something happen suddenly
 - causing something to explode
 - making something develop very quickly

Ex 22. 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!

1. A down B out C in D up
2. A who B whose C which D what
3. A therefore B thus C however D while

4. A winners B **winning** C win D won
5. A **challenge** B victory C defeat D Score

Ex 23. 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.		

Ex 24. 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 _____
A. are traditional meals of the US people.
 B. are popular because of their nutritious values.
 C. became more popular than meals cooked at home in China
 D. became popular with other European and Asian countries.
2. Which of the following is similar in meaning to the word **cuisine**?
 A. cooking **B. style of cooking** C. cookery D. cook
3. What is the main idea of the first paragraph?
A. Americas cuisine used to have an influence on many countries.
 B. Fast foods became one of Americas strongest exports.
 C. Mc Donalds and Burger King are American food suppliers successful in Europe.
 D. Traditional meals cooked at home and consumed at a leisurely pace are not common in the US.
4. Which of the following statements is true?
A. By the late 20th century, fast foods had lost their popularity in the USA
 B. Americans used to eat more poultry, fish, and fresh fruits and vegetables than they do now.
 C. Cooking styles of other countries began to affect Americas by the late 20th century.
 D. Fewer eggs and less beef in American diet made them fitter.
5. An innovative style of cooking was created in California _____
 A. to attract more immigrants to the state.
 B. and made the states wines well-known.
 C. by borrowing recipes from immigrant kitchens.
D. by combining the local specialities with immigrants spices

Ex 26. 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 old. 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 |

Ex 27. 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 |

2. 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 |

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

- | | | | |
|----------|-------------|--------|------------|
| A. light | B. balanced | C. big | D. healthy |
|----------|-------------|--------|------------|

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

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

5. 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 |

6. The word "**its**" in paragraph 4 refers to.....

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

Ex 28. 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

2. 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

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

A. accepted

B. denied

C. ignored

D. agreed

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

A. law

B. healthy food

C. unhealthy food

D. bill

5. 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.

6. 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