**SỞ GD & ĐT NAM ĐỊNH**

**TRƯỜNG THPT MỸ THO**

**CHUYÊN ĐỀ ÔN TẬP**

**TÊN CHUYÊN ĐỀ: TỪ VỰNG THEO CHỦ ĐỀ : HEALTH & FITNESS**

**I. MỤC TIÊU**

**1. Yêu cầu cần đạt**

- Học sinh nắm vững được một số từ vựng theo chủ đề “Health and fitness”, các cụm từ, cụm từ kết hợp, cụm từ cố định, cụm độngt từ …liê quan đến chủ đề.

- Học sinh ứng dụng những từ vựng đã được cung cấp để thực hành làm một số dạng bài tập vận dụng để củng cố lại và đảm bảo việc nắm bắt từ vựng của học sinh.

**2. Học liệu**

**https://zim.vn/ielts-reading-topic-health**

[**http://www.elc.edu.vn/cac-thanh-ngu-ve-suc-khoe-idioms-talk-health.html**](http://www.elc.edu.vn/cac-thanh-ngu-ve-suc-khoe-idioms-talk-health.html)

[**https://blog.azvocab.ai/100-tu-vung-chu-de-health-and-fitness-thong-dung-cho-ki-thi-ielts/**](https://blog.azvocab.ai/100-tu-vung-chu-de-health-and-fitness-thong-dung-cho-ki-thi-ielts/)

[**https://www.thesol.edu.vn/50-tu-vung-ielts-chu-de-health-and-fitness-tu-vung-tieng-anh-ve-suc-khoe**](https://www.thesol.edu.vn/50-tu-vung-ielts-chu-de-health-and-fitness-tu-vung-tieng-anh-ve-suc-khoe)

[**https://npedu.vn/tu-vung-chu-de-health-kem-bai-tap-co-dap-an/**](https://npedu.vn/tu-vung-chu-de-health-kem-bai-tap-co-dap-an/)

[**https://wiseenglish.edu.vn/tu-vung-chu-de-health**](https://wiseenglish.edu.vn/tu-vung-chu-de-health)

**https://quizlet.com/vn/928109372/tu-vung-tieng-anh-11-unit-1-a-long-and-healthy-life-flash-cards/**

**https://olm.vn/cau-hoi/health-and-fitness-advice-unfit-change-on-a-diet-balanced.3707978260046**

**https://www.tienganh123.com/luyen-thi-b1-bai19-thuc-hanh-tu-vung-chu-de-suc-khoeII. NỘI DUNG CHUYÊN ĐỀ**

**1.MỘT SỐ TỪ VỰNG LIÊN QUAN TỚI CHỦ ĐỀ “HEALTH AND FITNESS”**

|  |  |  |  |
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|  | **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 khoẻVấn 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 mạnhĐẩy mạnh, thúc đẩy, tăng cườngKhoẻ  |
|  | Enthusiasm (n)Enthusiast (n)Enthusiastic (a)Enthusiastically (adv) | ɪnˈθjuːzɪæzəm  ɪnˈθjuːzɪæst  ɪnˌθjuːzɪˈæstɪk  ɪnˌθjuːzɪˈæstɪkl̩i | Sự nhiệt tìnhNgười hâm mộNhiệt tìnhMột cách nhiệt tình  |
|  | Physical (a)Physical educationPhysics (n)Physicist (n)Physician (n) = doctor (n) | ˈfɪzɪkl̩  ˈfɪzɪkl̩ ˌedʒʊˈkeɪʃn̩  ˈfɪzɪks  ˈfɪzɪsɪst  fɪˈzɪʃn̩ = ˈdɒktə  | Thuộc về thể chất Giáo dục thể chấtVật lýNhà vật lý họcBác 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 + NkđđThe number OF + N s/ esThe quantity OF + Nkđđ/Ns/ es | ði əˈmaʊnt əv ðə ˈnʌmbər əv ðə ˈkwɒntɪti əv  | Lượng + danh từ không đếm đượcSố lượng + + danh từ không đếm đượcLượng, số lượng + danh từ |
|  | Lifestyle (n) | ˈlaɪfstaɪl  | Phong cách sống (n) |
|  | mental illness | /ˈmen.təl ˈɪl.nəs/ | bệnh tâm lý |
|  | Treat (v) = cure (v) + sb FOR stTreat 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 gìĐối xử với ai = thái độ ntnXử 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 dưỡngChế độ dinh dưỡng, khoa dinh dưỡngGiàu 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 lạisự 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 thànhHoàn 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 triểnSự 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 hoạSự minh hoạ |
|  | Contain (v)Container (n) | kənˈteɪn  kənˈteɪnə  | Chứa, đựngĐồ chứa |
|  | Recipe (n) | ˈresəpi  | Công thức nấu ăn |
|  | 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 gìTừ chối làm gì |
|  | Cuisine (n) | kwɪˈziːn | Ẩm thực |
|  | Treadmill (n) | ˈtredmɪl  | Máy chạy bộ |
|  | A bacterium (n)* Bacteria (pl.n)
 | ə bækˈtɪəriəm  bækˈtɪəriə  | 1 vi khuẩnNhiều 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 lanTruyền 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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| **73.** | Sleeping habits | /ˈsliːpɪŋ ˈhæbɪt/ | Thói quen ngủ |
| **74.** | Health benefits | /helθ ˈbenɪfɪt/ | Lợi ích cho sức khỏe |
| **75.** | Health care | /hɛlθ keə/ | Chăm sóc sức khoẻ |
| **76.** | Health risk | /hɛlθ rɪsk/ | Nguy cơ gây hại cho sức khoẻ |
| **77.** | Sedentary lifestyles | /ˈsɛdntəri ˈlaɪfˌstaɪlz/ | Lối sống thụ động |
| **78.** | Anxiety disorders | /æŋˈzaɪəti dɪsˈɔːdəz/ | Những sự rối loạn lo âu |
| **79.** | Weight problems | /weɪt ˈprɒbləmz/ | Các vấn đề về cân nặng |
| **80.** | Shrivel up | /ˈʃrɪvl ʌp/ | Trở nên gầy ốm |
| **81.** | Fatigue | /fəˈtiːɡ/ | Sự mệt mỏi |
| **82.** | Mental health | /ˈmɛntl hɛlθ/ | Sức khoẻ tinh thần |
| **83.** | Healthy foods | /ˈhelθi fuːd/ | Thức ăn có lợi cho sức khỏe |
| **84.** | Exercise | /ˈeksəsaɪz/ | Tập thể dục |
| **85.** | Eating disorder | /ˈiːtɪŋ dɪsˈɔːdə/ | Rối loạn ăn uống |
| **86.** | Vegetarian food | /ˌvedʒəˈteəriən fuːd/ | Đồ ăn chay |
| **87.** | Organic food | /ɔːˈɡænɪk fuːd/ | Thực phẩm hữu cơ |
| **88.** | Disseminate information | /dɪˈsemɪneɪt ˌɪnfəˈmeɪʃn/ | Phổ biến thông tin |
| **89.** | Healthy lifestyle | /ˈhelθi ˈlaɪfstaɪl/ | Lối sống lành mạnh |
| **90.** | Consult the doctor | /kənˈsʌlt ðə ˈdɒktə(r)/ | Hỏi ý kiến bác sĩ |
| **91.** | Make a full recovery | /meɪk ə fʊl rɪˈkʌvəri/ | Bình phục hoàn toàn |
| **92.** | Surgery | /ˈsɜːʤəri/ | Phẫu thuật |
| **93.** | Engage in sports | /ɪnˈɡeɪdʒ ɪn spɔːt/ | Tham gia hoạt động thể thao |
| **94.** | To implement policies | /tuˈɪmplɪment ˈpɒləsi/ | Áp dụng chính sách |
| **95.** | Initiative | /ɪˈnɪʃətɪv/ | Sáng kiến, kiến nghị |
| **96.** | Intense workout | /ɪnˈtens ˈwɜːkaʊt/ | Tập luyện cường độ cao |
| **97.** | To stay active | /tu steɪ ˈæktɪv/ | Duy trì hoạt động thường xuyên |
| **98.** | To be conscious | /tu bi ˈkɒnʃəs/ | Có ý thức về vấn đề gì đó |
| **99.** | To lose weight | /tu luːz weɪt/ | Giảm cân |
| **100** | To encourage | /tu ɪnˈkʌrɪdʒ/ | Khuyến khích |
| **101** | To limit sugar intake | /tu ˈlɪmɪt ˈʃʊɡə(r) ˈɪnteɪk/ | Hạn chế lượng đường nạp vào |
| **102** | To avoid evils | /tu əˈvɔɪd ˈiːvl/ | Tránh thói quen xấu |
| **103** | Cancer | /ˈkænsə/ | Ung thư |
| **104** | Stroke | /strəʊk/ | Đột quỵ |
| **105** | Allergy | /ˈæləʤi/ | Dị ứng |
| **106** | Stomachache | /ˈstʌməkeɪk/ | Đau dạ dày |
| **107** | Backache | /ˈbækeɪk/ | Đau lưng |
| **108** | Dizziness | /ˈdɪzɪnɪs/ | Chóng mặt |
| **109** | Insomnia | /ɪnˈsɒmnɪə/ | Mất ngủ |
| **110** | Headache | /ˈhɛdeɪk/ | Đau đầu |
| **111** | Runny nose | /ˈrʌni nəʊz/ | Sổ mũi |
| **112** | To cough | /tu kɒf/ | Ho |
| **113** | Prescription | /prɪˈskrɪpʃn/ | Đơn thuốc |
| **114** | Ward off | /wɔːd ɒf/ | Phòng bệnh |
| **115** | Prevent | /prɪˈvɛnt/ | Ngăn ngừa |
| **116** | Pain-killer | /peɪn-ˈkɪlə/ | Thuốc giảm đau |
| **117** | To hit the gym | /tu hɪt ðə dʒɪm/ | Đến phòng tập |
| **118** | Fever | /ˈfiːvə(r)/ | Sốt |
| **119** | Sore throat | /sɔː(r) θrəʊt/ | Đau họng |
| **120** | Get an electrical shock | /ɡɛt ən ɪˈlɛktrɪkəl ʃɒk/ | Bị điện giật |
| **121** | Treatment | /ˈtriːtmənt/ | Điều trị |
| **122** | Disease prevention | /dɪˈziːz prɪˈvenʃn/ | Phòng chống bệnh tật |
| **123** | Digestive disorder | /dɪˈʤɛstɪv dɪsˈɔːdə/ | Rối loạn tiêu hoá |
| **124** | Disorder | /dɪsˈɔːdə(r)/ | Rối loạn |
| **125** | Early diagnosis | /ˈɜːli ˌdaɪəɡˈnəʊsɪs/ | Chẩn đoán sớm |
| **126** | Side effects | /saɪd ɪˈfekt/ | Tác dụng phụ |
| **127** | Epidemic | /ˌepɪˈdemɪk/ | Dịch bệnh |
| **128** | Addiction | /əˈdɪkʃn/ | Nghiện |
| **129** | Additive | /'æditiv/ | - Gia vị hoặc chất bảo quản |
| **130** | To go on a diet | /tu ɡəʊ ɒn ə ˈdaɪət/ | Tiến hành chế độ ăn kiêng |
| **131** | Adverse reaction | /ˈædvɜːs riˈækʃn/ | Phản ứng ngược |
| **132** | To reduce one’s stress levels | /tu rɪˈdjuːs wʌnz stres ˈlevl/ | Giảm bớt mức độ căng thẳng |
| **133** | medical check-up | /'medikəl 'tʃek'ʌp/ | kiểm tra y tế |
| **134** | Appetite | /'æpitait/ | Thèm ăn |
| **135** | Fibre | /'faibə/ | chất xơ |
| **136** | Diabetes | /ˌdaɪ.əˈbiː.tiːz/ | Bệnh tiểu đường |
| **137** | to alleviate (the) pain/symptoms | /əˈliː.vi.eɪt peɪn/ ˈsɪmp.təm/ | giảm đau, giảm triệu chứng |
| **138** | lifestyle related disease | /ˈlaɪf.staɪl rɪˈleɪ.tɪd dɪˈziːz/ | bệnh tật liên quan đến/hình thành do lối sống |
| **139** | to reduce meat intake | /rɪˈdʒuːs miːt ˈɪn.teɪk/ | giảm lượng thịt |
| **140** | be low in nutrients  | /ləʊ ɪn ˈnjuː.tri.ənts/ | có ít chất dinh dưỡng |
| **141** | dehydration   | /ˌdiː.haɪˈdreɪ.ʃən/ | sự mất nước |
| **142** | depression   | /dɪˈpreʃ.ən/ | sự trầm cảm |
| **143** | exposure   | /ɪkˈspəʊ.ʒər/ | sự phơi nhiễm |
| **144** | factor   |  /ˈfæk.tər/ | nhân tố |
| **145** | heart attack   | /hɑːt əˈtæk/ | cơn đau tim |
| **146** | onset   | /ˈɒn.set/ | sự bắt đầu, giai đoạn đầu |
| **147** | risk   | /rɪsk/ | rủi ro, sự mạo hiểm |
| **148** | chronic   | /ˈkrɒn.ɪk/ | mãn tính, kinh niên |
| **148** | doubtful   |  /ˈdaʊt.fəl/ | nghi ngờ, ngờ vực |
| **150** | imperceptible   | /ˌɪm.pəˈsep.tə.bəl/ | không thể cảm thấy; không thể nhận thấy |
| **151** | indicative   | /ɪnˈdɪk.ə.tɪv/ | là dấu hiệu của |
| **152** | insurmountable   | /ˌɪn.səˈmaʊn.tə.bəl/ | không khắc phục được, không giải quyết được |
| **153** | long-sighted   | /ˌlɒŋˈsaɪ.tɪd/ | viễn thị |
| **154** | ongoing   | /ˈɒŋˌɡəʊ.ɪŋ/ | đang xảy ra, đang diễn ra |
| **155** | persistent   |  /pəˈsɪs.tənt/ | dai dẳng |
| **156** | pervasive   | /pəˈveɪ.sɪv/ | lan tràn khắp nơi |
| **157** | problematic   |  /ˌprɒb.ləˈmæt.ɪk/ | khó giải quyết |
| **158** | deteriorate   | /dɪˈtɪə.ri.ə.reɪt/ | yếu đi, kém đi, giảm đi |
| **159** | diminish   |  /dɪˈmɪn.ɪʃ/ | bớt; giảm |
| **160** | disrupt   | /dɪsˈrʌpt/ | phá vỡ |
| **161** | misdiagnose   | /mɪs.ˈdaɪ.əɡ.nəʊz/ | chẩn đoán nhầm |
| **162** | diagnosis  | /ˌdaɪ.əɡˈnəʊ.sɪs/ | sự chẩn đoán |
| **163** | trigger   | /ˈtrɪɡ.ər/ | gây ra |
| **164** | therapy   | /ˈθer.ə.pi/ | liệu pháp |
| **165** | immeasurable   | /ɪˈmeʒ.ər.ə.bəl/ | không thể đo lường được |
| **166** | moderate   | /ˈmɒd.ər.ət/ | vừa phải |
| **167** | vaccinate   | /ˈvæk.sɪ.neɪt/ | tiêm chủng |
| **168** | eliminate   | /iˈlɪm.ɪ.neɪt/ | loại trừ; bài tiết |
| **169** | maintain   | /meɪnˈteɪn/ | giữ gìn; duy trì |
| **170** | stimulate  | /ˈstɪm.jə.leɪt/ | kích thích |

**2.MỘT SỐ CẤU TRÚC, CỤM TỪ CỐ ĐỊNH**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **STRUCTURES & COLLOCATIONS & IDIOMS** | **TRANSCRIPTION** | **MEANING** |
|  | Work out | /wɜrk aʊt/ | 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 + VingStop + to V  | stɑp  | Dừng/ ngừng hẳn/ từ bỏ việc gì đóDừng 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 KHÁCThích làm gì HƠN làm gì KHÁCThích 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 aiGiỏi 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 ýTập trung |
|  | Avoid Ving  | əˈvɔɪd  | Tránh làm gì |
|  | Remember to VRemember Ving  | rɪˈmɛmbər  | Nhớ phải làm gìNhớ đã làm gì trong quá khứ |
|  | Forget to VForget VING  | fərˈɡɛt  | Quên phải làm gìQuên 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 điCảm thấy buồn ngủ  |
|  | Try + to VTry + Ving/ st | traɪ  | Cố gắng làm gìThử 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) + OS + reduce/ decrease/ decline/ go down (không có O) | kʌt daʊn ɑn = rəˈdus = ˈdiˌkris ɛs rəˈdus ˈdiˌkris dɪˈklaɪn ɡoʊ daʊn  | Làm giảm cái gìChủ 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 gìGiúp 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 gìMượn cái gì từ ai |
|  | Suggest + VingSuggest that S + should V  | səɡˈʤɛst səɡˈʤɛst ðət ɛs ʃʊd  | Đề xuất làm gìĐề xuất ai đó làm gì |
|  | Remind sb to VRemind sb OF sb/st/ Ving  | riˈmaɪnd riˈmaɪnd ʌv  | Nhắc nhở ai làm gìGợi 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 gìTừ chối làm gì  |
|  |  |  |  |
|  | (thank/ book) + in advance  | ɪn ədˈvæns | (cảm ơn/ đặt … ) trước |
|  | Offer st TO sbOffer sb st  | ˈɔfər  | Cung cấp cái gì cho aiCung cấp cho ai cái gì  |
|  | Respond (v) TO stResponse (n) TO stResponsive (a) TO st  | rɪˈspɑns rɪˈspɑnsɪv  | Đáp lại, phản hồi lạiSự phản hồiPhản hồi lại |
|  | Be different FROM = differ FROM>< Be similar TO  | ˈdɪfərənt = ˈdɪfər >< ˈsɪmələr  | Khác so vớiGiống với |
|  | Give sb a hand = do sb a favour = help sb  | ɡɪv hænd = dʊ fvour = hɛlp  | Giúp đỡ ai  |
|  | Use st to VUse 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 |
|  | raise health awareness  |  | nâng cao nhận thức về sức khỏe |
|  | lead a sedentary lifestyle  |  | có lối sống ít vận động |
|  | to hold yourself accountable | /həʊld jɔːˈself əˈkaʊn.tə.bəl/ | chấp nhận việc bản thân cần phải chịu trách cho thứ gì đó |
|  | to build up resistance to disease | /bɪld ʌp rɪˈzɪs.təns tuː dɪˈziːz/ | tăng cường sức đề kháng, chống lại bệnh tật |

**3. MỘT SỐ THÀNH NGỮ THEO CHỦ ĐỀ**

**1.** Under the weather: *Cảm thấy mệt mỏi, ốm*

**2.** As right as rain: *khỏe mạnh.*

**3.** Splitting headache: *Nhức đầu kinh khủng*

**4.** Run down: *mệt mỏi, uể oải.*

**5**. Back on my feet: *Trở lại như trước, khỏe trở lại, phục hồi trở lại.*

**6.** As fit as a fiddle: *Khỏe mạnh, đầy năng lượng.*

**7.** Dog – tired/dead tired: *rất mệt mỏi*

**8**. Out on one’s feet: *Cực kỳ mệt mỏi như thể đứng không vững.*

**9.** Bag of bones: *Rất gầy gò.*

**10**. Full of beans: *rất khỏe mạnh, tràn đầy năng lượng.*

**11**. Black out:*trạng thái sợ đột ngột mất ý thức tạm thời.*

**12**. Blind as a bat: *mắt kém.*

**13.** Blue around the gills: *trông xanh xao ốm yếu*

**14**. Cast iron stomach: *đau bụng, đầy bụng, bụng khó chịu.*

**15**. Clean bill of health: *rất khỏe mạnh, không còn vấn đề gì về sức khỏe.*

**16.** (like) Death warmed up: rất ốm yếu.

**17.** Off colour: ốm yếu *(trông mặt như không có tí màu sắc nào, tái mét)*

**18.** Dogs are barking: *rất đau chân, khó chịu ở chân.*

**19.** Frog in one’s throat: *đau cổ, không nói được.*
**20.** Drop like flies:*thường dùng chỉ bệnh dịch, cái chết lây lan.*

**21.** To have a spring in one’s step: luôn tràn đầy năng lượng và không phải lo lắng gì.

**22**. To have a new lease on life: đến sự thay đổi trong thái độ và cảm giác tốt hơn. Nó bao hàm một số cảm giác nhưng nhìn chung đều tích cực.

**23.** Under the knife: việc đã trải qua cuộc phẫu thuật.

**24.** Out of shape: một người nào đó không đủ sức khỏe.

**25**. As pale as a ghost: người đó rất nhợt nhạt, xanh xao do sợ hãi hoặc do đang bị ốm nặng, buồn nôn.

**26**. To have a frog in one’s throat: việc không thể nói một cách rõ ràng, bị khô cổ, khó nói, có thể do bị dị ứng theo mùa, cảm lạnh hoặc cúm dẫn đến giọng nói bị thay đổi.

**27**. As sick as a dog: rất ốm, ốm yếu, thường được dùng để đề cập đến các bệnh liên quan đến nôn mửa**.**

**28.** to really hurt:  một bộ phận của cơ thể bạn đang bị đau dữ dội

**29**.to be rushed to hospital: tcần nhanh chóng đưa tới bệnh viện

**30**.to be fresh as a daisy: cảm thấy đang rất tốt

**4. 10 CỤM ĐỘNG TỪ CHỦ ĐỀ HEALTH**

|  |  |
| --- | --- |
| Check up on | Kiểm tra hoặc đánh giá tình trạng sức khỏe của ai đó |
| Take care of | Chăm sóc sức khỏe của một người hoặc quản lý một tình trạng y tế |
| Get over | Khỏi bệnh hoặc bị thương |
| Break out | Bùng phát, xuất hiện đột ngột của phát ban da hoặc tình trạng khác |
| Fight off | Chống lại hoặc vượt qua bệnh tật hoặc nhiễm trùng |
| Come down with | Trở nên ốm yếu với một căn bệnh |
| Pick up | Mắc bệnh hoặc nhiễm trùng |
| Keep up | Duy trì sức khỏe tốt hoặc tiếp tục chăm sóc sức khỏe của một người |
| Build up | Tăng sức mạnh thể chất, sức chịu đựng hoặc khả năng miễn dịch |
| Wear out | Kiệt sức hoặc mệt mỏi do sức khỏe kém hoặc làm việc quá sức |

**5. 10 CỤM ĐỘNG TỪ CHỦ ĐỀ FITNESS**

|  |  |
| --- | --- |
| Burn off | Giảm cân bằng cách hoạt động thể chất |
| Get in shape | Có vóc dáng, sức khỏe tốt  |
| Take up | Bắt đầu một thói quen hoặc sở thích  |
| Bulk up | Làm cho cơ thể  to hơn bằng cách phát triển cơ bắp |
| Work out | Luyện tập thể dục, thể thao |
| Warm up | Chuẩn bị cho hoạt động thể chất bằng cách tập thể dục nhẹ |
| Tone up | Tăng cường và làm săn chắc cơ bắp |
| Tone down | Giảm cường độ tập thể dục hoặc hoạt động |
| Cool down | Giảm tốc độ sau khi tập luyện để tránh chấn thương hoặc cứng cơ |
| Pump up | Tăng kích thước cơ bắp và sức mạnh thông qua cử tạ |

**III. CÁC DẠNG CÂU HỎI/ BÀI TẬP THỰC HÀNH**

**Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.**

**Question 1**. Children often get vaccinated so as to be**immune** to fatal diseases.

 **A.** susceptible             **B.** vulnerable              **C.** fragile **D.** resistant

**Question 2**. This kind of fruit helps to **boost** the immune system.

 **A.** decrease                **B.** reduce                  **C.** increase **D.** maintain

**Question 3**. In Vietnam, **life expectancy** for both men and women has increased significantly over the last ten years.

 **A.** living standard            **B.** longevity **C.** life skills                  **D.** lifeline

**Question 4**. The second theme describes the women's rejection of the pressure surrounding body size and food and their desire to **eat** the foods they enjoyed.

 **A.** cultivate **B.** purchase                  **C.** digest                    **D.** consume

**Question 5**. You will **recover** quickly if you take this medication.

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

**Question 6**. The doctor **cautioned** his patient against consuming too much sugar.

 **A.** screamed **B.** threatened                **C.** punished                  **D.** warned

**Question 7**. Make sure you get a balanced **intake** of vitamins and minerals to stay healthy.

 **A.** recognition                **B.** stimulation            **C.** consumption            **D.** digestion

**Question 8**. Meditation is a popular way to **relieve** stress in today's hectic lifestyles.

 **A.** reduce                **B.** reproduce                **C.** rehearse                **D.** rename

**Question 9**. People can fight **infection** more effectively if they eat a nutritious diet.

 **A.** injection                  **B.** disease                  **C.** hygiene                  **D.** digestion

**Question 10**. Do school-based social skills training programs prevent alcohol use among young people?

 **A.** boost                      **B.** stimulate                **C.** avoid                      **D.** trigger

**Question 11**. Consuming a **wide** range of fruits and vegetables supplies you with vitamins and nutrients.

 **A.** broad                    **B.** narrow                        **C.** limited                  **D.** uncertain

**Question 12**. She gave us some advice on how to keep our skin healthy and how to avoid **common** skin problems.

 **A.** specific **B.** normal                **C.** infrequent               **D.** devoted

**Question 13**. Having healthy skin is especially **crucial** to women to maintain their beauty.

 **A.** trivial                **B.** meaningless              **C.** vital                **D.** contributory

**Question 14**. Life expectancy increases can be attributed to healthier lifestyles, improved nutrition, and **advances** in medical science and technology.

 **A.** mainstays **B.** householders **C.** breadwinners **D.** breakthroughs

**Question 15**. Here are some **precautions** to take when engaging in various types of physical activities.

 **A.** safety measures          **B.** safety levels **C.** safety rules              **D.** safety factors

**Question 16**. If you exercise outside in hot, sunny weather, your body can overheat and lose a lot of **fluid**.

 **A.** liquid                  **B.** vitamins                **C.** minerals                  **D.** nutrients

**Question 17**. The fire **resulted in** damage to their property.

 **A.** resulted from                **B.** led to **C.** caught on **D.** compensated for

**Question 18**. You should also **exercise** in the early morning when the weather is not too hot.

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

**Question 19**. Before swimming, make sure you've **warmed up** your body by stretching or jumping.

 **A.** exercised lightly                 **B.** put on warm clothes

 **C.** had a warm bath      **D.** rested warmly

**Question 20.** Old people have an **active** lifestyle and are cared for by their families

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

**Question 21.**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

**Question 20.** 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

**Question 21.** Eating more fruits and vegetables, but less fatty foods can reduce the risk of serious **diseases**

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

**Question 22.** Research shows that the food we eat can affect **longevity**.

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

**Question 23.** 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

**Question 24.** 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

**Question 25.** 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

**Question 26.** No effective **treatment** exists for this highly infectious disease

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

**Question 27.** The doctor **examined** her carefully but could find nothing wrong.

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

**Question 28.** 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

**Question 29.** 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

**Question 30.** He died after suffering from a **serious** illness.

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

**Question 31.** 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

**Question 32.**She gave us some tips for keeping our skin healthy and preventing **common** skin problems.

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

**Question 33.** 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

**Question 34.** 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

***Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.***

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

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

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

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

**Question** **3.** 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

**Question** **4.** 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

**Question** **5.** I found a website advertising an effective way to **lose** weight in one month.

A. drop B. waste C. maintain D. gain

**Question** **6.** 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

**Question** **7**. You need to do some warm-up exercise such as **stretching** before you start your yoga practice.

A. remaining B. declining C. developing D. shrinking

**Question** **8**. After hundreds of **rejections** by the employers, I decided that I need to do something about my obesity.

A. denial B. approval C. refusal D. rebuttal

**Question** **9**. I have **followed** a special diet and joined a fitness class for overweight people for over six months.

A. refused B. obeyed C. adhered to D. carried on

**Question** **10**. My family totally **supported** me during my fight against obesity.

A. aided B. discouraged C. assisted D. promoted

**Question** **11**. I have just **received** my first job offer after having been unemployed for two years.

A. got B. gained C. rejected D. acquired

**Question** **12**. You risk **serious** injury or death if you are swimming and lightning strikes.

 **A.** trivial                    **B.** dreadful **C.** crucial **D.** negligible

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

**Question** **1**. Some can cause \_\_\_\_\_\_\_\_\_\_\_ diseases such as tuberculosis and food poisoning.

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

**Question** **2**. Vaccines are often used to prevent the \_\_\_\_\_\_\_\_\_ of diseases caused by viruses.

 **A.** development **B.** increase **C.** decrease **D.** spread

**Question** **3**. Viruses can cause a range illness, from the common cold or the flu to more \_\_\_\_\_\_\_\_\_ diseases such as AIDS and Covid-19.

 **A.** infectious **B.** minimal **C.** serious **D.** benign

**Question** **4**. Start by looking at food labels, paying attention to ingredients and \_\_\_\_\_\_\_\_ such as vitamins and minerals

 **A.** nutrients **B.** features **C.** types **D.** drinkables

**Question** **5**. The screens \_\_\_\_\_\_\_\_\_\_ blued light that can prevent you from sleeping well.

 **A.** give away **B.** give out **C.** give in **D.** give off

**Question** **6**. Exercise \_\_\_\_\_\_\_\_\_\_ to always keep your body fit and your mind happy.

 **A.** regular **B.** regularly **C.** irregular **D.** irregularly

**Question** **7**. Many doctors recommend \_\_\_\_\_\_\_\_\_ as a way to reduce stress.

 **A.** medication **B.** thought **C.** stillness **D.** calmness

**Question** **8.** Whole grains are high in fiber and contain a variety of \_\_\_\_\_\_\_\_ that support healthy blood sugar levels.

 **A.** nutrition **B.** nutrients **C.** nutritionists **D.** nutritious

**Question** **9**. Living to an average of 83 years old, Japan is the nation with the highest \_\_\_\_\_\_\_\_ in the world.

 **A.** life skills **B.** life work **C.** life force **D.** life expectancy

**Question** **10**.This idea has long been \_\_\_\_\_\_\_\_\_ to Keynes, but in fact he was not the first to think of it.

 **A.** contributed **B.** attributed **C.** dedicated **D.** applied

**Question** **11**. The doctor put me on a low-salt \_\_\_\_\_\_\_\_\_\_ to reduce my blood pressure.

 **A.** weight **B.** food **C.** scale **D.** diet

 [**Question** **12**. The acid in nonstick pans is associated with birth and developmental defects, \_\_\_\_\_\_\_\_\_ system problems, and cancer.](https://doctailieu.com/trac-nghiem/the-acid-in-nonstick-pans-is-associated-with-birth-and-developmental-defects-a-83296)

 **A.** immune **B.** immunity **C.** immunization **D.** immunized

 [**Question** **13**. By paying attention to your hunger signals and switching to healthy snacks, you can \_\_\_\_\_\_\_\_\_ nutrition, control cravings, and lose weight.](https://doctailieu.com/trac-nghiem/by-paying-attention-to-your-hunger-signals-and-switching-to-healthy-snacks-you-83297)

 **A.** succeed **B.** boost **C.** stimulate **D.** request

 [**Question** **14**. Baking soda is considered the best home \_\_\_\_\_\_\_\_\_ for acne as it sooths itching and inflammation around spots.](https://doctailieu.com/trac-nghiem/baking-soda-is-considered-the-best-home--for-acne-as-it-sooths-itching-and-83298)

 **A.** chemical **B.** medicine **C.** remedy **D.** substance

 [**Question** **15**. My own \_\_\_\_\_\_\_\_\_ for health is less paperwork and more running barefoot through the grass**.**](https://doctailieu.com/trac-nghiem/my-own--for-health-is-less-paperwork-and-more-running-barefoot-through-d-83299)

 **A.** hobby **B.** treatment **C.** medicine **D.** prescription

**Question** **16**. In order to have good \_\_\_\_\_\_\_\_\_\_\_\_, you should eat lightly and laugh cheerfully.

 **A.** spirit **B.** body **C.** health **D.** mood

**Question** **17**. I forgot to wear a sun hat today and I got a\_\_\_\_\_\_\_\_\_\_.

 **A.** backache **B.** headache **C.** stomachache **D.** earache

**Question** **18.** Watching too much television is not good \_\_\_\_\_\_\_\_\_\_\_ your eyes.

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

**Question** **19**. You can avoid some diseases by \_\_\_\_\_\_\_\_\_ yourself clean.

 **A.** looking **B.** bringing **C.** keeping **D.** taking

**Question** **20**. When you have flu, you may have a cough and a \_\_\_\_\_\_\_\_ nose.

 **A.** following **B.** noisy **C.** runny **D.** runing

**Question** **21**. Yoga involves breathing exercises, stretching and \_\_\_\_\_\_\_\_\_.

 **A.** meditate **B.** meditation **C.** meditated **D.** meditative

**Question** **22**. Cycling makes you fitter and gives you a better life \_\_\_\_.

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

**Question** **23**. People with normal, healthy \_\_\_\_\_\_\_\_\_ systems generally can fight off certain diseases without drugs, and might not even feel sick.

 **A.** immune **B.** commune **C.** operation **D.** prevention

**Question** **24**. The effects of diarrhoeal disease can be conquered with one of the simplest and cheapest natural \_\_\_\_\_\_\_ known to science.

 **A.** restorations **B.** selections **C.** remedies **D.** fixings

**Question** **25**. A poor diet, with low nutrient snacks can lead to nutritional \_\_\_\_\_\_\_\_\_\_.

 **A.** shortages **B.** lacks **C.** inadequacies **D.** deficiencies

**Question** **26**. If the victims survive the first half hour, there is a good chance of complete \_\_\_\_\_\_\_\_\_.

 **A.** coverage **B.** recovery **C.** improvement **D.** treatment

**Question** **27**. What a pity! Thomas wasn't strong enough to \_\_\_\_\_\_\_\_ his own confidence.

 **A.** improve **B.** progress **C.** boost **D.** raise

**Question** 2**8**. The rapidly \_\_\_\_\_\_\_\_ population will put a strain on the country's health care system.

 **A.** ageless **B.** ageing **C.** ageless **D.** anti-aging

**Question** **29**. Mass media have helped to raise people's awareness of \_\_\_\_\_\_\_\_\_ choices.

 **A.** lifestyle **B.** living **C.** livelihood **D.** lifelong

**Question** **30**. My brother is now in hospital, \_\_\_\_ treatment of his upset stomach.

 **A.** in **B.** under **C.** on **D.** over

**Question** **31.** Don't forget to drink lots of water and stay \_\_\_\_\_\_\_\_\_\_ with plenty of exercise.
**A.** inactive **B.** active **C.** awake **D.** still

**Question** **32.** 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

**Question** **33.** It's also important to eat a \_\_\_\_\_\_\_\_\_\_\_ diet with lots of fruits, vegetables, and protein

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

**Question** **34.** She got enough sleep last night, so today she is full of \_\_\_\_\_\_\_\_\_\_\_

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

**Question** **35.** 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

**Question** **36.** We should \_\_\_\_\_\_\_\_\_\_ healthy by eating well and exercising regularly.

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

**Question** **37.**\_\_\_\_\_\_\_\_\_\_ [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

**Question** **38.** 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

**Question** **39.** Increasing numbers of children are \_\_\_\_\_\_\_\_\_\_\_ from mental health problems due to bad habits

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

**Question** **40.**\_\_\_\_\_\_\_ 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

**Question** **41.** 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

**Question** **42.** Coffee and green tea can help \_\_\_\_\_\_\_\_\_\_\_ your risk of early death by 20 to 30%.

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

**Question** **43.**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

**Question** **44.** The doctor have just \_\_\_\_\_\_\_\_\_\_\_ the patients and fortunately the treatment is working

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

**Question** **45.** 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

**Question** **46.** 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

**Question** **47.** 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

**Question** **48.** Sneezing is the most common way of spreading an \_\_\_\_\_\_\_\_.

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

**Question** **49.** All food products should carry a list of \_\_\_\_\_\_\_\_ on the packet.

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

**Question** **50.** The supermarket chain has promised to \_\_\_\_\_\_\_\_ on packaging.

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

**Question** **51**. If you're tired, even if you feel that you need to get more done, give yourself \_\_\_\_ to sleep.

A. request B. requirement C. permission D. permit

**Question** **52.** Living to an average of 83 years old, Japan is the nation with the highest \_\_\_\_ in the world.

A. lifetime B. lifework C. life force D. life expectancy

**Question** **53**. Good \_\_\_\_, controlling calorie intake and physical activity are the only way to maintain a healthy weight.

A. nutrient B. nutrition C. malnutrition D. nutritionists

**Question** **54**. Most \_\_\_\_ is caused by wishing things that you are unable to achieve them right now.

A. disease B. injury C. stress D. wound

**Question** **55**. By paying attention to your hunger signals and switching to healthy snacks, you can \_\_\_\_ nutrition, control cravings, and lose weight.

A. succeed B. boost C. stimulate D. request

**Question** **56**. Reducing saturated fat is the single most important \_\_\_\_ change you can make to cut blood cholesterol.

A. life B. food C. menu D. dietary

**Question** **57**. HIV is listed as one of the most life-threatening \_\_\_\_ diseases.

A. antibiotics B. infectious C. nutritious D. check-up

**Further practice**

**SEQUENCING**

**Question 1**

a. Anna: I mostly do Hatha yoga; it’s perfect for beginners and really focuses on breathing and relaxation.

b. Anna: I’ve started doing yoga every morning, and it’s amazing how much it helps with my stress levels.

c. Sarah: That sounds great! What kind of yoga do you practice?

A. a-c-b B. b-c-a C. c-b-a D. a-c-b

**Question 2:**

a. Mina: Paul, I think you should eat less junk food and more superfoods like blueberries. These foods are better for you and help prevent diseases.

b. Mina: I'm not sure I agree. I believe we should choose the food that we like and is also good for us.

c. Paul: I guess so.

d. Paul: Oh, my stomach really hurts. I ate too many crisps.

e. Paul: You may be right, but I like crisps. I think we should eat the food we like, not just because it is healthy.

A. c - e - a - b – d B. b - a - d - e – c C. d - a - e - b – c D. a - c - b - d - e

***Reading 1 ( Block 1)***

***Read the advertisement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks from 1 to 6.***

**Thirsty for something refreshing?**

 Coca-Cola has the perfect **(1) \_\_\_\_\_\_\_\_** for you. Whether you’re relaxing at home or out with friends, Coca-Cola offers the **(2) \_\_\_\_\_\_\_\_** with its crisp, bold taste, it’s the perfect companion for any moment. Feeling tired? Grab an ice-cold Coke to **(3) \_\_\_\_\_\_\_\_** your energy. Want to celebrate? Share a Coca-Cola with loved ones to create memories.
 Its unique flavor, **(4) \_\_\_\_\_\_\_\_** by millions, has made Coca-Cola a global favorite **(5) \_\_\_\_\_\_\_\_** over a century. There’s a Coke for everyone, and now you can sip it at anytime, anywhere. Choose Coca-Cola and taste the difference! Every sip is a moment of refreshment that keeps you **(6) \_\_\_\_\_\_\_\_** back for more.

**Question 1:** A. solve B. solver C. solution D. solvable

**Question 2:** A. ideal drink experience B. ideal experience drink
 C. experienced ideal drink D. drink experience ideal

**Question 3:** A. grow B. boost C. raise D. cope

**Question 4:** A. which loved B. loving C. was loved D. loved

**Question 5:** A. in B. for C. on D. by
**Question 6:** A. to coming B. coming C. come D. to come

***Reading 2 ( Block 1)***

***Mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks.***

**DIRTY BODY-HEALTHY BODY**

 Do you like to be clean? An (1) \_\_\_\_\_\_ thinks it could be making you sick. "Bathing removes our natural protection (2) \_\_\_\_\_\_ germs," said Dr. Giancarlo Pagnozzi. "Nature gives us protection, but we keep (3) \_\_\_\_\_\_ it away."

For seven years, researchers studied 300 people. One half (4) \_\_\_\_\_\_ a bath or shower every day using soap. The other half washed once a week in plain water. The super-clean team had several minor illnesses, (5) \_\_\_\_\_\_ 876 colds, 167 cases of flu, 49 sore throats, and (6) \_\_\_\_\_\_ skin diseases. The dirty group had only 29 colds, 3 cases of mild flu, and 1 sore throat - but no friends.

**Question 1.** A. expert health Italian B. Italian expert health

 C. expert Italian health D. Italian health expert

**Question 2.** A. to B. for C. from D. with

**Question 3.** A. washing B. wash C. to washing D. to wash

**Question 4.** A. put B. took C. made D. gave

**Question 5.** A. including B. include C. are including D. included

**Question 6.** A. variety B. vary C. various D. variously

***Reading 3 ( Block 1)***

***Read the following advertisement and mark the letter A, B, C and D on your answer sheet to indicate the option that best fits each of the numbered blanks.***

**HEALTHY LIFESTYLE CAMPAIGN**

Are you looking (1) \_\_\_\_ ways to improve your health? Join us for an event (2) \_\_\_\_ Healthy Lifestyle Campaign. Throughout the month, we'll be organizing various activities and initiatives to promote physical and mental well-being. During the campaign, you can engage in interactive workshops, fitness classes, and awareness sessions. These activities aim to enhance awareness about the benefits of exercise, nutrition, and (3) \_\_\_\_. If you want to get more involved, keep in touch with our campaign instructors who will provide more information on upcoming events and guide you on how to adopt a healthier lifestyle. Don't miss out on this opportunity to (4) \_\_\_\_\_\_ positive changes in your life! We hope (5) \_\_\_\_\_ you there and make this month (6) \_\_\_\_\_ for everyone involved!

**Question 1: A.** at **B.** to  **C.** for **D.** up

**Question 2: A.** which called **B.** calling **C.** is called **D.** called

**Question 3: A.** stress management **B.** management stress **C.** manage stress **D.** stress manage  **Question 4: A.** do  **B.** take  **C.** have  **D.** make  **Question 5: A.** to see **B.** seeing **C.** see **D.** to seeing
**Question 6: A.** enjoyment **B.** enjoyable **C.** enjoyably **D.** enjoy

***Reading 4 ( Block 1)***

**Stay Safe: Preventing the Flu Epidemic**

**What is the flu epidemic?**

The flu epidemic is a contagious viral **(7) \_\_\_\_\_\_\_\_** that affects the respiratory system. Every year, millions of people worldwide are impacted, leading to severe health issues and hospitalizations.

**Why it matters**

When flu season arrives, it’s essential to take precautions. If not managed effectively, the flu can **(8) \_\_\_\_\_\_\_\_** into a widespread epidemic, putting vulnerable populations at risk. The **(9) \_\_\_\_\_\_\_\_** of flu cases can surge dramatically during peak season, leading to increased hospital visits and strain on healthcare systems. It’s vital to stay informed and take preventative measures.

**How to prevent the flu**

* **Get vaccinated:** The flu vaccine is the most effective way to protect yourself and **(10) \_\_\_\_\_\_\_.** It’s recommended to get vaccinated annually.
* **Stay home when sick:** If you experience flu **(11) \_\_\_\_\_\_\_\_,** stay home to prevent spreading the virus to those around you.
* **Follow guidelines:** **(12) \_\_\_\_\_\_\_\_** your health status, everyone should follow health guidelines to minimize the risk of flu transmission.

**Question 7:** A. infection B. injury C. sickness D. ailment
**Question 8:** A. bring up B. take over C. break out D. call off

**Question 9:** A. number B. level C. amount D. quality

**Question 10:** A. other B. others C. another D. the other

**Question 11:**A. patterns B. features C. signals D. symptoms

**Question 12:**A. In view of B. Regardless of C. Rather than D. On account of

***Reading 5 (Block 1)***

***Read the following leaflet and mark the letter A, B, C, or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 7 to 12.***

**STAY ON TRACK: A Guide to Achieving Optimal Health**

**DID YOU KNOW?**

65% of people struggle to maintain a balanced diet.

75% of adults don’t get enough exercise each week.

50% of individuals report feeling **(7) \_\_\_\_\_\_\_\_\_\_** by stress.

**WHAT'S HAPPENING?**

In today’s fast-paced world, maintaining health is more challenging than ever. With busy schedules, unhealthy food choices, and constant digital distractions, it's easy to **(8)** \_\_\_\_\_\_ on health goals. However, with the right approach, achieving optimal well-being is possible.

**KEY CHALLENGES:**

**Diet and Nutrition***:*

Processed foods and convenience meals **(9) \_\_\_\_\_\_\_\_\_**, leading to poor nutrition.

Many people lack the time or knowledge to plan healthy meals.

**Mental and Physical Health***:*

Chronic stress is a growing concern, affecting both physical and emotional well-being.

**(10)** \_\_\_\_\_\_\_\_\_ the increased reliance on technology, sedentary lifestyles have become more prevalent, raising the risk of lifestyle diseases like diabetes and heart conditions.

**ACHIEVING WELL-BEING:**

**Create a Plan:** (**11**) ­\_\_\_\_\_\_\_\_ crucial step is setting realistic health goals. Gradually integrating healthier habits into daily life is key to success.

**Focus on Balance:** The (**12**) \_\_\_\_\_\_\_\_ of your health is not just about exercise or diet alone. A balanced approach, combining physical, mental, and emotional well-being, is essential.

**Question 7.** A. satisfactory B. motivated C. overwhelmed D. attentive

**Question 8.** A. fall behind B. pull down C. bring out D. put up

**Question 9.** A. restrict B. reinforce C. dominate D.oversee

**Question 10.** A. In need of B. Due to C. In spite of D. Instead of

**Question 11.** A. One B. Other C. Others D. Few

**Question 12.** A. amount B. number C. quality D. quantity

**READING 6 (BLOCK 3)**

***Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 18 to 22.***

 Everyone has suffered from a cold at one time or another. (18) \_\_\_\_\_\_, most people simply end up taking some form of over-the-counter medication. The scary thing is that some of the medicines taken to treat cold symptoms may actually be counter-productive. For example, aspirin appears to be the perfect drug to take to fight headaches and throat inflammation, but the truth is (19) \_\_\_\_\_\_.

 Some researchers believe that using aspirin to treat colds can increase the amount of virus you shed through nasal secretions. That means you could potentially (20) \_\_\_\_\_\_. Moreover, aspirin may suppress some of our immune responses and cause our noses to become even stuffier.

 Several studies have also linked aspirin to the development of a condition called Reye’s syndrome when used to treat children suffering from colds or flu. This condition is rare but serious, (21) \_\_\_\_\_\_. It often affects the brain or liver, causing major organ damage and in very severe cases, death. (22) \_\_\_\_\_\_. Colds themselves may not harm us permanently, but the way we treat cold symptoms could. That means if you’re unsure about taking or administering certain medication, you should consult a doctor. It could save a life.

(Adapted from Reading for the Real World 3)

**Question 18.**

A. While we wait for a cold cure to be developed B. When a cold cure is waiting to be developing

C. If waiting for a cold cure to be developed D. We wait for a cold cure to have been developed

**Question 19.**

A. which has actually had negative effects on us B. actually having negative effects on us

C. that it can actually have adverse effects on us D. it can actually have negative effects on us

**Question 20.**

A. infects a lot more people who are exposed to you by the virus

B. infect a lot more people who are exposed to you with the virus

C. be infected a lot more people who are exposed to you with the virus

D. infected a lot more people who are exposed to you by the virus

**Question 21.**

A. occurs among children aged three and twelve.

B. occurred in children between the ages of three to twelve.

C. occurring in children aged three or twelve.

D. occurring in children between the ages of three and twelve.

**Question 22.**

A. Therefore, doctors recommend that aspirin not be given to children younger than nineteen suffering from viral illnesses.

B. Hence, doctors suggest that aspirin is not provided to children younger than nineteen suffering from viral illnesses.

C. However, it is recommended that doctors should not give aspirin to children younger than nineteen suffered from viral illnesses.

D. Additionally, doctors’ recommendation is aspirin will not be provided to children younger than nineteen suffered from viral illnesses.

**READING 7 (BLOCK 4)**

***Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 23 to 30.***

 Junk food has become a **universal** part of modern society, infiltrating our lives through fast food chains, convenience stores, and social media advertisements. Its accessibility and affordability make it a popular choice for individuals of all ages. The colorful packaging and enticing marketing strategies often create an illusion of satisfaction, drawing consumers in. In many cases, junk food is designed to be loaded with sugars, fats, and salts, which contribute to its addictive qualities.

 **The prevalence of junk food is closely linked to a decline in wholesome dietary choices.** Research indicates that easy access to fast food outlets correlates with higher consumption of unhealthy foods and increased obesity rates. Individuals residing in densely populated regions replete with fast food establishments frequently exhibit a pronounced inclination toward convenience, often at the expense of nutritional quality. This shift away from balanced meals leads to deficiencies in essential nutrients, as people increasingly rely on processed foods. Consequently, the rise of junk food consumption is directly connected to a range of health issues, creating a significant public health concern.

 Moreover, the cultural significance of junk food cannot be overlooked. It often serves as a symbol of indulgence and pleasure, reflecting societal values that prioritize immediate **gratification** over long-term health. Social gatherings frequently feature junk food, reinforcing its status as a staple of casual dining. The allure of convenience plays a substantial role in its popularity, as busy lifestyles leave little time for meal preparation. This cultural normalization of junk food consumption perpetuates unhealthy eating patterns, making it challenging for individuals to make better choices.

 Despite its popularity, awareness of the detrimental effects of junk food is growing. Public health campaigns increasingly emphasize the importance of nutrition and balanced diets. As a response, many consumers are seeking alternatives, opting for healthier snacks and meals rich in whole grains, fruits, and vegetables.

**Question 23.** According to the passage, which of the following is NOT MENTIONED as a reason for the popularity of junk food?

A. The convenience of obtaining it easily B. The colorful packaging and marketing strategies

C. Its addictive ingredients like sugars and fats D. Health benefits of junk food consumption

**Question 24.** The word **universal** in paragraph 1 is OPPOSITE in meaning to \_\_\_\_\_\_\_\_.

A. popular B. prevalent C. impractical D. uncommon

**Question 25.** The word **its** in paragraph 3 refers to \_\_\_\_\_\_\_\_.

A. convenience B. junk food C. casual dining D. long-term health

**Question 26.** The word **gratification** in paragraph 3 could best be replaced by \_\_\_\_\_\_\_\_.

A. affection B. satisfaction C. creation D. confirmation

**Question 27.** Which of the following best paraphrases the underlined sentence in paragraph 2?

A. Junk food's availability has encouraged healthier eating habits.

B. The wide availability of junk food has contributed to a reduction in healthy eating.

C. Wholesome foods are now more popular due to the rise in junk food options.

D. A balanced diet is becoming more common as junk food spreads.

**Question 28.**  Which of the following is TRUE according to the passage?

A. Junk food has been a traditional part of diets for centuries.

B. Junk food is designed to be affordable but not necessarily addictive.

C. Many consumers are beginning to prefer healthier snacks and meals.

D. The packaging of junk food is designed to obscure its unhealthy ingredients.

**Question 29.** In which paragraph does the writer mention a present causal relationship?

A. Paragraph 1 B. Paragraph 2 C. Paragraph 3 D. Paragraph 4

**Question 30.** In which paragraph does the writer describe the growing awareness of junk food's negative effects and the shift towards healthier alternatives?

A. Paragraph 1 B. Paragraph 2 C. Paragraph 3 D. Paragraph 4

**READING 8 (BLOCK 4)**

***Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 23 to 30.***

 Hygiene has played a vital role in human civilization throughout history. Ancient civilizations, such as the Egyptians, Greeks, and Romans, were among the first to recognize the importance of cleanliness for health. They practiced bathing and used natural oils to maintain personal hygiene. The Romans even built **elaborate** public bathhouses, which became social centers for relaxation and sanitation. These early efforts showed an understanding that hygiene was linked to overall well-being.

 During the Middle Ages, however, attitudes towards hygiene changed significantly. The spread of diseases like the Black Death led people to believe that bathing could make **them** more vulnerable to infections. As a result, frequent bathing became rare, and cleanliness was not prioritized. Many people relied on strong perfumes to cover body odor, while poor waste management in cities created **unsanitary** conditions. This lack of hygiene contributed to widespread illness and high mortality rates.

 The 19th century marked a turning point in the understanding of hygiene with the rise of scientific discoveries. Pioneers like Louis Pasteur and Joseph Lister demonstrated the link between germs and diseases, leading to improved medical practices and public health measures. **The introduction of handwashing and sterilization in hospitals greatly reduced infection rates**. Public awareness campaigns and government regulations began to promote better hygiene in everyday life.

 Today, hygiene remains a crucial aspect of public health and daily routines. Advancements in technology have made access to clean water and sanitation facilities more widespread. People now understand the importance of practices like handwashing, brushing teeth, and proper waste disposal. The history of hygiene reflects humanity's ongoing efforts to protect health and prevent disease, proving its significance across time.

**Question 23:** Which of the following is NOT mentioned as an ancient civilization that practiced hygiene?

A. Egyptians B. Greeks C. Indians D. Romans

**Question 24:** The word **elaborate** in paragraph 1 is OPPOSITE in meaning to\_\_\_\_\_\_\_.

A. complex B. sophisticated C. modern D. simple

**Question 25:** The word **them** in paragraph 2 refers to \_\_\_\_\_\_\_\_\_.

A. infections B. people C. diseases D. perfumes

**Question 26:** The word **unsanitary** in paragraph 2 could be best replaced by

A. unhealthy B. unsuitable C. unusual D. unlikely

**Question 27:** Which of the following best paraphrases the underlined sentence in paragraph 3?

A. Promoting handwashing and sterilization in hospitals gradually decreased infection rates.

B. Imposing a ban on handwashing and sterilization in hospitals dramatically increased infection rates.

C. Discouraging the use of handwashing and sterilization in hospitals slightly increased infection rates.

D. Implementing handwashing and sterilization in hospitals significantly lowered infection rates.

**Question 28:** Which of the following is TRUE according to the passage?

A. People in the Middle Ages believed bathing caused infections.

B. Louis Pasteur and Joseph Lister linked germs to diseases.

C. Hygiene in ancient times was mainly about using perfumes.

D. The 19th century brought no changes to hygiene practices.

**Question 29:** In which paragraph does the writer mention a causal relationship that resulted in a decline in personal care habits?

A. Paragraph 1 B. Paragraph 2 C. Paragraph 3 D. Paragraph 4

**Question 30:** In which paragraph does the writer emphasize how improved living conditions have become more common in recent times?

A. Paragraph 1 B. Paragraph 2 C. Paragraph 3 D. Paragraph 4

**READING 9 (BLOCK 5)**

***Read the following passage about the urban shift and mark the letter A, B, C, or D on your answer sheet to indicate the best answer to each of the following questions from 31 to 40.***

 Obesity is a complex health issue characterized by an excessive accumulation of body fat, which poses significant risks to an individual’s physical and mental well-being. It is generally measured using the Body Mass Index (BMI), where a BMI of 30 or higher indicates obesity. This condition is not merely a result of personal choice; rather, it is influenced by a myriad of factors including genetics, environment, and lifestyle choices. As the global prevalence of obesity continues to rise, it is crucial to understand **its** underlying causes and far-reaching consequences.

 Obesity is caused by a complex interplay of genetic factors and environmental influences. For instance, individuals with a family history of obesity may possess genes that affect how their bodies regulate hunger and metabolism. In addition to genetic factors, the modern environment—characterized by the proliferation of fast food outlets, sedentary lifestyles, and the **pervasive** use of technology—significantly contributes to unhealthy weight gain. Furthermore, socio-economic factors play a pivotal role, as low-income individuals may have limited access to nutritious foods and safe spaces for physical activity.

 **[I]** It is a leading risk factor for numerous chronic diseases, including type 2 diabetes, cardiovascular diseases, and certain types of cancer. **[II]** Additionally, obesity can adversely impact mental health, leading to issues such as depression, anxiety, and low self-esteem due to societal stigma. **[III]** The economic burden associated with obesity is also substantial, with increased healthcare costs and lost productivity posing significant challenges to both individuals and healthcare systems. **[IV]**

 **A holistic approach involving individuals, communities, and governments is essential to address the obesity crisis**. At the individual level, adopting healthier dietary habits and increasing physical activity are essential steps for weight management. On a community scale, creating supportive environments—such as safe parks, accessible recreational facilities, and educational programs—can empower individuals to make healthier choices. All in all, comprehensive policy measures, including regulations on food marketing and subsidies for healthy foods, are imperative to foster an environment **conducive to** maintaining a healthy weight and improving public health outcomes.

**Question 31.** Where in paragraph 3 does the following sentence best fit?

***The health implications of obesity are profound and wide-ranging, affecting nearly every system in the body.***

A. [I] B. [II] C. [III] D. [IV]

**Question 32.** The phrase **conducive to** in paragraph 4 could be best replaced by \_\_\_\_\_\_.

A. harmless to B. indifferent to C. detrimental to D. beneficial to

**Question 33.** The word **its** in paragraph 1 refers to \_\_\_\_\_\_.

A. personal choice B. environment C. global prevalence D. obesity

**Question 34.** Which of the following is NOT mentioned as a cause of obesity in the passage?

A. genetic factors B. medical conditions C. technology use D. fast food outlets

**Question 35.** Which of the following best summarizes paragraph 4?

A. Addressing obesity requires individual responsibility and community support, focusing on dietary changes and physical activity.

B. Individual actions are the only solution to the obesity epidemic, as community and governmental initiatives have little impact.

C. Preventing obesity is solely the responsibility of healthcare providers, who have to implement more strict regulations on food consumption.

D. Comprehensive policy measures are unnecessary, as most obesity-related issues can be resolved through personal lifestyle changes alone.

**Question 36.** The word **pervasive** in paragraph 2 is OPPOSITE in meaning to \_\_\_\_\_\_.

A. universal B. limited C. common D. irritating

**Question 37.** Which of the following is TRUE according to the passage?

A. Comprehensive policy measures are unnecessary if individuals adopt healthier dietary habits and increase physical activity.

B. The economic burden of obesity is minimal and has no significant impact on healthcare systems.

C. Creating supportive environments in communities is not considered an effective strategy for combating obesity.

D. Those with a familial background of obesity could carry genetic characteristics that impact their hunger levels and metabolic rates.

**Question 38.** Which of the following best paraphrases the underlined sentence in paragraph 4?

A. To confront the obesity challenge, a united effort among individuals, local communities, and governmental organizations is necessary.

B. Not until individuals, communities, and governments collaborate will the obesity crisis be properly concealed.

C. Only by working separately can individuals, communities, and governments effectively address the obesity crisis.
D. It is crucial to adopt a fragmented approach that focuses solely on personal responsibility to tackle the obesity problem.

**Question 39.** Which of the following can be inferred from the passage?

A. The global obesity crisis can be resolved through medical interventions alone.

B. Mental health issues related to obesity are less significant than the physical health risks.

C. Community efforts, such as providing safe parks and educational programs, can support healthier living.

D. Obesity primarily affects high-income individuals with access to fast food and technology.

**Question 40.** Which of the following best summarises the passage?

A. The increasing prevalence of obesity stems primarily from poor dietary choices and sedentary lifestyles, requiring individuals to take personal responsibility for their health without the need for external support or intervention.

B. Obesity is a multifaceted health issue influenced by genetic, environmental, and socio-economic factors, necessitating a comprehensive approach that includes individual lifestyle changes, community support, and governmental policies to mitigate its risks and promote healthier living.

C. As obesity rates rise globally, it becomes critical to address this complex condition by understanding its causes, including genetic predispositions and the impact of modern environments, while also considering the role of socio-economic factors in access to healthy food and physical activity.

D. To combat obesity effectively, individuals must adopt healthier habits and communities should create supportive environments, while governments are urged to implement policies that promote access to nutritious foods and physical activity opportunities.