

A. VOCABULARY.

STT	TỪ VỰNG	PHIÊN ÂM	TỪ LOẠI	NGHĨA
1	fitness	/'fit.nəs/	n	sự khỏe mạnh, sự cân đối
	fit	/'fit/	v	vừa vặn, phù hợp
	fit	/'fit/	adj	cân đối, khỏe mạnh
2	health	/helθ/	n	sức khỏe
	healthy	/'helθi/	adj	khỏe mạnh
	unhealthy	/ʌn'helθi/	adj	không khỏe mạnh, không lành mạnh
	healthful	/'helθ.fəl/	adj	tốt cho sức khỏe
	unhealthily	/ʌn'helθəli/	adv	một cách không lành mạnh
	lifestyle	/'laɪf.staɪl/	n	lối sống
	healthy lifestyle	/'helθi 'laɪf.staɪl/	n	lối sống lành mạnh
3	fast food	/fɑːst fuːd/	n	đồ ăn nhanh
4	habit	/'hæb.ɪt/	n	thói quen
	bad habit	/bæd 'hæb.ɪt/	n	thói quen xấu
5	burger	/'bɜːgər/	n	bánh mì kẹp thịt
6	chip	/tʃɪp/	n	khoai tây chiên
7	energy	/'enədʒi/	n	năng lượng
8	activity	/æk'tɪvəti/	n	hoạt động
	activation	/'æktɪ'veɪʃən/	n	sự kích hoạt
	activate	/'æktɪveɪt/	v	kích hoạt
	active	/'æktɪv/	adj	tích cực
	actively	/'æktɪvli/	adv	một cách tích cực
9	life lesson	/laɪf 'les.ən/	n	bài học cuộc sống
10	regular	/'regjələər/	adj	thường xuyên
11	balance	/'bæl.əns/	n	sự thăng bằng, sự cân bằng
	balance	/'bæl.əns/	v	làm cân bằng
	balanced	/'bæl.ənst/	adj	cân bằng, cân đối
	diet	/'daɪ.ət/	n	chế độ ăn
	balanced diet	/'bæl.ənst 'daɪ.ət/	n	chế độ ăn uống cân bằng
12	physical	/'fɪzɪkl/	adj	thuộc về thể chất
	physically	/'fɪzɪkli/	adv	về mặt thể chất
13	mental	/'mentl/	adj	thuộc về tinh thần
	mentally	/'mentəli/	adv	về mặt tinh thần
14	treatment	/'triːtmənt/	n	sự điều trị
	treat	/'triːt/	v	điều trị, đối xử
15	strength	/'streŋkθ/	n	sức mạnh
	strong	/'strɒŋ/	adj	mạnh mẽ
	strongly	/'strɒŋli/	adv	một cách mạnh mẽ
16	muscle	/'mʌsl/	n	cơ bắp

17	examine	/ɪg'zæmɪn/	v	kiểm tra
	examination	/ɪg,zæmɪ'neɪʃn/	n	kỳ thi, sự kiểm tra
	examiner	/ɪg'zæmɪnər/	n	giám khảo, người kiểm tra
18	headache	/'hedek/	n	đau đầu
19	life expectancy	/'laɪf ɪkspektənsi/	n	tuổi thọ trung bình
20	label	/'leɪbl/	n	nhãn mác
	label	/'leɪbl/	v	dán nhãn, gắn nhãn
21	ingredient	/ɪn'ɡri:diənt/	n	nguyên liệu
22	mineral	/'mɪnərəl/	n	chất khoáng
	mineral	/'mɪnərəl/	adj	thuộc khoáng chất
23	nutrient	/'nju:triənt/	n	chất dinh dưỡng
	nutrition	/'nju:'trɪʃn/	n	sự dinh dưỡng
	nutritious	/'nju:'trɪʃəs/	adj	bổ dưỡng
24	repetition	/,repə'tɪʃn/	n	sự lặp lại
	repeat	/'ri:pi:t/	v	lặp lại
	repeated	/'ri:pi:tɪd/	adj	được lặp lại
	repetitive	/'ri'petətɪv/	adj	lặp đi lặp lại
25	routine	/'ru:'ti:n/	n	sinh hoạt thường ngày
	routine	/'ru:'ti:n/	adj	thường lệ, theo thói quen
26	jump	/dʒʌmp/	n	cú nhảy
	jump	/dʒʌmp/	v	nhảy
27	spread	/spred/	n	sự lây lan, sự trải ra
	spread	/spred/	v	lan truyền, trải ra
	spreading	/'spredɪŋ/	adj	lan rộng
28	press – up	/'pres.ʌp/	n	chống đẩy
29	squat	/skwɒt/	n	tư thế ngồi xổm
	squatter	/'skwɒtə(r)/	n	người ở bất hợp pháp
	squat	/skwɒt/	v	ngồi xổm
30	on the spot	/ɒn ði: spɒt/	idiom	ngay lập tức, tại chỗ
31	recipe	/'resəpi/	n	công thức nấu ăn
32	treadmill	/'tred.mɪl/	n	máy chạy bộ
33	bacteria	/bæk'tɪəriə/	n	vi khuẩn
34	virus	/'vaɪə.rəs/	n	vi – rút
35	disease	/dɪ'zi:z/	n	bệnh
36	organism	/'ɔ:.gən.ɪ.zəm/	n	sinh vật, thực thể sống
	organic	/'ɔ:'gæn.ɪk/	adj	hữu cơ, thuộc về sinh học
37	diameter	/'daɪ'æm.ɪ.tər/	n	đường kính
38	infection	/'ɪnfek.ʃən/	n	sự lây nhiễm, bệnh lây
	infectious	/'ɪnfekʃəs/	adj	có thể lây nhiễm
39	tuberculosis	/tʃu:,bɜ:.kjə'ləʊ.sɪs/	n	bệnh lao phổi
40	poison	/'pɔɪzn/	n	chất độc
	poison	/'pɔɪzn/	v	đầu độc, bỏ độc
41	antibiotic	/,æntɪbaɪ'ɒtɪk/	n	kháng sinh
42	germ	/dʒɜ:m/	n	vi trùng
43	flu	/flu:/	n	cúm
44	illness	/'ɪl.nəs/	n	sự ốm đau
	ill	/ɪl/	adj	ốm

45	heart disease	/ˈhɑ:t dɪ,zɪz/	n	bệnh tim
STT	Cấu trúc		Nghĩa	
1	work out		tập thể dục, tính toán	
2	give up		bỏ cuộc, từ bỏ	
3	stay up		thức (không đi ngủ)	
4	stop to do sth stop doing sth		dừng lại để làm gì đó (khác) ngừng hẳn việc đang làm	
5	learn sth from sb		học hỏi điều gì từ ai	
6	do/take exercise		tập thể dục	
7	spend time doing sth		dành thời gian làm gì	
8	stay healthy		khỏe mạnh	
9	suffer from		chịu đựng, mắc phải (bệnh...)	
10	try to do sth try doing sth		cố gắng làm điều gì thử làm điều gì	
11	pay attention to sth/sb		chú ý đến ai/điều gì	
12	avoid doing sth		tránh làm điều gì	
13	remember to do sth remember doing sth		nhớ phải làm điều gì (chưa làm) nhớ đã làm điều gì	
14	start to do/doing sth		bắt đầu làm điều gì	
15	to begin with		đầu tiên (dùng để bắt đầu lý do)	
16	be suitable for sb/sth		phù hợp với ai/cái gì	
17	keep fit		giữ dáng, giữ cơ thể cân đối	
18	be ready for sth		sẵn sàng cho điều gì	
19	at least		ít nhất là	
20	give off		tỏa ra, phát ra (nhiệt, mùi...)	
21	prevent sb from doing sth		ngăn ai khỏi làm việc gì	
22	fall asleep		ngủ thiếp đi	
23	cut down on		cắt giảm (số lượng, tiêu thụ...)	
24	how about + v – ing		Gợi ý làm điều gì	
25	forget to do sth forget doing sth		quên phải làm điều gì quên rằng đã làm việc gì	
26	be pleased to do sth		vui lòng làm điều gì	
27	get rid of		loại bỏ	
28	full of		đầy	

B. GRAMMAR.

PAST SIMPLE			
Cách dùng	Công thức		Dấu hiệu
– Diễn tả hành động đã xảy ra và đã chấm dứt trong quá khứ, không còn liên quan tới hiện tại. – Diễn tả hành động xảy ra nối tiếp nhau trong quá khứ. – Diễn tả hồi ức, kỉ niệm.	V (did)		– Khoảng thời gian + ago – In + năm quá khứ (in 2000...) – Last (last week, last month, ast summer holiday...) – Yesterday – The day before – When + mệnh đề quá khứ
	+	S + V _{2/ed} + ...	
	–	S + didn't + V _{nguyên} + ...	
	?	Did + S + V _{nguyên} + ...?	
	Be (was/were)		
	+	S + was/were + ...	
	–	S + was/were + not + ...	

? Was/were + S + ...?

PRESENT PERFECT

Cách dùng

- Diễn tả hành động xảy ra trong quá khứ nhưng không rõ thời gian.
- Diễn tả hành động lặp đi lặp lại nhiều lần trong quá khứ.
- Diễn tả hành động xảy ra trong quá khứ nhưng để lại dấu hiệu hoặc hậu quả ở hiện tại.
- Diễn tả những trải nghiệm.
- Diễn tả hành động vừa mới xảy ra hoặc vừa mới kết thúc
- Diễn tả những hành động xảy ra trong quá khứ nhưng kéo dài tới hiện tại và vẫn còn có khả năng sẽ tiếp diễn trong tương lai.

Công thức

+	S + has/have + V _{3/ed}
-	S + has/have + not + V _{3/ed}
?	Has/Have + S + V _{3/ed}

Dấu hiệu

- For + khoảng thời gian
- Since + mốc thời gian cụ thể
- Just = Recently = Lately
- Already
- Before
- Never
- Ever
- Yet
- How long
- The first/ second... time
- So far = Until now = Up to now = Up to the present

Cách thêm “ ed” vào sau động từ

- Thông thường ta thêm “_ed” vào sau động từ trong hầu hết trường hợp:

play → played

learn → learned/learnt

- Quy luật về gấp đôi *phụ âm* khi thêm “_ing” cũng được áp dụng khi thêm “_ed”:

admit → admitted

stop → stopped

travel → travelled

- Những động từ tận cùng bằng “y” mà trước nó là một *phụ âm* thì đổi “y” thành “i” trước khi thêm “_ed”:

try → tried

carry → carried

- Nhưng trước “y” là một *nguyên âm* thì không đổi:

obey → obeyed

SỰ HÒA HỢP THÌ VÀ CHUYỂN ĐỔI THÌ

SỰ HÒA HỢP

Dạng 1:

S + has/have (not) + V_{3/ed} ... since S + V_{2/ed} + ...

Ví dụ: The city has grown quickly since it expanded in the 1990s.

Dạng 2:

Since S + V_{2/ed} + ..., S + has/ have (not) + V_{3/ed} ...

Ví dụ: Since the city built the new subway line last year, it has reduced traffic.

CHUYỂN ĐỔI THÌ

Dạng 1:

The last time + S + V_{2/ed} ... + was + khoảng thời gian + ago. (in/when)
= S + last + V_{2/ed} + khoảng thời gian + ago. (in + năm / when + mệnh đề)

= S + have/has **not** + V_{3/ed} + since/for + time.
= It is/has been + time + since + S + (last) + V_{2/ed}

Mẹo:

"in" → "since"

"ago" → "for"

"last" → "not + V_{3/ed}"

Dạng 2:

S + have/has + not/never + V_{3/ed} + before.
= This/It is the first time + S + have/has + V_{3/ed}

Dạng 3:

S + started/began + to V/ V_{ing} + khoảng thời gian + ago. (in/when...)
= S + have/has + V_{3/ed} + for + khoảng thời gian. (since + mệnh đề/mốc thời gian)

[Lưu ý: câu bị động thì hiện tại hoàn thành]

Ví dụ:

The project **was started** 5 years ago.

→ Dự án đã được bắt đầu cách đây 5 năm. (bị động)

Nếu ta "máy móc" áp dụng công thức:

The project has **worked** for 5 years [SAI]

→ Sai về ngữ nghĩa và cấu trúc (vì "project" không thể "work").

Dạng 4:

When + did + S + start/begin + to V/V – ing...?
= How long + have/has + S + V_{3/ed} + ...?
= How long ago + did + S + start/begin + to V/V_{ing} + ...?
= How long is it since + S + V_{2/ed} ...?

Dạng 5:

When was the last time + S + V_{2/ed} + ...?
= When + did + S + last + V_{inf} + ...?

C. PRACTICE

Exercise 1: Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

Question 1: Although Huy's over 80, Huy's still full _____ energy and walks every day.

- A. about B. with C. of D. on

Question 2: You should eat a _____ diet if you want to stay healthy and avoid illness.

- A. balanced B. balance C. to balance D. balancing

Question 3: Regular exercise and good eating habits are the _____ to a long and healthy life.

- A. role B. play C. key D.

Question 4: Thien Huy _____ up fast food because he wanted to lose weight, and now he feels much better.

- A. took B. made C. turned D. gave

Question 5: Anna exercises every day, so she looks _____ and healthy.

- A. muscle B. fit C. strength D. energy

Question 6: Huy: You're so fit now! What's your workout routine?

Nhi: Thanks! I just walk a lot and eat _____.

- A. organism B. fitness C. healthy D. fast food

Question 7: I haven't heard from him _____. Is he getting better?

- A. just B. ever C. last month D. so far

Question 8: He goes to the gym to improve his strength and _____.

- A. shape B. energy C. power D. fitness

Question 9: She works too much and sleeps _____, just five hours.

- A. healthily B. unhealthily C. healthy D. unhealthy

Question 10: Watching TV all day is an _____ habit for children.

- A. heal B. health C. healthful D. unhealthy

Question 11: Many of the diseases that can be cured today _____ likely to cause death in the past.

- A. are B. were C. have been D. will be

Question 12: I have received treatment for my health problem _____.

- A. just B. ago C. since D. recently

Question 13: _____ bacteria and viruses can cause diseases, but they are different in many ways.

- A. Each B. Either C. Both D. Most

[Adapted from Global Success]

Question 14: That _____ looks delicious, but it has too many calories for one meal, said Emma.

- A. label B. banana C. ingredient D. burger

Question 15: Olivia loves eating _____ with ketchup, especially when watching movies at night.

- A. vegetables B. chips C. cereal D. noodles

Question 16: I ate a lot of chips and burgers when I was younger, but I have since _____ my eating habits.

- A. changing B. changes C. have changed D. changed

Question 17: The teacher prepared a fun group _____ to help Brian practice speaking English

- A. activity B. active C. actively D. activation

Question 18: I started eating more vegetables last week, but I _____ down on sugary drinks yet.

- A. haven't cut B. haven't cut C. didn't cut D. didn't cut

Question 19: The _____ of the new fitness machine took only a few minutes for Mr. Carter.

- A. invention B. application C. activation D. instruction

Question 20: Anna wanted to lose weight, so she _____ eating fast food and soft drinks.

- A. get over B. worked out C. gave up D. turned on

Question 21: Olivia goes for _____ health checkups to make sure everything is fine in her body.

- A. weekly B. regular C. usual D. careful

Question 22: We studied hard for the final _____ because it was very important.

- A. choice B. appointment C. examination D. preparation

Question 23: If your _____ continues, you should see a doctor and rest more.

- A. back B. leg C. stomach D. headache

Question 24: My father _____ late at work this month. He feels exhausted.

- A. is staying B. stayed C. has stayed D. will stay

Question 25: Mom: Can you check the _____ on this bottle?

Son: Sure! It says "organic and sugar – free."

- A. recipe B. sign C. label D. logo

Question 26: Flour, eggs, and sugar are the main _____ used to make this delicious cake.

- A. elements B. items C. ingredients D. materials

Question 27: Fruits and vegetables are rich in vitamins and _____ that help your body stay strong.

- A. minerals B. flavors C. fats D. chemicals

Question 28: The article is _____ useful tips for living a long and healthy life.

- A. full of B. away from C. up to D. proud of

Question 29: Too much _____ in exercise without rest can lead to injuries or muscle pain.

- A. repetition B. balance C. fitness D. nutrition

Question 30: Julia follows a morning _____ that includes stretching, journaling, and a healthy breakfast.

A. activity **B.** repetition **C.** routine **D.** option

Question 31: When I heard the loud noise, I _____ in surprise and dropped my phone.

A. cried **B.** smiled **C.** clapped **D.** jumped

Question 32: She _____ a healthy routine last year, but this year, she has been making healthier choices every day.

A. doesn't follow **B.** has followed **C.** hasn't followed **D.** didn't follow

Question 33: My uncle is 65 years old, but he still does 20 _____ every morning before breakfast.

A. press – ups **B.** exercise **C.** push – up **D.** lifting weight

Question 34: If you _____ for too long without standing, your legs might feel very tired later.

A. stand **B.** jump **C.** walk **D.** squat

Question 35: Some bacteria in our bodies are helpful, but some can cause infectious diseases such as _____ or food poisoning.

A. cancer **B.** tuberculosis **C.** asthma **D.** diabetes

Question 36: Good _____ helps people live longer, especially when combined with regular exercise.

A. cooking **B.** nutrition **C.** sleeping **D.** habits

Question 37: You shouldn't _____ the same mistakes in your diet if you want to stay fit.

A. cook **B.** eat **C.** repeat **D.** plan

Question 38: She has never had a headache this severe _____, which is why she decided to visit a doctor.

A. after **B.** before **C.** since **D.** yet

Question 39: If you follow _____, you can cook meals that are both tasty and nutritious.

A. a healthy recipe **B.** the health recipe **C.** a healthful recipe **D.** the health recipe

Question 40: My father walks on the _____ to keep his heart and legs strong.

A. treadmill each morning **B.** each treadmill morning
C. every treadmill morning **D.** treadmill every morning

Question 41: Dirty hands may carry _____ that can enter your body and make you sick.

A. nutrient **B.** bacteria **C.** diseases **D.** poison

Question 42: Mom: Wash your hands!

Kid: Why?

Mom: Because _____ are everywhere, even on your toys!

A. viral **B.** dirt **C.** bacteria **D.** food

Question 43: You want to suggest that someone should _____ the reading club with you.

A. enter **B.** participate **C.** join **D.** apply

Question 44: Although he _____ sick, Tom still worked out, because he believes that staying active helps him recover faster.

A. would be **B.** has been **C.** is **D.** was

Question 45: Bacteria are tiny _____ that can live in your mouth or inside your body.

A. minerals **B.** labels **C.** recipes **D.** organisms

Question 46: Last summer, I _____ out every day, and I _____ much fitter at the end of the season.

A. worked – have felt **B.** have worked – have felt
C. didn't work – felt **D.** worked – felt

Question 47: A healthy lung has airways with a larger _____, which helps with breathing.

A. lifestyle **B.** pressure **C.** diameter **D.** length

Question 48: She stayed home because her illness was _____ and could make others sick.

A. poisonous **B.** infectious **C.** stressful **D.**

Question 49: I injured my last _____ week while lifting heavy boxes.

A. head **B.** mouth **C.** muscles **D.** eyes

Question 50: _____ is a serious lung disease that needs long treatment with medicine.

A. Fitness **B.** Tuberculosis **C.** Stomach **D.** Headache

Question 51: Some cleaning _____, so keep them away from children.

- A. contain products poison B. contain poison products
C. products contain poison D. poison contain products

Question 52: I _____ out on the treadmill every day this week, and I feel much stronger.

- A. worked B. have been working C. works D. have worked

Question 53: You can't see _____, but they are everywhere—in the air, water, and food.

- A. ingredients B. germs C. minerals D. squats

Question 54: The doctors have discussed his treatment _____ hours, but haven't made a final decision.

- A. for B. in C. since D. ago

Question 55: She stayed in bed because she felt _____ and couldn't go to work.

- A. repetitive B. strong C. ill D. active

Question 56: Stress and lack of sleep can lead to _____ over time.

- A. serious ill B. serious illness C. ill serious D. illness serious

Question 57: We _____ a healthful diet last month and more energetic throughout the day.

- A. have followed – felt B. followed – felt C. have followed – have felt D. followed – didn't feel

Question 58: Life expectancy _____ greatly over the past 200 years.

- A. will increase B. increases C. increased D. has increased

Question 59: Losing his first job taught Kevin a life _____ about being responsible and focused.

- A. advice B. story C. lesson D. message

Question 60: After the doctor's advice, he decided to _____ regularly to improve his health.

- A. work out B. spread C. label D. treat

Question 61: How long _____ a headache? I think you should see a doctor.

- A. have you had B. did you have C. will you have D. do you have

Question 62: Mai is trying to _____ rid of her stress by doing yoga every evening.

- A. give B. take C. get D. repeat

Question 63: To stay fit, Tuan _____ soft drinks and ate more vegetables.

- A. turned down B. cut down on C. took over D. gave back

Question 64: Emma _____ down on fast food significantly over the past few months because she has wanted to adopt a healthier lifestyle.

- A. was cutting B. has cut C. cut D. had cut

Question 65: People should _____ to their mental health, not just their physical health.

- A. go around B. look in C. pay attention D. jump off

Question 66: The soup may look simple, but it's actually very _____ and perfect for cold weather.

- A. tasteless B. sugary C. oil D. nutritious

Question 67: You should _____ the TV and take a walk if you want better health.

- A. turn off B. get up C. call out D. cut up

Question 68: They _____ out regularly since last January, which has helped them to improve their fitness.

- A. have been working B. had worked C. have worked D. worked

Question 69: Ella felt full of _____ after eating a big breakfast and getting enough sleep.

- A. food B. life C. strength D. energy

Question 70: Don't forget to warm up before you _____, or you might hurt your knees.

- A. run B. jump C. sleep D. sit

Question 71: _____ check – ups are important if you want to detect diseases early.

- A. Quick B. Healthy C. Medical D. Routine

Question 72: You shouldn't take _____ without a doctor's advice, even if you feel sick.

- A. labels B. squats C. antibiotics D. viruses

Question 73: My mom buys _____ because they don't have harmful chemicals.

- A. fast food B. organic vegetables C. junk snacks D. frozen chips

Question 74: I started eating more vegetables last week, but I _____ down on sugary drinks yet.

A. haven't cut **B.** have cut **C.** didn't cut **D.** was cutting

Question 75: Eating too much salt and fat can increase your risk of _____.

A. routines **B.** healthful ingredients **C.** heart disease **D.** bacteria

Question 76: She _____ out every day this week, but she _____ a session yesterday because of a headache.

A. has worked – has missed **B.** has worked – missed

C. worked – missed **D.** worked – has missed

Question 77: Many _____ can be prevented by washing hands and eating more fruits and vegetables.

A. minerals **B.** diseases **C.** organisms **D.** heartbeats

Question 78: Can you bring some fresh mangos from your garden? We'll need them for one of the _____.

A. foods **B.** recipes **C.** items **D.** ingredients

Question 79: A healthy _____ helps you focus better at school and feel happier every day.

A. diet **B.** habit **C.** routine **D.** lifestyle

Question 80: In some countries, _____ is much higher due to good medical systems.

A. healthy lifestyle **B.** life expectancy **C.** life insurance **D.** lifestyle disease

Question 81: My father _____ late at work last month. He felt exhausted.

A. stay **B.** stayed **C.** has stayed **D.** will stay

Question 82: Nurse: Have you had the _____ vaccine this year?

Patient: Not yet, but I will get it soon.

A. ingredient **B.** treatment **C.** flu **D.** diameter

Question 83: "I think you should give _____ watching TV all night," said Hoa to Minh.

A. up **B.** out **C.** down **D.** off

Question 84: Although _____ food is tasty and cheap, it's not good for your health in the long run.

A. quick **B.** fast **C.** fresh **D.** fried

Question 85: These shoes don't _____ me; they are too small.

A. fit **B.** fix **C.** suit **D.** match

Question 86: Many old people _____ health problems because they don't move much.

A. throw up **B.** suffer from **C.** turn off **D.** spread out

Question 87: Without clean water, children are more likely to get skin or stomach _____.

A. repetitions **B.** recipes **C.** infections **D.** exercises

Question 88: The doctor _____ the patient to find the cause of the fever.

A. has examined **B.** had examined **C.** has examining **D.** examines

Question 89: After Nathan _____ his phone, he will be able to use the internet and call people.

A. active **B.** activating **C.** activation **D.** activates

Question 90: A _____ spreads quickly in crowded places, so wearing a mask is important.

A. nutrient **B.** headache **C.** virus **D.** vitamin

Question 91: She's trying to break her _____ habit of eating snacks late at night.

A. harmful **B.** strong **C.** bad **D.** useful

Question 92: A healthy person can make quick decisions and act on the _____ during emergencies.

A. stand **B.** location **C.** place **D.** spot

Question 93: The smallest _____ are about 0.4 micron in diameter.

A. cells **B.** bacteria **C.** insects **D.** creatures

[Adapted from Global Success]

Question 94: So far, scientists _____ many ways to help people live longer.

A. discovered **B.** had discovered **C.** discover **D.** have discovered

Question 95: She _____ sugary snacks for over two years to keep her weight stable.

A. avoids **B.** has avoided **C.** was avoiding **D.** avoided

Question 96: Have you _____ tried drinking herbal tea to sleep better?

A. already **B.** yet **C.** ever **D.** never

Question 97: Up to now, many scientists _____ about the benefits of drinking enough water.

A. have written **B.** wrote **C.** write **D.** written

Question 98: Have your grandparents _____ any healthy diets to live longer?

A. have followed **B.** following **C.** follow **D.** followed

Question 99: I _____ doing yoga to reduce stress and improve my breathing.

A. started just **B.** have just started **C.** just have started **D.** have started just

Question 100: Huy _____ up jogging three times, but the first time he _____ it was in 2015.

A. has been – had tried **B.** has taken – tried **C.** took – has tried **D.** takes – tries

Question 101: You should **stop** _____ fast food if you want to lose weight.

A. to eating **B.** eating **C.** eat **D.** to eat

Question 102: I stopped _____ some water during my workout.

A. drinking **B.** to drank **C.** to drink **D.** drink

Question 103: Students _____ up late at night often feel tired and stressed the next day.

A. who stays **B.** staying **C.** stayed **D.** stay

Question 104: We learned useful health tips _____ the school nurse during our weekly class meeting.

A. by **B.** of **C.** from **D.** on

Question 105: My parents _____ together every morning to maintain a healthy lifestyle.

A. lift weights **B.** **C.** do exercise **D.**

Question 106: People of all ages should _____ exercise daily to stay strong and active.

A. make **B.** go **C.** take **D.** have

Question 107: Teenagers should _____ more time doing exercise instead of playing online games.

A. take **B.** use **C.** waste **D.** spend

Question 108: If you're tired all the time, _____ going to bed earlier each night.

A. remember **B.** try **C.** stop **D.** have

Question 109: Many doctors advise patients to avoid _____ to protect their lungs.

A. smoke **B.** to smoking **C.** smoking **D.** smoked

Question 110: Please _____ to book your doctor's appointment before this Friday

A. remember **B.** understand **C.** stop **D.** forget

Question 111: I remember _____ to the hospital for a health check when I was ten.

A. to go **B.** going **C.** went **D.** go

Question 112: Remember _____ your vitamins after breakfast every single morning.

A. to take **B.** using **C.** to eat **D.** consuming

Question 113: My father started _____ in the park after his doctor's recommendation.

A. to jog **B.** jogging **C.** to jogging **D.** jog

Question 114: To begin with, you need _____ a daily routine that includes physical activities.

A. plan **B.** to plan **C.** planed **D.** planning

Question 115: This workout plan is _____ for beginners with no gym experience at all.

A. suitable **B.** dangerous **C.** complicated **D.** expensive

Question 116: Doing regular exercise every morning helps me _____ and feel energetic.

A. keep fit **B.** gain weight **C.** lose interest **D.** feel tired

Question 117: Are you ready _____ your first full workout session at the gym today?

A. at **B.** for **C.** of **D.** over

Question 118: Try to drink _____ two liters of water every single day.

A. above **B.** at least **C.** much **D.** at all

Question 119: Good warm – up exercises help _____ athletes from getting serious injuries.

A. ban **B.** confuse **C.** repeat **D.** prevent

Question 120: After a long day at school, he _____ asleep in just five minutes.

A. fall **B.** falling **C.** fell **D.** falls

Question 121: How about _____ some yoga to relieve stress and relax your body?

A. doing **B.** to do **C.** do **D.** to doing

Question 122: Don't _____ to stretch your body before starting a heavy workout.

A. forgotten **B.** forgetting **C.** forgot **D.** forget

Question 123: We are pleased _____ any campaign that promotes a healthy lifestyle.

A. support

B. supporting

C. to support

D. supported

Exercise 2: Rewrite the sentence so that the meaning stays the same with the parts given below.

1. I haven't eaten junk food for two weeks.

→ The last time

→ (ago)

→ (since)

2. The last time she took a day off was when she had a fever.

→ She

→ It has

3. It has been six years since my father last went jogging.

→ The last time

4. She started practicing yoga when she was 30.

→ (since)

5. The program to help smokers quit was started five years ago.

The program has

6. The last time she visited a dentist was in December 2020.

→ (in)

→ (since)

→ (last)

7. This is the first time I have tried doing morning exercises.

→ (before)

8. When did they start walking every evening after dinner?

→ How long have

9. He has gone to the gym for three months.

→ (ago)

→ (since)

10. They have been organizing mental health workshops since 2020.

→ (ago)

→ (for)

11. How long ago did you start doing meditation every morning?

→ When

→ How long

12. How long is it since she attended her first counselling session?

→ When

→ How long

→ (ago)

13. When was the last time you had a health check - up?

→ When

14. When was the last time he took a break from social media?

→ (last)

Exercise 3: Read the following advertisement 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.

Get Fit with Our Healthy Lifestyle Program

Are you ready to transform your life? Our Healthy Lifestyle Program, (1) _____ to help you get in shape and stay fit, is here for you. With a (2) _____ diet, regular physical activity, and expert nutrition guidance, you'll feel more energetic and confident every day. Whether you want to lose weight, build muscle or just feel better, we have the perfect routine for you.

Join us and start your journey with fun and (3) _____ exercises like yoga, strength training, and cardio workouts. Our expert trainers will guide you through



step, ensuring you get the most out of each session. Plus, with a (4) _____ tailored to your needs, you'll be on track to improve your health.

Get rid (5) _____ bad habits and pay attention to what you eat and how you move. Don't wait any longer to achieve your fitness goals. Start today and (6) _____ control of your health!

Question 1: A. is designed B. designed C. designing D. that is designed

Question 2: A. balance B. balancing C. to balance D. balanced

Question 3: A. engagement B. engaging C. engaged D. engagingly

Question 4: A. meal plan nutritious B. plan nutritious meal
C. nutritious meal plan D. plan meal nutritious

Question 5: A. with B. of C. by D. on

Question 6: A. take B. have C. get D. do

Exercise 4: 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.

Healthy Eating: A Guide to Better Living

Let's make healthier choices every day!

Why Our Diets Are Unhealthy

One of the main reasons our diets are unhealthy is the lack of time. With busy schedules and fast – paced lifestyles, people often turn to fast food or pre – packaged meals that are high in calories, sugar, and unhealthy fats. (1) _____, these quick and convenient options become the default choice which leads to poor nutrition. Another factor contributing to unhealthy eating habits is the rise of mukbang videos, where hosts consume huge (2) _____ of food in a single sitting. These videos can influence viewers to normalize overeating or to mimic similar eating (3) _____, ultimately leading to poor food choices and health risks.

Tips for Healthy Eating

- Take some time each week to prepare a meal plan. Having healthy options readily (4) _____ can help you avoid impulsive, unhealthy food choices when you're busy.
- Instead of watching mukbang videos, try following cooking channels that share (5) _____ for healthy and delicious meals. These can inspire you to cook at home and make better food choices.
- Try to (6) _____ on your intake of processed snacks and sugary drinks. Instead, opt for fresh fruits, vegetables, and whole grains that provide better nutrition and keep you energized throughout the day.

Question 1: A. In contrast B. For example C. As a result D. In addition

Question 2: A. amounts B. numbers C. levels D. qualities

Question 3: A. proportions B. behaviors C. solutions D. capacities

Question 4: A. invisible B. acceptable C. convenient D. available

Question 5: A. ingredients B. components C. recipes D. materials

Question 6: A. cut down B. write down C. put down D. die down

Exercise 5: Read the passage below and choose the best word to fill in each blank.

Viruses

Viruses cause many human (1) _____, ranging from the common cold and the flu to more serious ones such as AIDS and Covid – 19. On their (2) _____, viruses are not alive. They become active when they infect or enter our bodies. They can do that easily because they are very (3) _____. Then, they start to act like living things and make (4) _____ of themselves. People have natural defenses against viruses. For example, a fever can make some viruses inactive. The body's immune system also fights viruses.

Vaccines cannot treat diseases caused by viruses, but they can help (5) _____ the spread of disease. Vaccines contain viruses which are weakened or (6) _____, and help the body's immune system make substances called antibodies, which fight disease. If the same virus enters our body later on, the immune system will (7) _____ it and will know how to fight it off.

Giving people vaccines can (8) _____ a lot of lives. For example, two million people died of smallpox in 1967. (9) _____, vaccines helped to stop this disease and made it disappear. Most recently, vaccines have played an important role in (10) _____ deaths and severe illness caused by Covid – 19 all over the world.

- | | | | |
|----------------------------------|--------------|--------------|-------------|
| Question 1: A. germs | B. organisms | C. diseases | D. microbes |
| Question 2: A. side | B. own | C. bodies | D. soil |
| Question 3: A. big | B. slow | C. dangerous | D. small |
| Question 4: A. copies | B. bodies | C. cells | D. bacteria |
| Question 5: A. prevent | B. increase | C. treat | D. improve |
| Question 6: A. strong | B. dead | C. dangerous | D. powerful |
| Question 7: A. recognise | B. forget | C. avoid | D. stop |
| Question 8: A. kill | B. save | C. cost | D. produce |
| Question 9: A. Besides | B. However | C. Therefore | D. Next |
| Question 10: A. improving | B. changing | C. reducing | D. causing |

[Adapted from Global Success Workbook]

Exercise 6: Read the passage below and choose the best word to fill in each blank.

Life expectancy has generally increased over the past few **(1)** _____, and some people enjoy a longer and healthier life than **(2)** _____. **(3)** _____ is that they have healthy lifestyle habits. So how can you develop these habits?

Start by looking at food labels, **(4)** _____ attention to **(5)** _____ and nutrients, such as vitamins and **(6)** _____. Avoid having food with too much salt or sugar, such as fast food. Furthermore, add more fresh fruits and vegetables to your diet, and remember **(7)** _____ a big breakfast and a small dinner.

If you have not been very active, start **(8)** _____ slowly, but regularly. To begin with, choose the type **(9)** _____ exercise that is suitable for you. Then, start slowly, **(10)** _____, by doing exercise for only 5 to 10 minutes a day. When your body is ready for more exercise, you can **(11)** _____ longer. Finally, exercise regularly to always **(12)** _____ your body fit and your **(13)** _____ happy.

[Adapted from Global Success]

- | | | | |
|--|-----------------------------|-----------------------------|-----------------------------|
| Question 1: A. months | B. decades | C. days | D. weeks |
| Question 2: A. the other | B. another | C. others | D. other |
| Question 3: A. Possible one explanation | B. One possible explanation | C. Explanation possible one | D. Possible explanation one |
| Question 4: A. making | B. getting | C. taking | D. paying |
| Question 5: A. parts | B. ingredients | C. fuel | D. materials |
| Question 6: A. materials | B. informations | C. minerals | D. chemicals |
| Question 7: A. to eatting | B. to eat | C. eatting | D. eat |
| Question 8: A. to exercise | B. to exercising | C. exercise | D. exercising |
| Question 9: A. of | B. by | C. with | D. about |
| Question 10: A. in addition | B. in contrast | C. for example | D. such as |
| Question 11: A. chill out | B. work out | C. hang out | D. stand out |
| Question 12: A. keep | B. stay | C. preserve | D. maintain |
| Question 13: A. mind | B. imagine | C. body | D. physical health |

Exercise 7: Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a meaningful exchange or text in each of the following questions.

Question 1:

- a. Liam: I brush them twice a day – in the morning and before bed.
 b. Emma: That's great! My dentist says brushing for at least two minutes each time really helps.
 c. Emma: Liam, how often do you brush your teeth?

Your answer: _____.

Question 2:

- a. Ethan: Try cutting down on sugary snacks and soda. They cause cavities.
 b. Sophie: Ethan, I'm trying to take better care of my teeth. Any advice?
 c. Sophie: Good idea! I'll eat more fruits and drink water instead.

Your answer: _____.

Question 3:

a. Oliver: I should start doing that too. I always forget!

b. Oliver: Mia, do you go to the dentist regularly?

c. Mia: Yes, I have a dental check – up every six months. It helps prevent problems.

Your answer: _____.

Question 4:

a. Tom: Not really. It's more about breathing and clearing your mind. Walking outside helps too.

b. Lily: I've never done yoga before. Is it hard?

c. Lily: I'm feeling so stressed with school and everything. I don't know how to relax.

d. Tom: You should try doing yoga or meditation. It really helps reduce stress.

e. Lily: Sounds good. I'll give it a try. I guess I also need to manage my time better.

A. b – a – e – d – c

B. e – a – c – d – b

C. c – d – b – a – e

D. e – d – c – a – b

Question 5:

a. Tom: Actually, yes! I read that spices like turmeric and black pepper can boost the immune system and even reduce inflammation.

b. Anna: That's true. And did you know ancient people, like the Greeks and Egyptians, used herbs not just in food but also for medicine and religious rituals?

c. Anna: Hey Tom, have you ever thought about how herbs and spices can help with our health?

d. Tom: Wow, that's amazing. I guess adding more herbs and spices to our meals isn't just about taste—it's good for our health too!

A. b – a – c – d

B. c – a – b – d

C. d – c – a – b

D. c – d – b – a

Question 6:

a. Kevin: Definitely. I read that Americans eat too much meat and not enough grains or vegetables, which leads to higher rates of heart disease and cancer.

b. Lisa: Yeah, unlike the Japanese. They eat more grains and very little meat, and they live longer with fewer health problems.

c. Lisa: Hey Kevin, have you ever thought about how our diet affects our health?

d. Kevin: True! But when they move to the US and start eating fast food like hamburgers, their health gets worse too. That really shows how important a healthy diet is.

A. c – a – b – d

B. b – a – c – d

C. c – d – a – b

D. c – d – b – a

Question 7:

a. Anna: Hey Mark, do you have any tips for staying healthy? I've been feeling tired lately.

b. Mark: Definitely not. And don't forget to do some exercise, even just a few times a week. It boosts your energy and helps your immune system.

c. Mark: Well, eating three nutritious meals a day really helps. You should include things like fish, vegetables, and dairy in your meals.

d. Anna: Yeah, I've been skipping breakfast, which probably isn't good.

A. a – c – d – b

B. a – b – c – d

C. a – d – c – b

D. a – d – b – c

Question 8:

a. Polly: Well, have you thought about getting some more sleep by going to bed early? That way, your body and mind can find time to relax.

b. Matt: Polly, I really need a piece of advice. I've been having a terrible time managing my stress lately. What do you think I should do?

c. Matt: That sounds like idea. Thanks a million, Polly!

d. Polly: Why don't you meditate or do yoga? That way, you can practise relaxation techniques to clear your head.

e. Matt: Yes, I see how that would improve things. Have you got any other suggestions?

[Adapted from [Bright](#)]

A. b – a – e – d – c

B. e – a – c – d – b

C. c – d – b – a – e

D. e – d – c – a – b

Question 9:

Dear Phuc,

a. Although it's not always easy to keep up the routine, I know it's worth it for my health and happiness.

b. Thanks so much for encouraging me to stay active and eat healthily—your advice truly made a difference.

c. Your tip about eating more fruits and vegetables instead of sugary snacks was especially helpful.

- d.** Since I started walking to school and cutting down on fast food, I've felt more energetic and focused,
e. I'll keep you updated as I try more changes to improve my lifestyle.

Talk soon,

Khanh

A. b - a - e - d - c

B. b - d - c - a - e

C. b - e - a - d - c

D. b - d - c - a - e

Question 10:

Dear Phuc,

- a.** Even small changes, like sleeping earlier or drinking more water, are improving my daily routine.
b. Thanks again for helping me realize that a few good habits can truly increase our life expectancy.
c. You were right about how stress can affect our health, so I've also tried to relax more with music and deep breathing.
d. After switching to more nutritious meals and doing light exercise like walking or stretching, I feel less tired and more focused.
e. I really appreciate your suggestion to follow a balanced diet and include more physical activities in my day.

All the best,

Huy

A. e - a - b - d - c

B. e - d - c - a - b

C. b - e - a - d - c

D. e - d - c - a - b

Question 11:

Hi Sam,

- a.** I also walk for half an hour every day up in the forest, and that's really helped my fitness.
b. The key to success for me is controlling size of food portions, but never missing a meal.
c. It wasn't as bad as I'd expected. I had to eat much less sugar, of course, and give up bad habits like late night pizza altogether, but that was OK.
d. The hardest part for me was cutting down on salt!
e. How are you? I'm well - very well, in fact. I've stuck to my diet and lost 5 kilos!

I hope all is well with you and your health, too.

Love,

Tom

[Adapted from [Bright](#)]

A. e - c - b - d - a

B. e - c - d - b - a

C. c - d - a - b - e

D. e - b - c - d - a

Question 12:

Dear Phuc,

- a.** Thank you for introducing me to The Real Junk Food Project; it's such a creative solution to food waste.
b. I was shocked to find out how much food supermarkets discard every day despite people struggling to get enough to eat.
c. Adam Smith's project not only feeds people but also raises awareness about the problem of wasted food.
d. I admire how the cafés welcome everyone and encourage paying what you can or volunteering in return.
e. This story motivates me to think differently about the food I buy and how I can reduce waste.

Take care,

Khanh

[Adapted from English Discovery]

Question 13:

- a.** When you eat well and exercise regularly, you will feel happier and more relaxed.
b. Stress and anger can damage your heart and brain, so you should learn how to stay calm and positive in difficult situations.
c. As a result, a positive attitude will not only reduce stress but also help you enjoy your life more.
d. You can try meditation or yoga to manage your emotions and improve your mental health.
e. Although anger is a natural feeling, too much of it can shorten your life and harm your relationships.

A. a - c - d - b - e

B. a - b - d - e - c

C. a - b - e - d - c

D. a - d - e - b - c

Question 14:

- a.** Most people enjoy lasagna, and you can make it with meat and cheese or with vegetables, depending on your guests' preferences.

- b.** Since lasagna is filling, you don't need to prepare many other dishes, but a green salad, some Italian bread, and a dessert are good additions.
- c.** A good tomato sauce, combined with pasta and other ingredients, is usually enough to make it delicious.
- d.** If your guests are vegan, you can use plant – based cheese to make a tasty vegan version.
- e.** Lasagna is a great dish for a dinner party because you can make it in advance and store it in the refrigerator until the next day.

[Adapted from [Explore New Worlds](#)]

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

Question 15:

- a.** Staying healthy requires a combination of healthy eating, regular exercise, and proper stress management, because each of these factors plays a key role in our overall well – being.
- b.** Although many people know that eating nutritious meals is important, they often forget to include enough fruits, vegetables, and fiber – rich foods in their daily diet.
- c.** As a result, we need to plan our days wisely so that we can balance our meals, stay active, and reduce stress effectively.
- d.** In addition, doing physical activities such as swimming or playing football not only strengthens the heart but also helps improve our mood.
- e.** However, if we are too busy and don't make time for exercise or rest, our bodies and minds can become weak and tired.

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

Question 16:

- a.** So, eating the right foods in the right amounts is one of the most important steps to protect your health.
- b.** People often eat fast food because it is convenient, but this kind of food can cause obesity and serious health problems.
- c.** If you want to stay healthy, you should eat a balanced diet that includes a variety of foods rich in vitamins and minerals.
- d.** You need to reduce your intake of fat, sugar, and salt, while increasing the amount of fish, fruit, and vegetables.
- e.** Although planning your meals may take time, it helps you control your calorie intake and prevents chronic diseases.

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

Question 17:

- a.** If you choose a hobby such as dancing, playing chess, or solving puzzles, you can keep both your body and your mind strong.
- b.** You can also ride a bicycle to school or use the stairs instead of the lift because these small changes improve your heart and body.
- c.** Simple daily activities like doing housework and gardening not only keep you active but also help reduce stress.
- d.** As a result, being more active in your daily life can increase your life expectancy and make you feel more energetic.
- e.** Although many people think that they must go to the gym to stay healthy, even a 30 – minute walk a day can bring great health benefits.

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

Exercise 8: Read an article about the main factors for the increased life expectancy. Four sentences have been removed from the article. Choose a sentence (a – d) to complete each gap (1 – 4).

- a.** The last century's advances such as the discovery of antibiotics and vaccines, and the development of medical imaging have contributed to longer life.
- b.** Studies show that for each hour of regular exercise, people can gain two hours of additional life expectancy.
- c.** This increase can be attributed to three main factors: healthier lifestyles, better nutrition, and advances in medical science and technology
- d.** Eating more fruits and vegetables, but less fatty foods can reduce the risk of serious diseases.

Over the past hundred years, the average life expectancy has risen dramatically from 30 years in 1900 to 67.2 years in 2010, with Japan reaching the highest figure at 82.6 years. **(1)** _____.

Mass media have helped to raise people's awareness of lifestyle choices. While smoking, alcohol intake and fast food consumption can increase the risk of obesity and heart disease, doing regular physical activity and spending more time outdoors can boost the body's strength and ability to function well. (2) _____. Longevity is also linked with low levels of stress and anxiety. A popular way to relieve stress in today's busy lifestyles is practising meditation and yoga.

In addition to better living standards, people enjoy more nutritious diets and cleaner drinking water. Research shows that the food we eat can affect longevity, and even simple dietary changes can boost our immune system. (3) _____.

The third factor responsible for the dramatic increase in life expectancy is the advanced technology and medical developments. (4) _____. In the 21st century, scientists continue to look for new ways to treat serious diseases and slow down the ageing process. Many of these treatments and new developments have the potential to further prolong and improve the quality of life.

[Adapted from Tiếng Anh 11 mới]

Exercise 9: Read the following passage about healthy living 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.

Living a healthy lifestyle has become a growing priority in modern society. (1) _____. People are now more conscious of what they eat, how often they exercise, and how their habits affect their overall well-being. In response to this trend, health professionals and fitness apps have introduced personalized wellness plans that help users monitor their progress and stay motivated. These digital tools are transforming how individuals approach personal health, (2) _____.

Known for their impact on both body and mind, (3) _____. However, some argue that despite the availability of such tools, real change still requires discipline, education, and long-term commitment. (4) _____. This includes promoting balanced diets, mental health support, and better access to exercise facilities in communities. The rise of these health movements (5) _____ and highlights the shift in priorities toward more sustainable and health-conscious living.

Question 1:

- A. Most people prefer fast food because it is cheap and tasty
- B. The emphasis on health has led to major changes in the way people live and work
- C. Regular physical activity is discouraged in some cultures
- D. People no longer care about what they eat or how they live

Question 2:

- A. which supports more informed and consistent lifestyle choices
- B. supported by more informed and consistent lifestyle choices
- C. to which people make more informed and consistent lifestyle choices
- D. that supports the making of informed and consistent lifestyle choices

Question 3:

- A. fitness apps create more stress for people who try to reach unrealistic goals
- B. modern health tools provide practical ways to improve daily habits
- C. digital distractions often reduce the effectiveness of fitness routines
- D. gyms and clinics are rarely visited by young people today

Question 4:

- A. To support this, both governments and health organizations are taking active steps
- B. While some individuals ignore health advice, most people do not
- C. These concerns about discipline have not stopped people from trying wellness apps
- D. Using unhealthy products, many people still hope for better results

Question 5:

- A. is being reflecting people's interest in quick fixes
- B. reflects changing attitudes toward health and well-being
- C. that reflects the general need for medical care
- D. of which health concerns have been ignored by many

Exercise 10: Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

Achieving a Healthy Lifestyle

Living a healthy lifestyle is key to maintaining both mental and physical well – being. Fitness is an important part of **this**, but it's also **crucial** to follow a balanced diet that includes the right nutrients and minerals. Eating too much fast food, such as burgers and chips, can negatively impact your health, leading to problems like heart disease or weight gain. Unhealthy eating habits, such as consuming food unhealthily, can lower your life expectancy.

A regular routine that includes physical activity like press – ups, squats, or using the treadmill can activate your muscles and strengthen your body. Even something as simple as jumping on the spot can get your blood flowing and help you stay active. Repetition is key to success, so remember to repeat your exercises to see results.

If you struggle with sticking to healthy habits, pay attention to your goals and make small changes—like cutting down on junk food or turning off distractions when working out.

It's also important to examine your health regularly. Whether it's an examination at the doctor's office or just being aware of your body's condition, staying on top of your health can prevent illnesses like the flu or tuberculosis. Germs, bacteria, and viruses can spread quickly, so it's important to follow proper hygiene practices and take antibiotics when necessary to avoid infection.

The key to long – lasting health is finding a balance and maintaining habits that strengthen both your body and mind. By following a nutritious diet, staying active, and **keeping an eye on your health**, you can get rid of many health risks and feel your best.

Question 1: According to the passage, which of the following is **NOT MENTIONED** as a tip to live a healthy lifestyle?

- A.** Avoiding junk food when possible
- B.** Sleeping 8 hours every night
- C.** Doing regular physical exercises
- D.** Having medical checkups

Question 2: The word "**crucial**" in paragraph 1 is **OPPOSITE** closest in meaning to _____.

- A.** confusing
- B.** essential
- C.** irrelevant
- D.** unimportant

Question 3: The phrase "**keeping an eye on your health**" in paragraph 2 is closest in meaning to _____.

- A.** visiting your doctor for treatment regularly
- B.** focusing only on your fitness goals
- C.** taking preventive steps to stay in shape
- D.** monitoring your physical condition carefully

Question 4: What does the word "**this**" in paragraph 1 refer to?

- A.** Living a healthy lifestyle
- B.** Mental and physical well – being
- C.** Fitness
- D.** Following a balanced diet

Question 5: Which of the following best paraphrases the sentence:

"If you struggle with sticking to healthy habits, pay attention to your goals and make small changes."

- A.** You should quit unhealthy habits altogether if you want to be healthy.
- B.** When it is hard to maintain good habits, stay focused and take gradual steps.
- C.** Changing your goals is necessary to maintain healthy habits.
- D.** You must only focus on eating if you want to live healthily.

Question 6: Which of the following statements is **TRUE** according to the passage?

- A.** Only fast food causes heart disease.
- B.** Exercise must be intense to be effective.
- C.** You can boost your blood circulation with simple physical activity.
- D.** Taking antibiotics regularly will protect you from all illnesses.

Question 7: In which paragraph does the writer show a cause – and – effect relationship?

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

Question 8: In which paragraph does the writer emphasize the importance of maintaining both physical and mental health equally?

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

Exercise 11: Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

Chef Sam Stern, who has been writing about cooking since he was just fourteen, shares his cooking tips for students who are leaving their families soon and heading off to university.

1. Try and learn the basics before you leave home: you will know what recipes work for you and what equipment to take. There probably won't be much storage space in your student kitchen, so only take the **essentials**.

2. Get someone to cook with you if you haven't cooked before. If you can't find anyone, follow the recipe carefully.

3. Don't get stressed out if things go wrong; you will learn from it. I still make mistakes all the time. The skill of a good cook is learning how to correct these mistakes.

4. Look out for good places to shop – butchers' and greengrocers' can often offer better value and taste than supermarkets. They can also give you some great advice for what to do with the cheaper cuts of meat or more unusual vegetables.

5. Put your money together with your housemates to create your kitchen store cupboard – herbs, spices, et
c. These can be expensive, but not if you share. They make a world of difference to the flavour of your meals, so are well worth the investment.

6. Great eating starts with wise shopping. If you make a plan before you head to the supermarket, you'll avoid making **impulse** buys. For the same reason, avoid shopping when you are hungry. Shop at the end of the day as you will find the reduced section full, which means great bargains.

7. Plan food that will last for more than one meal if you can. For example, a whole chicken is more expensive than pieces, but can make three or four other meals. A curry or a stew can last for days and is often cheap to make. The freezer is your friend!

8. Cooking with your friends and housemates is not only a great social event but also lets you split the cost. I'm a student and every Tuesday night we have a dinner party for ten to fifteen people, with each person paying a few quid**d**. As a result, we have wonderful huge roast dinners and lots and lots of laughs.

[Adapted from English Discovery]

Question 1: Which of the following is **NOT** mentioned as a tip in the passage for students who are leaving home to live on their own?

- A.** Take all your kitchen equipment with you **B.** Learn basic cooking skills before leaving home
C. Share the cost of kitchen items with housemates **D.** Plan meals that will last for more than one day

Question 2: The word "**essentials**" in paragraph 1 is closest in meaning to:

- A.** unnecessary **B.** basic **C.** expensive **D.** decorative

Question 3: The word "**impulse**" in paragraph 6 is opposite in meaning to:

- A.** planned **B.** random **C.** spontaneous **D.** expensive

Question 4: What does the word "**it**" in paragraph 3 refer to?

- A.** The recipe **B.** The mistake **C.** The stress **D.** The skill

Question 5: Which of the following best paraphrases the sentence:

They make a world of difference to the flavour of your meals, so are well worth the investment

A. Buying herbs and spices will help you decorate your meals beautifully, so spending money on them is necessary.

B. Sharing herbs and spices with others can reduce their cost, but they don't change much in cooking.

C. Herbs and spices, though they may be costly, greatly improve your meals, so buying them together is a smart idea.

D. Spices are only useful for fancy dishes, so you should think twice before spending money on them.

Question 6: According to the passage, Chef Sam Stern suggests that you should:

A. Avoid cooking in groups to reduce the risk of making mistakes and wasting ingredients.

B. Plan meals carefully, shop alone, and avoid seeking advice from others.

C. Purchase ingredients individually and avoid sharing cooking responsibilities to control quality.

D. Collaborate with housemates on shopping and cooking to reduce costs and improve the cooking experience.

Question 7: Which paragraph talks about the importance of sharing kitchen costs and cooking with housemates?

- A. Paragraph 1 B. Paragraph 2 C. Paragraph 7 D. Paragraph 8

Question 8: Which paragraph mentions the benefit of planning meals that last for more than one day, such as using leftovers?

- A. Paragraph 1 B. Paragraph 2 C. Paragraph 6 D. Paragraph 7

Exercise 12: Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

How to live a longer and healthier life

1. Life expectancy by gender

The average life expectancy in Viet Nam is 71 years for men and 76.4 years for women. Many people believe that women live longer because **they** have healthier habits than men. Women tend to drink less, smoke less, eat better, and **take better care of** their bodies.

2. Socio - economic conditions

Life expectancy is **influenced** by other factors. People living in poor areas, for instance, often have no access to medical care or healthy food, and have less time to rest or exercise. This may reduce their life expectancy.

3. Education and life expectancy

According to research, people who go to university live two to three years longer than people who do not. **Higher education levels often result in better socio - economic conditions**, so life expectancy can also be improved. [I]

4. Medical advances

[II] Developments in medicine and medical technology have had a huge effect on life expectancy. As a result of them, people live longer and healthier lives, and have better treatment options.

5. Impact of lifestyle

[III] Healthy habits, such as having a balanced diet, taking regular exercise, avoiding drinking alcohol and smoking, can help us live longer. [IV]

[Adapted from Global Success Workbook]

Question 1: Where in paragraph [] does the following sentence best fit?

"The way we live can affect life expectancy."

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

Question 2: What does the word "**they**" in paragraph 1 refer to?

- A. people B. women C. men D. woman

Question 3: The phrase "**take better care of**" in paragraph 1 is could best be replaced by

- A. keep an eye on B. be concerned with C. pay more attention to D. care good for

Question 4: The word "advances" in paragraph 4 is **OPPOSITE** in meaning to _____.

- A. progress B. discoveries C. activates D. setbacks

Question 5: According to the passage, which of the following is **NOT** mentioned as a cause of higher life expectancy?

- A. Advancements in modern healthcare and hospital treatments
B. Avoiding harmful behaviors like drinking and cigarette smoking
C. Residing in urban areas with access to public transportation
D. Engaging in frequent exercise and eating nutritious meals

Question 6: Which of the following is **TRUE** according to the passage?

- A. Education does not affect how long a person might live
B. People with better jobs and more knowledge may live longer
C. All individuals can easily receive treatment and healthy meals
D. The life expectancy in Viet Nam is the same for both genders

Question 7: What does the author imply about lifestyle in paragraph 5?

- A. Healthy habits directly contribute to a longer life
B. People tend to ignore their lifestyle choices until they face consequences

C. Food choices and exercise are not crucial to increasing longevity

D. Moderation in drinking alcohol is beneficial for health

Question 8: Which of the following best paraphrases the sentence: "**Higher education levels often result in better socio - economic conditions**"?

A. Higher education typically leads to better job opportunities and wealth

B. People with better education are more likely to have better health

C. Completing higher education does not significantly impact social conditions

D. Graduating from university generally means a person will be wealthier

Question 9: What can be inferred from the passage?

A. Medical progress is essential but not the only factor in longevity

B. Women's healthier habits are solely responsible for their longer life spans

C. Attending university has no impact on a person's life expectancy

D. Regular exercise is more important than having access to medical care

Question 10: Which of the following best summarizes the whole passage?

A. Modern medical advances are the primary reason people live longer

B. Multiple factors like lifestyle, education, and healthcare influence life expectancy

C. Environmental factors such as access to healthcare do not significantly affect longevity

D. Healthy eating and exercise are the only significant contributors to a long life

Exercise 13: *Listen to the conversation and do the exercises to practise and improve your listening skills. Decide if each sentence is True or False.*

_____ 1. Dan gets up at 5 o'clock every morning.

_____ 2. He swims from 5 o'clock to 7 o'clock in the morning.

_____ 3. Dan goes to university at 8 o'clock.

_____ 4. Dan has lunch at the university.

_____ 5. After dinner, Dan always goes online to study.

Exercise 14: *Listen to John Keith, a fitness instructor, talking about four types of physical activity. Choose the correct answer (A, B, C, or D) for each question.*

1. What is the speaker's job?

A. Doctor B. Yoga trainer C. Fitness instructor D. Lifeguard

2. Why should people avoid aerobic exercise in hot weather?

A. It causes joint pain. B. It may lead to heat stroke.

C. It can make you sleepy. D. It makes breathing difficult.

3. What should you do before swimming?

A. Wear a life jacket. B. Drink a lot of water. C. Warm up your body. D. Swim with friends.

4. Which of the following is NOT a recommended tip for fitness walking?

A. Wear comfortable shoes. B. Look down at your feet while walking.

C. Drink 150 ml of water every 15 minutes. D. Bring water with you.

5. Which of the following best summarizes the speaker's message?

A. Outdoor exercise is more dangerous than indoor exercise.

B. People should avoid swimming and yoga.

C. Different exercises require different safety measures.

D. Yoga is the best exercise for all ages.

----- The end -----