

C. MULTIPLE CHOICE**I. Choose the best answer to complete each of the following sentences.**

1. Nowadays people _____ hours sitting in front of computers.
A. spend B. last C. set D. take
2. I think you should take up swimming _____ it is suitable for your health condition.
A. so B. because C. although D. but
3. My family enjoys _____ because we can sell vegetables and flowers _____ money.
A. garden - to B. gardening - for C. gardening - with D. garden - of
4. If your hobby is greeting card making, you can give your _____ to your friends as presents.
A. hobby B. money C. greetings D. products
5. My sister's hobby is sewing, and she can get the sewing patterns from the _____ magazines.
A. fashion B. cooking C. sports D. science
6. After working in computer for long hours, you should _____ your eyes and relax.
A. wake B. rest C. sleep D. sleep in
7. Eat less high-fat foods to keep you from _____ fat.
A. gaining B. reducing C. getting D. rising
8. We should follow the advice from doctors and health _____ in order to keep fit.
A. managers B. experts C. people D. workers
9. Have a healthy _____ and you can enjoy your life.
A. lifeline B. lively C. lives D. lifestyle
10. They go _____ outside even when it's cold.
A. swims B. swimming C. swimming D. swam

11. Rob eats a lot of fast food and he _____ on a lot of weight.
A. spends B. brings C. takes D. puts
12. We need to spend less time _____ computer games.
A. playing B. to playing C. play D. to play
13. To prevent _____, you should eat a lot of garlic and keep your body warm.
A. cold B. mumps C. flu D. headache
14. Be careful with _____ you eat and drink.
A. who B. this C. what D. that
15. Eating a lot of junk food may lead to your _____.
A. pain B. stomachache C. obesity D. fitness
16. In order to have good _____, you should eat lightly and laugh cheerfully.
A. spirit B. body C. health D. mood
17. Do you believe that eating _____ carrots helps you see at night?
A. most B. the most C. much more D. less
18. We should try to keep everything around us clean and then flu will find it _____ to spread.
A. difficultly B. difficulties C. difficult D. difficulty
19. My father does morning _____ every day.
A. running B. well C. exercise D. weak
20. We should play sports or do exercise in order to stay in _____.
A. fit B. health C. look D. shape
21. *Be a Buddy* has _____ education for street children.
A. given B. spent C. provided D. helped
22. He _____ books for poor children for years.
A. has collected B. collects C. is collecting D. collected
23. Linh often uses her headphones when she listens to music _____ her parents don't like loud noise.
A. so B. but C. because D. and

24. Ngoc loves _____ outdoors with trees and flowers.
A. to be **B.** be **C.** being **D.** A & C
25. I think 10 years from now more people _____ going to work by bicycle.
A. to enjoy **B.** will enjoy **C.** enjoying **D.** enjoy
26. Volunteers can do general _____ such as clean-up project or home repair.
A. activities **B.** things **C.** labour **D.** jobs
27. My brother and I _____ a white tiger already.
A. have seen **B.** has seen **C.** see **D.** are seeing
28. I _____ blood twice, and _____ presents to sick children in the hospital recently.
A. donate - give **B.** donated - gave
C. have donated - have given **D.** have donated - gave
29. He _____ newspapers for ten years.
A. is selling **B.** sells **C.** has been sold **D.** has sold
30. How many novels _____ Charles Dickens _____?
A. did - write **B.** have - written **C.** did - written **D.** does - write