Exercise 1: Listen and choose the best option to complete the sentence. (Track 03)

1. What are doctors in Britain worried about?
   A. health of teenagers
   B. health of the older
   C.health of children
   D. health of the doctors themselves
2. What do teenagers not eat much?
   A. chips
   B. crisps
   C. fast food
   D. vegetable
3. Why do teenagers not eat good food?
   A. they do not like It
   B. it is expensive
   C. it is unhealthy
   D. it is dirty
4. Where did fast food originate?
   A. England
   B. Australia
   C. America
   D. Vietnam
5. What is not one of the fast food brands?
   A. McDonald's
   B. Pizza Hut
   C. Tom and Jerry
   D. Burger King

LIVEWORKSHEETS

6. What is not a type of fast food?

A. hamburgers B. apples

C. fries D. sandwiches

7. Why is fast food unhealthy?

A.it does not contain salt and fat

B.it is made dirtily

C. it does not contain vitamins and minerals

D.it has too much vitamins and minerals

8. Why do teenagers need a good diet?

A. to live healthily B. to live longer

C.to live better D. all of the above are correct

Exercise 1: Listen and complete the text. (Track 05)

VOLUNTEERING IS GOOD FOR YOUR MIND AND BODY

Volunteering provides many (1) ..... to both mental and (2) ..... health.

Volunteering combats (3) ..... . Volunteering keeps you in regular contact with others and helps you develop a solid support system, which (4) ..... you against depression.

Volunteering makes you happy. By measuring hormones and (5) ..... activity, researchers have discovered that being (6) ..... to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases (7)..... . You are doing good things for others and the community, which provides a natural sense ofaccomplishment. Your (8) ..... as a volunteer can also give you a sense of (9) ..... and identity. And the better you feel about yourself, the more likely you are to have a (10) ..... view of your life and future goals.

LIVEWORKSHEETS

VII. Read the following passage and choose the best option for each numbered blank.

Do you want to be fitter and healthier? Would you like to look younger? Do you want to feel (1)_____ relaxed? Then try a few days at a health farm. Health farms are becoming (2) _____ of the most popular places (3)_____ a short break. I went to Henley Manor for a weekend. It's (4)_____ largest health farm in the country but it isn't the most expensive. After two days of exercise and massage I (5)_____ ten times better. But the best thing for me was the food. It was all very healthy of (6)_____, but it was expensive too!

If you're looking for something a (7)_____ cheaper, try a winter break. Winter is the darkest and the coldest (8)_____ of the year, and it can also be the (9)_____ time for your body. We all eat too (10)_____ and we don't take enough exercise. A lot of health farms offer lower prices from Monday to Friday from November to March.

1. A. like	B. more	C. less	D. Similar
2. A. once	B. first	C. one	D. none
3. A. with	B. of	C. to	D. for
4. A. the	B. an	C. a	D. x
5. A. feel	B. felt	C. fell	D. fall
6. A. all	B. out	C. course	D. them
7. A. little	B. few	C. a little	D. a few
8. A. period	B. moment	C. time	D. part
9. A. worst	B. good	C. best	D. great
10. A. many	B. a lot	C. lot of	D. much

LIVEWORKSHEETS

III. Read the passage, and choose the correct answer A, B, C or D tor each question.

The Temple of Literature is about 10 minutes away from Hoan Kiem Lake. It was constructed in 1070 under Ly Thanh Tong's dynasty, first to honor Confucius and nowadays to celebrate the doctorate and high rank scholar of Vietnam. In 1076, Emperor Ly Nhan Tong continued the work and built the Imperial Academy as the first university of Vietnam.

The Temple is divided into five courtyards. The first courtyard is from the main gate to Dai Trung Gate. The second is with Khue Van Pavilion. The pavilion symbol is used on the street signs of Ha Noi. The third courtyard is the place where the doctorate names were listed on the stone tablets above tortoise backs. The fourth courtyard is dedicated for Confucius and his 72 honored students, as well as Chu Van An - one of the most famous teachers at the Imperial Academy. The last is also the farthest courtyard is Thai Hoc House, which was used as the Imperial Academy. Thai Hoc House holds a small collection of old-time costumes for students and scholars.

1. Where is the Temple of Literature?

   _____

2. When and by whom was it built?

   _____

3. How many courtyards are there in the Temple of Literature?

   _____

4. Which courtyard is with Khue Van Pavilion?

   _____

5. What is the Pavilion symbol used on?

   _____

IV. Writing

1. He hasn't visited his mother for a month.

The last time.....

2.Are you interested in playing football?

Do you .....

3. Sarah is the best student in my class.

No one.....

4.What is the price of one milk bottle? (much)

.....

5. You may have an allery. Be careful with what you eat. (or)

.....

LIVEWORKSHEETS

6. Both Helen and Adam like doing aerobics. (too)

LIVEWORKSHEETS