

Exercise 1. Put a word from the box in each gap to complete the following passage.

drink

eat

rice

well

water

fish

fresh

breakfast

school

healthy

It's important to (1) _____ well, especially when you are studying. If you are at primary (2) _____, you may not go home for lunch and have a cooked meal of meat or (3) _____ and vegetables. A chicken and lettuce sandwich, with some (4) _____ fruit would be a light but (5) _____. Many people around the world eat plain, boiled (6) _____ two or three times a day.

Pupils and students often don't eat (7) _____ when they're revising for exam – they eat chocolate and (8) _____ lots of black coffee! And by the way, doctors say everybody should start the day with healthy (9) _____. It's also good for you to drink a lot of (10) _____ through the day.

Exercise 3. Choose the correct word A, B, C or D for each of the gaps to complete the following text.

Breakfast is the (1) _____ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) _____ and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (3) _____ to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4) _____ weight if you eat in the morning rather than later in the day. Dividing the day's calories (5) _____ three meals helps take off weight more efficiently than (6) _____ breakfast and having two larger meals a day does.

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|----------------|-----------|-----------|------------|
| 1. A. healthy | B. tasty | C. main | D. most |
| 2. A. strenght | B. power | C. energy | D. effort |
| 3. A. able | B. enable | C. unable | D. capable |
| 4. A. lose | B. put | C. gain | D. drop |
| 5. A. in | B. into | C. up | D. for |
| 6. A. skipping | B. making | C. buying | D. serving |



WRITING

Exercise 1. Write complete sentences basing on the given words.

1. Japanese/ eat/ lot of/ tofu.

2. She/ have/ bread and eggs/ breakfast.

3. They/ not eat/ much fast food.

4. Many Vietnamese/ like drink/ green tea.

5. Vegetables/ be/ healthy.

6. My brother/ not/ exercise/ every morning.

7. My sister/ not/ use/ sunscreen.

8. She/ have/ flu.

Exercise 2. Reorder the words to have correct sentences.

1. soft drinks/ never/ My brother/ drinks/.

2. don't eat/ We/ much junk food/.

3. have/ a lot of vitamins/ Fruit and vegetables/.

4. active/ and/ every day/ Be/ exercise/.

5. Most children/ chapped lips and skin/ have/ the winter/ in/.

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LUYỆN THI- READING 2

