

Exercise 2. Find the word which has a different sound in the underlined part. Say the words aloud.

- |                        |                    |                     |                    |
|------------------------|--------------------|---------------------|--------------------|
| 1. A. <u>my</u> th     | B. <u>cy</u> cling | C. <u>it</u> chy    | D. <u>all</u> ergy |
| 2. A. <u>head</u> ache | B. <u>sprea</u> d  | C. <u>heal</u> th   | D. <u>wea</u> k    |
| 3. A. <u>fat</u>       | B. <u>lea</u> f    | C. <u>of</u>        | D. <u>sa</u> fe    |
| 4. A. <u>flu</u>       | B. <u>sun</u> burn | C. <u>j</u> unk     | D. <u>m</u> uch    |
| 5. A. <u>w</u> ash     | B. <u>w</u> ear    | C. <u>w</u> ake     | D. <u>w</u> rap    |
| 6. A. <u>th</u> ousand | B. <u>th</u> ick   | C. <u>mon</u> th    | D. <u>th</u> en    |
| 7. A. <u>t</u> utor    | B. <u>d</u> uck    | C. <u>c</u> ube     | D. <u>m</u> usic   |
| 8. A. <u>tin</u> y     | B. <u>l</u> ight   | C. <u>con</u> tinue | D. <u>bl</u> ind   |
| 9. A. <u>i</u> sland   | B. <u>ar</u> tist  | C. <u>s</u> ilent   | D. <u>hou</u> se   |
| 10. A. <u>heal</u> thy | B. <u>s</u> ystem  | C. <u>e</u> asy     | D. <u>ug</u> ly    |

Exercise 1. Odd one out A, B, C or D.

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|------------------|-------------|------------------|-------------|
| 1. A. running    | B. coughing | C. cycling       | D. swimming |
| 2. A. vegetables | B. fish     | C. fried chicken | D. fruits   |
| 3. A. cold       | B. cough    | C. stuffy nose   | D. sunburn  |
| 4. A. soda       | B. milk     | C. fruit juice   | D. water    |
| 5. A. fever      | B. health   | C. obesity       | D. headache |

Exercise 3. Put the verbs in brackets in the correct tense form.

1. Nick looks brown. He was on holiday last week. He (get) \_\_\_\_\_ sunburn.
2. Getting plenty of rest is very good. It (help) \_\_\_\_\_ you to avoid depression.
3. The Japanese (eat) \_\_\_\_\_ a lot of fish, so they are very intelligent.
4. If you wash your hands more, you (have) \_\_\_\_\_ less chance of catching flu.
5. Eating carrots regularly (help) \_\_\_\_\_ you see better.
6. It is very hot outside. Please (wear) \_\_\_\_\_ a sun hat when you go out.
7. Do more exercise and you (feel) \_\_\_\_\_ healthier.
8. I don't want (be) \_\_\_\_\_ tired tomorrow so I go to bed early.
9. Nowadays, Lan doesn't feel well. She often (feel) \_\_\_\_\_ sick and weak.
10. People who (smile) \_\_\_\_\_ more are happier and they live longer.

Exercise 4. Fill each blank with a word/ phrase in the box.

dry

stay

weight

physical

swimming

flu

health

getting

exercise

provide

1. We should eat a lot of fruits and vegetables because they \_\_\_\_\_ vitamin A, which is good for our eyes.
2. If you want to be fit, stay outdoors more and do more \_\_\_\_\_ activities.
3. Eat less fast food to keep you from \_\_\_\_\_ fat.
4. My parents go \_\_\_\_\_ outside even when it's cold.
5. To prevent \_\_\_\_\_, you should eat a lot of garlic and keep your body warm.
6. In order to have good \_\_\_\_\_, you should eat lightly and laugh cheerfully.
7. My mother does morning \_\_\_\_\_ every day.
8. Do you want to know how you can \_\_\_\_\_ healthy?
9. He plays computer games and watches TV a lot so his eyes are often \_\_\_\_\_.
10. Justin eats a lot of burger and chips, so he's putting on \_\_\_\_\_.

Exercise 5. Write the correct form or tense of the verbs in brackets.

1. \_\_\_\_\_ (you/ eat) fried chicken last night?
2. I often \_\_\_\_\_ (drink) coca cola when it is hot.
3. James \_\_\_\_\_ (wash) her face regularly to prevent spots.
4. I think she \_\_\_\_\_ (not pass) the exam. She hasn't studied at all.
5. She \_\_\_\_\_ (have) a sore throat, and she is coughing terribly now.
6. People should try \_\_\_\_\_ (exercise) a couple times a week.
7. What \_\_\_\_\_ (you/ do) tomorrow evening?
8. My mother doesn't like \_\_\_\_\_ (eat) fast food.

Exercise 8. Write the correct form of the word given.

1. My father decided to quit \_\_\_\_\_ many times but he wasn't successful. (smoke)
2. Some young people have a bad habit of \_\_\_\_\_ in public places. (litter)
3. If you want to have a good \_\_\_\_\_ you should do exercise regularly. (healthy)
4. The \_\_\_\_\_ in my village drink fish sauce before they get down to the sea. (fish)
5. The more you laugh the \_\_\_\_\_ you are. (happy)
6. Please wash these clothes immediately. They are so \_\_\_\_\_. (dirt)
7. People in this area have a problem with \_\_\_\_\_ (obese)
8. I hate winter because I like \_\_\_\_\_ climate. (warmth)

Exercise 9. Fill in each blank with a suitable preposition.

1. Would you like to go out? – No, thanks. I'd rather stay \_\_\_\_\_ home.
2. She's put \_\_\_\_\_ 2 kg in the last month.
3. Sitting too close \_\_\_\_\_ the TV hurts our eyes.
4. Be careful \_\_\_\_\_ what you eat and drink.
5. My sister runs six miles every day to help keep herself \_\_\_\_\_ shape.
6. Watching TV too much isn't good \_\_\_\_\_ your eyes.

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## LUYỆN THI- READING 3

