

**A REGULAR TEST**

**Mark the letter A, B, C or D on your answer sheet to indicate the word whose underlined part differs from the other three in pronunciation.**

1. A. diet B. limit C. wesite D. lifestyle

**Mark the letter A, B, C or D on your answer sheet to indicate the word that differs from the other three in the position of the main stress.**

2. A. protect B. manage C. option D. balance

**Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.**

3. Julia: "Why don't you try doing yoga?"

Sophia: "\_\_\_\_\_".

- A. Yes, please. B. No, I don't.  
C. It's a good idea. D. Yoga is good for everyone.

4. What does this notice mean?

- A. You should take three tablets daily for three months.  
B. You should finish all of this medicine within three months.  
C. You should keep using this medicine during meals in three months.  
D. You should get rid of the pills three months after you opened the jar.

Take one pill with a meal  
three times per day.

Do not take any pills  
three months after  
opening the jar.



5. Nancy goes to the gym twice a week to \_\_\_\_\_ fit.

- A. make B. do C. keep D. seem

6. You have drunk \_\_\_\_\_ milk tea. You really need to reduce it.

- A. too much B. too many C. enough D. too

7. Having an overload of work can make you feel \_\_\_\_\_.

- A. peaceful B. calm C. free D. stressed

8. John didn't buy the computer game. It costs \_\_\_\_\_ money.

- A. too many B. enough C. too much D. very much

9. Meat such as pork and beef provides a lot of \_\_\_\_\_.

- A. protein B. carbohydrates C. sugar D. whole grains

10. You can \_\_\_\_\_ your stress and feel relaxed by having a healthy social life.

- A. relieve B. make C. increase D. improve

11. \_\_\_\_\_ sugary snacks are harmful to you.

- A. Enough B. Too much C. Little D. Too many

**Mark the letter A, B, C or D on your answer sheet to indicate the word or phrase that is OPPOSITE in meaning to the underlined part in each of the following questions.**

12. We talked to health experts to find out the secret to a longer life.

- A. discover B. look for C. hide D. avoid

**Mark the letter A, B, C or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful and complete text in each of the following questions.**

**13.**

- a. Moreover, staying hydrated by drinking plenty of water aids in digestion and nutrient absorption.
- b. To begin with, a balanced diet rich in fruits, vegetables, and whole grains provides essential nutrients and energy.
- c. Adopting these habits can lead to a healthier, more vibrant life.
- d. Regular physical activity strengthens the heart, muscles, and bones, while also improving mood and mental clarity.
- e. Living a healthy life involves several key practices that promote overall well-being.

A. e - b - d - a - c

B. e - d - b - a - c

C. b - e - d - a - c

D. e - b - a - c - d

**Find the part in the following sentences that needs correction. One mistake for each sentence only.**

**14.** Fruit and vegetables have all the vitamins to keep your body with diseases.

A. have

B. the

C. to keep

D. with

**Rewrite the following sentences without changing their meaning. Use the given word(s) if any . ( 2 pts)**

**1.** Van Khanh slept too little last night, so he is very tired at the moment. (ENOUGH)

=>Van Khanh \_\_\_\_\_

**2.** Working out at the gym is too expensive for some people.

=>Some people don't have \_\_\_\_\_

**Use the given words or phrases to make complete sentences. ( 1 pts)**

**3.** Consuming / too / junk food / lead / health problems / obesity / diabetes.

=> \_\_\_\_\_