

Ex 2. Circle A, B, C or D to indicate the correct answer to each of the following questions

1. Don't forget to drink lots of water and stay _____ with plenty of exercise.
A. inactive B. active C. awake D. still
2. If you want to have a long, healthy life, you need to exercise to have a good level of _____.
A. intelligence B. activities C. weight D. fitness
3. It's also important to eat a _____ diet with lots of fruits, vegetables, and protein
A. balanced B. unhealthy C. poor D. strict
4. Early morning sleep helps us prepare our mind which helps us manage our feelings and avoid _____ too stressed.
A. get B. to get C. getting D. got
5. I prefer fruits and vegetables _____ fast food and junk food
A. of B. for C. than D. to
6. Just 15 minutes of daily _____ can add three more years of life
A. smoking B. reading C. routines D. exercise
7. However, you shouldn't drink coffee and green tea too much _____ they can make it harder for you to sleep.
A. because B. because of C. although D. despite
8. She got enough sleep last night, so today she is full of _____.
A. exercise B. energy C. injuries D. stress
9. We spent a lot of time _____, doing the gardening and walking in the parks
A. cooked B. cook C. cooking D. to cook
10. The office has a gym for those who like to _____ exercise in their lunch hour.
A. take B. put C. make D. give
11. The key _____ a healthy body is diet and exercise
A. for B. with C. to D. by
12. We should _____ healthy by eating well and exercising regularly.
A. sound B. seem C. look D. stay
13. _____ fruit and vegetables form an important part of a healthy diet
A. Raw B. Fresh C. Frozen D. Cooked
14. We _____ our 25th wedding anniversary in Florence.
A. celebrated B. memorized C. remembered D. organized
15. This exercise is designed to build the shoulder and back _____.
A. skin B. bones C. flesh D. muscles
16. Increasing numbers of children are _____ from mental health problems due to bad habits
A. suffering B. recovering C. harming D. improving
17. _____ attention to your diet, exercise, sleep, and happiness, and you'll find yourself enjoying your 100th birthday!
A. Put B. Take C. Pay D. Attract
18. Start following these five habits to add years to your life _____.
A. expect B. expectant C. expectation D. expectancy
19. Put away your electronic _____, turn off the TV, and chill out on your bed or the sofa for 10-15 minutes before you try to go to sleep.
A. mails B. books C. devices D. appliances
20. Coffee and green tea can help _____ your risk of early death by 20 to 30%.
A. promote B. reduce C. examine D. increase
21. I believe you need to decide if you want to focus on _____ weights or improving your heart health
A. lifting B. putting C. taking D. pulling

22. The doctor have just _____ the patients and fortunately the treatment is working
A. discharged B. suffered C. examined D. operated

23. 30 minutes is enough time to use social media because the screens of electronic devices _____ blue lights
A. give up B. give off C. take in D. take up

24. I don't cook well, so I just whip up some easy Vietnamese _____, such as: spring rolls or fried rice
A. minerals B. nutritions C. recipes D. ingredients

25. I usually cook some simple Vietnamese dishes, whose _____ are meat, onion, pepper, salt and sugar.
A. minerals B. nutritions C. recipes D. ingredients

26. I think we need to eat a balanced diet because junk food has a lot of fat, which is harmful _____ our health.
A. for B. with C. to D. by

27. The last century's advances such as the discovery of _____ and vaccines have contributed to longer life.
A. antibiotics B. natural remedies C. traditional therapies D. acupressure

28. While smoking and fast food consumption can increase the risk of obesity, doing regular _____ activity can help people have a good shape.
A. mental B. physical C. daily D. extracurricular

29. Sneezing is the most common way of spreading an _____.
A. ignorance B. ache C. injury D. infection

30. All food products should carry a list of _____ on the packet.
A. areas B. parts C. ingredients D. chemicals

31. The supermarket chain has promised to _____ on packaging.
A. cut down B. cut off C. cut into D. cut by

32. The coronavirus is so _____ that all citizens in this city contract it.
A. infection B. infected C. infectious D. infect

33. It's not easy to give up _____. My uncle has tried _____ it lots of times without success.
A. smoke/ to do B. to smoke/ doing C. smoking/ to do D. smoking/ doing