

**UNIT 2 - HEALTH AND LIFESTYLE**

Read the following texts and mark the letter A, B, C, or D to indicate the correct option that best fits each of the numbered blanks from 1 to 30.

1.

A healthy life starts with a(n) (1) _____. Eating fresh fruits, vegetables, and protein gives the body the energy it needs. Food rich in (2) _____ helps keep the body strong and prevents illness. Regular exercise is also important for staying fit. If people get sick, early (3) _____ can help them recover faster. By eating well and staying active, anyone can enjoy a healthy and happy life.

Question 1. A. balanced B. equal C. identical D. typical

Question 2. A. substances B. chemicals C. preservatives D. nutrients

Question 3. A. operation B. medication C. treatment D. analysis

2.

A healthy lifestyle can increase life (3) _____. Eating fresh food, staying active, and getting enough sleep help the body stay strong. Too much (4) _____ of junk food and sugar can lead to health problems. Regular exercise and a good diet can protect people from (5) _____ like diabetes and heart problems. Taking care of your body every day leads to a longer, happier life.

Question 4. A. intention B. expectancy C. prospect D. confidence

Question 5. A. consumption B. response C. acceptance D. demand

Question 6. A. issues B. symptoms C. outbreaks D. diseases

3.

Eating healthy food is a good (7) _____ that helps the body stay strong. Choosing fresh vegetables, fruits, and whole grains makes meals more (8) _____. It is also important to check each (9) _____ in processed food to avoid unhealthy additives. Drinking plenty of water and exercising daily also support a healthy lifestyle. Small changes in daily choices can lead to a happier and healthier life.

Question 7. A. demand B. manner C. habit D. custom

Question 8. A. normal B. nutritious C. active D. fresh

Question 9. A. additive B. resource C. ingredient D. factor

4.**SIMPLE WAYS TO STAY HEALTHY**

Good health comes from daily care. (10) _____ to fresh air and sunlight helps the body stay strong. Eating a balanced diet and getting (11) _____ sleep keep energy levels high. Exercise can (12) _____ stress and improve mood. If someone feels mild (13) _____ of illness, rest and hydration can help them recover faster. Taking small steps every day leads to a healthier and happier life.

Question 10. A. Exposure B. Acceptance C. Admission D. Approval

Question 11. A. capable B. adequate C. acceptable D. satisfying

Question 12. A. speed B. lift C. calm D. ease

Question 13. A. symptoms B. requirements C. standards D. influences

5.

Bad habits can be (14) _____ to health. Eating too much junk food and drinking (15) _____ amounts of sugary drinks can lead to weight gain and illness. A(n) (16) _____ lifestyle, with little movement or exercise, weakens the body over time. These habits increase the (17) _____ of diseases like diabetes and heart problems. Making small changes, like eating healthy food and staying active, can help improve health and prevent future problems.

Question 14. A. challenging B. disturbing C. destructive D. detrimental

Question 15. A. excessive B. sufficient C. balanced D. reasonable

Question 16. A. complex B. sedentary C. unavailable D. curious

Question 17. A. advantage B. need C. risk D. prospect

6.

Living a good lifestyle helps people feel strong and happy. Regular exercise can (18) _____ the body and improve overall health. Eating well and getting enough sleep are also important. It is helpful to (19) _____ daily habits to stay on the right path. A strong (20) _____ with family and friends brings joy and reduces stress. Taking care of the body also helps (21) _____ heal faster. Small healthy choices every day lead to a better life.

Question 18. A. motivate B. inspire C. strengthen D. encourage

Question 19. A. seek B. track C. pursue D. explore

Question 20. A. connection B. chance C. possibility D. requirement

Question 21. A. circumstances B. wounds C. functions D. situations

7.

Good health is important for a happy life. People who (22) _____ from poor nutrition may feel weak and tired. A(n) (23) _____ of vitamins can make the body more likely to get sick. The body becomes (24) _____ without proper care, making it easier to get injured. To stay healthy, it is important to eat well, exercise, and rest. Simple changes in daily habits can (25) _____ health problems and improve overall well-being.

Question 22. A. suffer B. tolerate C. experience D. accept

Question 23. A. defect B. scarcity C. absence D. deficiency

Question 24. A. uncertain B. fragile C. insecure D. unreliable

Question 25. A. restore B. renovate C. refurbish D. remedy

8.

Good health comes from daily habits. Eating fresh food instead of products with (26) _____ helps the body stay strong. Sleep (27) _____ and poor nutrition can make people feel tired and weak. Early (28) _____ of health problems allows for better treatment and recovery. Regular exercise and relaxation can (29) _____ stress and improve mood. Unhealthy habits may have (30) _____ effects on the body, leading to illness. Taking care of yourself through good food, rest, and exercise leads to a healthier and happier life.

Question 26. A. resources B. nutrients C. ingredients D. preservatives

Question 27. A. deprivation B. shortage C. depletion D. absence

Question 28. A. exploration B. knowledge C. detection D. pursuit

Question 29. A. renovate B. restore C. relieve D. revive

Question 30. A. unequal B. adverse C. dissimilar D. diverse

BẢNG TỪ VỰNG

STT	Từ vựng	Từ loại	Phiên âm	Nghĩa
1	absence	n	/ˈæb.səns/	sự vắng mặt, thiếu vắng
2	acceptable	adj	/əkˈsep.tə.bəl/	có thể chấp nhận được
3	additive	n	/ˈæd.ɪ.tɪv/	chất phụ gia
4	adequate	adj	/ˈæd.ə.kwət/	đủ, đầy đủ
5	admission	n	/ədˈmɪʃ.ən/	sự nhận vào, sự thừa nhận
6	adverse	adj	/ˈæd.vɜːs/	bất lợi, có hại
7	consumption	n	/kənˈsʌm.pjən/	sự tiêu thụ
8	depletion	n	/dɪˈpliː.ʃən/	sự cạn kiệt
9	deprivation	n	/ˌdep.rɪˈveɪ.ʃən/	sự thiếu thốn, tước đoạt
10	destructive	adj	/dɪˈstrʌk.tɪv/	mang tính phá hoại, hủy diệt
11	detection	n	/dɪˈtek.ʃən/	sự phát hiện
12	dissimilar	adj	/dɪˈsɪm.ɪ.lər/	khác nhau, không giống nhau
13	disturbing	adj	/dɪˈstɜː.bɪŋ/	gây lo lắng, phiền muộn
14	diverse	adj	/daɪˈvɜːs/	đa dạng
15	ease	v	/iːz/	làm giảm
16	expectancy	n	/ɪkˈspek.tən.si/	sự mong đợi, kỳ vọng
17	exploration	n	/ˌek.spləˈreɪ.ʃən/	sự thăm dò, khám phá
18	fragile	adj	/ˈfrædʒ.əl/	dễ vỡ, mong manh
19	identical	adj	/aɪˈden.tɪ.kəl/	giống hệt, y hệt
20	insecure	adj	/ˌɪn.sɪˈkjʊər/	không an toàn, bất an
21	life expectancy		/ˈlaɪf ɪkˈspek.tən.si/	tuổi thọ
22	medication	n	/ˌmed.ɪˈkeɪ.ʃən/	thuốc men
23	nutritious	adj	/njuːˈtrɪʃ.əs/	bổ dưỡng
24	preservative	n	/prɪˈzɜː.və.tɪv/	chất bảo quản
25	prospect	n	/ˈprɒs.pekt/	viễn cảnh, triển vọng
26	pursuit	n	/pəˈsjuːt/	sự theo đuổi
27	relieve	v	/rɪˈliːv/	giảm bớt, xoa dịu
28	remedy	v	/ˈrem.ə.dɪ/	khắc phục, chữa bệnh
29	renovate	v	/ˈren.ə.veɪt/	cải tạo, nâng cấp
30	requirement	n	/rɪˈkwaɪə.mənt/	yêu cầu
31	restore	v	/rɪˈstɔːr/	khôi phục lại
32	revive	v	/rɪˈvaɪv/	làm sống lại, hồi sinh
33	scarcity	n	/ˈskeə.sə.ti/	sự khan hiếm
34	sedentary	adj	/ˈsed.ən.tər.i/	ít vận động, tĩnh tại
35	shortage	n	/ˈʃɔː.tɪdʒ/	sự thiếu hụt
36	symptom	n	/ˈsɪm.təm/	triệu chứng
37	track	v	/træk/	theo dõi, truy lùng

38	unequal	adj	/ʌn'ɪːkwəl/	không bằng nhau, không công bằng
39	unreliable	adj	/ˌʌn.rɪ'laɪ.ə.bəl/	không đáng tin cậy

BẢNG CẤU TRÚC

STT	Cấu trúc	Nghĩa
1	deficiency of something	thiếu hụt cái gì
2	detrimental to somebody or something	có hại, bất lợi cho ai/cái gì
3	exposure to something	tiếp xúc với cái gì
4	lead to something	dẫn đến cái gì đó
5	risk of something	nguy cơ, rủi ro về điều gì đó
6	suffer from something	chịu đựng cái gì
7	take care of	chăm sóc