

- ***just***= ***recently*** = ***lately***: gần đây, vừa mới
- ***already, ever***: đã từng
- ***never ... before***:chưa từng, không bao giờ
- ***for+ khoảng thời gian***: trong khoảng (for a year, for a long time, ...)
- ***since+ mốc thời gian***: từ khi (since 1992, since june,...)
- ***yet***:chưa (dùng trong câu phủ định và câu hỏi)
- ***so far = until now = up to now = up to the present***:cho đến bây giờ
- ***for/ over/ in/ during + the last/ past + few + days/ months/ years***:
trong suốt

EXERCISES

Ex 1. Complete the following sentences using the present perfect forms of the verbs in brackets.

1. She _____ (learn) English **for** three years.
2. I'm hungry. I _____ (not eat) anything **since** breakfast.
3. He **never** _____ (drive) a car **before**.
4. We _____ (know) each other **since** we were at high school.
5. Everything is going well. We _____ (not have) any problem **so far**.
6. I _____ (drink) **four cups** of coffee **today**.
7. John _____ (live) in Denver **since** 2017.
8. - You **ever** _____ (climb) Mount Everest?
- No, I haven't. But I'm sure I will, if I have a chance.
9. It is nice to see you again. We _____ (not see) each other **for** a long time.
10. I _____ (forget) my key. I can't unlock the door now.
11. Eric is calling his girlfriend again. That is **the third time** he _____ (call) her this evening.
12. The police _____ (arrest) **two** men in connection with the robbery.
13. Susan really loves that film.
She _____ (see) it **eight times**!
14. You **already** _____ (read) the book?
What do you think?
15. I _____ (not go) to a zoo **before**. It is a nice feeling to go somewhere you **never** _____ (be) **before**.
16. **Over the past few years**, Viet Nam _____ (become) one of the most popular destinations for foreign visitors in Southeast Asia
17. I _____ (not, sleep) well just **lately**. I don't know how to keep balance between work and play.
18. As an avid traveler, I _____ (travel) to more than 30 countries and 4 continents **up to now**.

Ex 2. Complete the following sentences using the past simple forms of the verbs in brackets.

1. People _____ (build) this school **in 2001**.
2. **Last year**, my father _____ (promise) to buy my sister a piano.
3. It _____ (be) very hot **last summer**.
4. I _____ (walk) home after the party **last night**.
5. The Chinese _____ (invent) printing.
6. Sam and I _____ (play) tennis **yesterday**. He **was** much better than I **was**, so he _____ (win) easily.
7. My grandpa _____ (die) 30 years **ago**.
8. - You _____ (go) to the movies **last night**?
- Yes, but it _____ (be) a mistake. The movie _____ (be) awful.
9. When I _____ (get) home **last night**, I _____ (be) very tired, so I _____ (go) straight to the bed.
10. Diane _____ (use) to travel a lot. These days she doesn't take many trips.
11. - When Joe and Carol _____ (meet) each other?
They first _____ (meet) when they _____ (be) in high school.
12. When Sarah _____ (get) to the party **last night**, Eric had already gone home.
13. I _____ (ring) you up two days **ago** but I _____ (get) no answer. Where you _____ (be)?
14. When I _____ (be) small, I often _____ (play) with a doll.

Ex 3. Complete the following sentences using the past simple forms of the verbs in brackets.

1. When I was waiting for the bus, I _____ (see) my close friend.
2. She _____ (study) English since she _____ (be) four years old.
3. He _____ (see) 10 mice when he _____ (come) into the room.

4. When I was going to the door, the phone _____ (ring).
5. His health has improved since he _____ (return) from the hills.
6. It is the first time he _____ (drive) a car.
7. " _____ You _____ (find) the key which you _____ (lose) yesterday?"
"Yes. I _____ (find) it in the pocket of my other coat."
8. Sarah has lost passport again. It is the second time this _____ (happen).
9. When the alarm rang, Jack _____ (jump) out of bed quickly.
10. Yesterday, I _____ (decide) to stop eating animal products to be a vegan.
11. It _____ (be) my birthday last Sunday, so we _____ (meet) up with my friends for a pizza
12. She _____ (be) unwell since last week. She _____ (go) to the hospital three times.
13. I _____ (lose) my appetite for sugary food recently. Now I can only eat food with no sugar.
14. They _____ (switch) to having one low-calorie meal for a few months
15. My brother _____ (not, write) his report yet.
16. This is the best book she _____ (read)
17. Until now, the disease _____ (kill) over thirty thousand people worldwide
18. My brother _____ (not, finish) his exercise so far.

EXERCISE ON VOCABULARY

I. Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

1. During the COVID _____, residents were advised to stay at home to avoid further spread of the disease.

A. pandemic B. complication C. side effects D. enamel:lóp men

2. There have been great advances in the _____ of cancer.

A. treatment B. diet:ăn chay C. celebration D. enthusiasm:nhiệt tình

3. You can change your eating habits and lead a healthier _____.
A. health B. development C. lifestyle D. muscles
4. _____ has generally increased over the past few decades, and some people enjoy a longer and healthier life than others.
A. Life expectancy B. Life expectation C. Life requirements D. Lifestyle
5. He started eating healthy food and _____ up bad habits.
A. put B. looked C. gave D. took
6. He has changed his lifestyle since he visited his grandfather, who has just _____ his 90th birthday.
A. celebrate B. celebrated C. celebrating D. celebrates
7. Computers are now being brought into this career to perform _____ tasks.
A. possible B. inactive C. complete D. repetitive
8. The instructions give a balanced _____ and protect against infections.
A. physic B. treatment C. diet D. injury
9. You must be very _____ if you do so much running.
A. fit B. active C. complete D. infectious
10. Regular exercise will help to strengthen your _____.
A. lifestyle B. muscles C. treatment D. development
11. We focus on the importance of _____ participation by elderly people in the life of the community.
A. huge B. contagious C. repetitive D. active
12. When your body is ready for more exercise, you can _____ longer.
A. keep fit B. give up C. stay up D. work out
13. Before you go to bed, avoid _____ coffee or energy drinks.
A. have B. to have C. having D. has
14. The mobile phone's screen _____ blue light that can prevent you from sleeping well.
A. gives off B. takes off C. put off D. turn off
15. If you can't fall asleep, do something _____ or listen to some soft music to relax.
A. repeat B. repetition C. repetitively D. repetitive
16. Don't forget _____ enough water if you want to keep fit.
A. drink B. to drink C. drinking D. drinks

17. If you have time, you should choose a sport that is _____ for you to stay healthy.

- A. suitable B. enthusiastic C. explainable D. harmful

18. Some bacteria can cause _____ diseases such as tuberculosis or food poisoning.

- A. infection B. infect C. infectious D. infected

19. The doctor told him to _____ on his drinking.

- A. look at B. cut down C. work out D. suffer from

20. I'm taking _____ for a throat infection.

- A. antibiotics B. natural remedies: thuốc tự nhiên C. traditional therapies: châm cứu truyền thống D. acupressure: bấm huyệt

21. The screens _____ blue light that can prevent you from sleeping well.

- A. give away B. give out C. give in D. give off

22. In order to have good _____, you should eat lightly and laugh cheerfully.

- A. spirit B. body C. health D. mood

23. Some alcoholics _____ liver cancer when they drink heavily.

- A. contain B. repeat C. develop D. replace

24. Pregnant women should _____ certain foods such as raw eggs.

- A. eat B. avoid C. promise D. apologize

25. Some _____ help the human body fight disease.

- A. animals B. species C. bacteria D. diseases

26. I _____ many kinds of bread and on the whole I _____ out that whole grain bread even tastes better than white bread.

- A. tried - found B. have tried - have found C. try - found D. tried - have found

27. Since the 1970s, the average cholesterol level of the American _____ due to the growing consumption of red meat and sweeteners.

- A. increased B. is increasing C. has increased D. increases

28. Before Covid-19, 50% of Americans _____ out once a week for convenience and for the enjoyment of it.

- A. eat B. ate C. had eaten D. has eaten

29. Since the pandemic _____, many people _____ less active and energetic.

- A. began - have been B. begin - are C. has begun - were D. began - were

30. How many world records ____ Usain Bolt, one of the fastest short distance runners alive, ____?

- A. did - break B. is – breaking C. does - break D. has - broken

31. Some unhygienic conditions encourage the _____ of disease.

- A. development B. increase C. decrease D. spread

32. Foot and mouth disease is caused by a highly _____ virus which animals either eat or inhale.

- A. infect B. infection C. infectious D. infectiously

33. _____ for both men and women has improved greatly in the past 20 years.

- A. Life work B. Life force C. Life expectancy D. Life skills

34. The poor boy had a serious chest ____ which had spread into his lungs causing a very painful cough.

- A. sickness B. indisposition C. infection D. indigestion

35. A well- _____ diet is the key to a happy and healthy life.

- A. balanced B. informed C. preserved D. mannered

36. The patient is _____ treatment, so there is nothing more we can do.

- A. resisting B. defying C. refusing D. opposing

37. Some of the tasks required considerable physical _____.

- A. mineral B. energy C. muscle D. strength

38. They are looking _____ ways to add further value to their products.

- A. about B. up C. for D. to

39. His back injury may prevent him _____ playing in tomorrow's game.

- A. in B. at C. with D. from

40. He _____ his daily habits since he visited his grandfather.

- A. changes B. have changed C. changed D. has changed

41. It's necessary for us to do some _____ activities to stay healthy.

- A. physics B. physical C. physically D. physicist

42. She has learned ____ him that taking regular exercise and eating a balanced diet help us keep fit.

- A. from B. about C. for D. in

43. In the past, people _____ a lot of clean vegetables and other healthy food.

- A. eat B. have eaten C. ate D. are eating

44. Have you started to _____ again? Do you feel better now?

- A. give up B. work out C. give off D. suffer from
45. Cut down _____ fatty foods if you want to lose weight.
A. for B. with C. at D. on
46. Diseases that were once thought incurable can be treated _____ antibiotics
A. with B. under C. in D. about
47. She suffers _____ a rare bone disease.
A. with B. on C. from D. for
48. We _____ since we left school.
A. don't meet B. haven't met C. hasn't met D. didn't meet
49. Peter has played football _____ he was a child.
A. for B. so C. since D. because
50. She _____ two miles and a half, and now she feels exhausted.
A. will have run B. was running C. has run D. has been running
51. I haven't met him again since we _____ school ten years ago.
A. have left B. leave C. left D. had left
52. Ba _____ the cap all day yesterday.
A. wear B. wears C. weared D. wore
53. They _____ my blood pressure.
A. just checked B. just check C. are just checking D. have just checked
54. My brother often _____ late to finish his homework, which is not good for his health.
A. stays up B. takes up C. brings up D. gives up
55. Exercise is good but avoid _____ right before you go to bed.
A. exercise B. to exercise C. exercising D. exercises
56. Doctors always advised her to cut _____ salt and sugar in her diet.
A. off B. on C. down on D. about
57. How about _____ the reading club with you?
A. join B. joining C. to join D. joined
58. _____ are often used to treat infections caused by bacteria.
A. Nutrients B. Minerals C. Diets D. Antibiotics
59. This room _____ since I was born.
A. has been painted B. was painted C. painted D. has painted

- A. technique B. habit C. movement D. diet
4. Antibiotics are often used to **treat** infections caused by bacteria.
A. cure B. control C. reduce D. expand
5. Bacteria are so dangerous. Scientists should find a way to **get rid of** them all.
A. release B. waste C. remove D. erase

III. Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following sentences.

1. To stay healthy, you should **cut down on** sugar and fast food.
A. increase B. reduce C. develop D. replace
2. How can we **prevent** diseases caused by viruses?
A. continue B. approve C. support D. avoid
3. Having a **balanced** diet is the key to a healthy lifestyle.
A. unreasonable B. fair C. equivalent D. suitable
4. They are not living things so they need to enter our bodies to become **active**.
A. alive B. effective C. idle D. mobile
5. They can cause a range of illnesses, from the common cold to more **serious** diseases such as Covid-19.
A. severe B. unimportant C. thoughtful D. honest

IV. Read the following passage and choose the correct answer to each of the following questions.

In today's fast-paced world, maintaining a healthy lifestyle has become more important than ever before. A healthy lifestyle involves making conscious choices about what we eat, how much we exercise and how we prioritise sleep. By adopting healthy habits, we can prevent chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life.

A balanced diet is the foundation of a healthy lifestyle. Eating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can provide the essential nutrients needed to maintain good health. Processed foods, sugary drinks, and saturated fats should be avoided as they can lead to obesity, heart disease, and other chronic illnesses.

Regular exercises are also crucial for a healthy lifestyle. They help in strengthening muscles and bones, improving cardiovascular health, and reducing the risk of chronic diseases. Exercises also release endorphins, which are natural mood boosters and can help reduce stress levels. Experts

recommend at least 30 minutes of moderate intensity exercises per day for adults.

Adequate sleep is another important aspect of a healthy lifestyle. Getting 7-8 hours of sleep per night can improve cognitive function, enhance memory, and promote physical and emotional health. A regular sleep routine, avoiding caffeine and electronics before bedtime, and creating a relaxing sleep environment can help improve sleep quality.

In conclusion, a healthy lifestyle requires a balanced diet, regular exercises and adequate sleep. By making small changes to our lifestyle, we can significantly reduce the risk of chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life. It is essential to prioritise healthy habits and make **them** a part of our daily routine.

1. Which of the following can be the best title for the passage?
A. How to Have a Healthy Lifestyle B. The Importance of Exercises
C. Our Daily Routine D. The Well-being of the Brain
2. According to the passage, people should avoid _____ before bedtime to have a good sleep.
A. processed food B. caffeine C. whole grains D. endorphins
3. The word “**them**” in the last paragraph is referred to _____.
A. regular exercises B. chronic diseases C. small changes D. healthy habits
4. The word “**adequate**” in paragraph 4 is closest in meaning to _____.
A. enough B. poor C. amiable D. exceptional
5. Which of the following is NOT true according to the passage?
A. Adults are advised to exercise moderately for 30 minutes every day.
B. Adequate sleep can help enhance memory.
C. People should avoid all kinds of fats to maintain good health.
D. Endorphins help reduce stress.