

1.Tôi có thói quen ăn uống tốt cho sức khỏe : I havehabits
2.Tôi có 3 bữa mỗi ngày: I have 3a day.
3.Tôi không bao giờ bỏ bữa sáng: I never
4.Tôi thường có xôi, phở, và mì cho bữa sáng: I often have sticky rice, pho andfor breakfast.
5.Tôi có cơm,cá ,trứng, canh và thịt cho bữa trưa và bữa tối : I have fish, eggs , and meat for lunch and dinner.
6.Tôi ăn ít đồ ăn nhanh và không bao giờ uống đồ có ga I eatand never drink
7.Tôi thích cá và thịt gà: I likeand chicken.
8. tôi không xem tivi trong khi ăn : I don't watch TV While
9.Tôi ăn tối lúc 7h và không ăn bất cứ thứ gì trước giờ ngủ I have dinner at 7.00 and don't eatbefore

TASK 2 : Fill each blank with the present simple, present continuous or past simple form of the verb in brackets.

- When Tom was a teenager, his hobby _____ (be) horse riding.
- Alice often does judo at 5 p.m. every day, but today she _____ (do) some homework.
- Do you know that the sun always _____ (rise) in the East?
- Look! Toby _____ (have) some fast food again!
- When I was in Nha Trang last month, I _____ (collect) some beautiful seashells.
- Look at you! Why _____ you _____ (pick) up litter?
- To save the environment.
- _____ Jenny _____ (volunteer) in the local hospital last summer?
- Trung never _____ (watch) TV before finishing all his homework.
- I _____ (not study) now because I feel very tired.
- Someone _____ (throw) away a pile of rubbish on the pavement yesterday.

TASK 3. Reorder the words and phrases to make meaningful sentences.

1.taught / a primary school / We / last summer / English / in / to children / .

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2. being outdoors / love / with / my family / I / spending time / .

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3. young people / affects / of / Acne / 80% / .

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4. classical music / I / enjoy / in / my spare time / listening to / .

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5. carves eggshells / She / often / as / for her family / special gifts / .

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Task 4 :

1. ... is a great way to enjoy the scenery.

A. Tennis B. Playing chess C. Cycling

2. My friend is a fan of ... He drinks coke every day.

A. water B. soft drinks C. liquid

3. I decided to ... a sports club because I need to get some more exercise.

A. start B. join C. run

4. Reading in that ... light is not good for your eyes.

A. dim B. bright C. dark

5. My sister enjoys ... aerobics every day to keep fit.

A. going B. doing C. making

6. The members of the Caring Club ... free meals for patients every Sunday.

A. read B. grow C. cook

7. Drink more water. Your lips are

A. broken B. chapped C. cracked

8. My sister loves ... old novels, and she has a big bookshelf.

A. collecting B. playing C. writing

9. My brother and I often ... our old books and clothes to children in rural areas.

A. buy B. donate C. make

10. We ... those trees in the schoolyard three years ago.

A. planted B. watered C. picked up

