

TIẾNG ANH 9: UNIT 3: HEALTHY LIVING FOR TEENS

LEVEL 1: A1 (BEGINNER)

DẠNG 1: GUIDED CLOZE TEST

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct word or phrase that best fits each of the numbered blanks.

Teens need a healthy lifestyle to feel good every day. If you want to have more energy, you (1) _____ drink enough water and eat fresh food. Many teenagers do not know (2) _____ to choose healthy food at school, so they often buy fast food because it is convenient. However, if you (3) _____ on fast food every day, you will gain weight easily.

To stay fit, you should also (4) _____ physical activity like playing badminton or jogging. The (5) _____ you exercise, the stronger you become. If you feel stressed, you (6) _____ take a short rest or talk to a friend. Do you know where (7) _____ useful advice about nutrition? You can ask your teachers or parents.

In addition, it is very important to (8) _____ bad habits like staying up late. If you go to sleep early, you (9) _____ feel much fresher the next morning. Remember, the healthier your routine is, (10) _____ happier you will feel!

- | | | | |
|-------------------|-----------------|--------------------|---------------|
| 1. A. shouldn't | B. must | C. can't | D. won't |
| 2. A. what | B. where | C. how | D. why |
| 3. A. cut down | B. live on | C. carry on | D. give up |
| 4. A. look after | B. turn off | C. pass down | D. take up |
| 5. A. more | B. most | C. many | D. much |
| 6. A. can | B. mustn't | C. couldn't | D. shouldn't |
| 7. A. getting | B. to get | C. get | D. got |
| 8. A. cut down on | B. keep up with | C. look forward to | D. run out of |
| 9. A. would | B. might | C. had to | D. ought to |
| 10. A. a | B. an | C. the | D. than |

DẠNG 2: READING COMPREHENSION (10 CÂU - 1 BÀI ĐỌC)

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 11 to 20.

Having a healthy body and mind is very important for teenagers. First of all, getting enough sleep helps your body recover after a long day of studying. Many teens stay up late because they use smartphones or play video games. If you do not sleep well every night, you may feel tired and lose concentration in class. Doctors suggest that teens should turn off their devices one hour before bedtime to relax easily.

In addition to sleep, eating habits also play a vital role. Many young people prefer fast food and soft drinks, but **they** contain too much sugar and fat. If you eat too much fast food, you should cut down on it immediately to protect your health. If you do not know what to cook, you can ask your family members for easy **recipes**. Preparing fresh meals at home gives your body useful vitamins.

Finally, regular physical activity helps you stay fit. If you practice sports every day, you can reduce stress and feel happier. The more regularly you exercise, the stronger you will become. If teenagers build these healthy habits today, they will enjoy a better life in the future.

11. What is the main idea of the passage?

- A. Teenagers should play more video games after school.
- B. How parents can cook delicious meals for teenagers.
- C. Key habits for teenagers to maintain a healthy lifestyle.
- D. The best sports for teenagers to practice every day.

12. According to paragraph 1, why do many teenagers go to bed late?

- A. They have too much homework to do.
- B. They spend time on smartphones or video games.
- C. They do physical exercise late at night.
- D. They feel stressed about their school exams.

13. What happens if you do not get enough sleep every night?

- A. You will gain weight very quickly.
- B. You may feel tired and lose concentration in class.
- C. You can learn new recipes easily.
- D. You will feel happier in the morning.

14. To sleep better, what do doctors advise teenagers to do before bedtime?

- A. Drink a lot of soft drinks.
- B. Turn off electronic devices one hour earlier.
- C. Practice sports for two hours.
- D. Study hard until midnight.

15. The word "**they**" in paragraph 2 refers to _____.

- A. sleeping habits
- B. doctors and teens
- C. family members
- D. fast food and soft drinks

16. According to paragraph 2, what should teens do if they consume too much fast food?

- A. Cut down on fast food.
- B. Eat more oily snacks.
- C. Skip all their daily meals.
- D. Drink soft drinks instead.

17. The word "**recipes**" in paragraph 2 is closest in meaning to _____.

- A. cooking instructions
- B. sports shoes
- C. game rules
- D. daily exams

18. What is a benefit of preparing fresh meals at home?

- A. It helps teens save time for video games.
- B. It provides the body with useful vitamins.
- C. It allows teens to stay up late without feeling tired.
- D. It replaces the need for physical activity.

19. According to paragraph 3, the more regularly you exercise, _____.

- A. the less energy you will have
- B. the weaker your body will be
- C. the stronger you will become
- D. the more stressed you will feel

20. Which of the following statements is NOT true according to the passage?

- A. Staying up late can make teenagers lose concentration at school.
- B. Eating fresh food at home gives the body necessary vitamins.
- C. Playing sports helps reduce stress and makes you feel happier.
- D. Doctors advise teens to use smartphones right before sleeping.

DẠNG 3: INSERTING PHRASES INTO BLANKS

Four phrases have been removed from the text below. For each question, mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks.

- A. how to maintain a healthy diet B. you might get sick easily
C. the healthier you will feel D. work out regularly

Building good habits during teenage years is not difficult. First, if you eat more vegetables and fruits, (21) _____. Many young people do not know (22) _____, so they can read simple cooking guides online. Second, you should (23) _____ by running, swimming, or riding a bicycle every afternoon. Finally, remember to get enough sleep every day; if you do not sleep well, (24) _____.

21. _____ 22. _____ 23. _____ 24. _____

DẠNG 4: PARAGRAPH REORDERING

Mark the letter A, B, C, or D on your answer sheet to indicate the correct order of sentences to form a meaningful paragraph.

- (a) First, if you want to be healthy, you should cut down on sugary drinks.
(b) The more water you drink, the better your health will be.
(c) Having a healthy daily routine is very easy for teens.
(d) In addition, you can ask your PE teacher where to buy suitable sports shoes.
(e) Instead, you can drink more fresh water every day.

- A. (a) - (b) - (c) - (e) - (d)
B. (c) - (a) - (e) - (b) - (d)
C. (c) - (d) - (a) - (e) - (b)
D. (d) - (c) - (a) - (b) - (e)

DẠNG 5: SENTENCE UNSCRAMBLING

Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of words/phrases to form a meaningful sentence.

26. If / eat / balanced meal, / you / a / can / stay fit. / you

- A. If eat you a balanced meal, you stay fit can.
B. You can if eat a balanced meal, stay fit.
C. If a balanced meal you eat, stay fit you can.

D. If you eat a balanced meal, you can stay fit.

27. **does not / She / know / how to / stress / deal with / at school.**

A. She does not know deal with how to stress at school.

B. She know how to does not deal with stress at school.

C. She does not know how to deal with stress at school.

D. How to deal with stress she does not know at school.

28. **more / exercise, / The / you / fit / become. / the / you**

A. The more you exercise, the fitter you become.

B. The exercise you more, the fitter you become.

C. The more you exercise, the more fit you become.

D. You exercise more, you become fitter.