

GRADE 8 - READING

B. READING

I. Choose the word or phrase (A, B, C, or D) that best fits each blank in the following passage.

Chọn đáp án A, B, C hoặc D phù hợp nhất để điền vào mỗi chỗ trống.

Hiking is a fantastic activity for teenagers. It helps them stay (31) _____ and healthy. Walking on trails strengthens (32) _____ and improves heart health. Being outdoors in nature (33) _____ stress and boosts mental well-being. Teenagers also have a chance to disconnect (34) _____ technology and enjoy the beauty of the natural world.

In addition, hiking can be a great way to make new friends and build (35) _____ relationships. It encourages teamwork and helps develop problem-solving skills. Plus, it's an exciting adventure that brings a sense of pride when reaching the top of a hill or mountain. So, next time you're (36) _____ for a fun and healthy activity, consider going for a hike.

31 A. fit physically B. physically fit C. fit physical D. physical fit

32 A. muscles B. bodies C. connections D. exercises

33 A. maintains B. collects C. improves D. reduces

34 A. from B. for C. with D. of

35 A. shorter B. bigger C. stronger D. heavier

36 A. making B. having C. finding D. looking