

1. He usually ____ jogging for half an hour before breakfast. A. goes B. rides
C. takes D. cycles
2. Playing sports is very good for our _____.
A. chapped lips B. suncream C. acne D. health
3. You should wear a hat and put on suncream to avoid ____ A. skin B. fitness
C. activity D. sunburn
4. _____ is good for our eyes. A. Alcohol B. Vitamin A C.
Vitamin D D. Fast food
5. She exercises regularly to keep _____. A. fit B. clean C.
tidy D. unhealthy
6. Tofu is a product from _____. A. fish B. meat C. soybeans
D. lemons
7. He doesn't eat meat or fish. He is a _____. A. actor B. cooker
C. vegetarian D. writer
8. _____ and fruit have many vitamins. A. Bread B. Soft drinks C.
Cakes D. Vegetables

Put the verbs in brackets in the past simple form.

1. Last week, my mother (take) _____ me to the zoo.
2. When we (arrive) _____ at the party, there (not be) _____ me a new dress.
3. My mother (say) _____ that she (buy) _____ me a new dress.
4. Last summer, my father (teach) _____ me to drive.
5. I (start) _____ doing charity when I (be) _____ a first year student.

Write the second sentence so that it has the same meaning to the first one.

1. If you often go swimming, you will keep fit.

→ Swimming helps _____

2. It is bad for your heart if you eat too much meat.

→ Eating too much meat _____

3. She took an aspirin because she wanted.

→ She wanted to stop her toothache _____

4. It's a good idea to do exercise regularly.

→ You should _____

Điền từ

energy should reduce teeth from fibre contain

overweight disease balance type much enough important

HEALTHY DIET

There are two (1)...matters in eating. First is eating (2).....food. If people eat too little food or wrong food, they will not have enough (3)..... If they eat too (4)....., they are easy to get (5)..... Secondly is eating right food. It means we need to eat correct quantity of each (6).....of food. For example, it is not good to eat too much food in high-calories group and too little fresh and vegetable. So, how do we have a right and (7).....diet?

Firstly, we need to (8).....the amount of high-calories food. Fat in that type of food may lead you to heart (9).....

Secondly, you also (10).....not eat too much sugar. You can completely get energy (11).....other food. Eating sugar is bad for your (12).....

Thirdly, it is good to have a rich-fibre diet. We can find fibre from rice, bread, etc. It is nutrients. It can give you lots of energy, but it does not (13).....much calories, so you are not afraid of getting overweight when you eat much (14).....

