3. A. make B. look C. get D. take

4. A. strength B. strong C. strengthen D. strongly

❷

KEEP FIT, FEEL GREAT!

Do you want to stay strong and full (1)_____ energy? It's easy to keep fit! Do simple exercises every day like walking, running, or dancing. Eat (2)_____ and drink lots of water. Get enough sleep and relax your mind. Keeping fit helps you (3)_____ happy and healthy. Join our fitness club today and (4)_____ your journey to a better, stronger you. Let's keep fit together!

1. A. on B. at C. of D. to

2. A. stomachache B. healthy food C. lunch box D. junk food

3. A. to stay B. staying C. stay D. to staying

4. A. start B. ignore C. order D. cure

Exercise 17: Look at the sign or the notice. Choose the best answer (A, B, C or D) for these questions.



1. What does the sign say?

A. You must push someone in this place.

B. Watch your steps.

C. It's very dangerous if you push someone in this place.

D. You cannot bring your dogs or cats into this place.



2. What does the sign say?

A. You cannot swim here.

B. You can go swimming here.

C. You cannot swim alone.

D. You can go fishing here.



3. What does the notice say?

A. There are no tickets left.

B. Tickets are sold outside.

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	C. Please go out to buy your tickets. D. Ticket isn't sold outside.
	**4.** What does the sign say? A. We do not sell hats here. B. You must not wear a hat here. C. You should not wear black hats here. D. You have to wear a hat here.
	**5.** What does the notice say? A. Backbags are sold at schools. B. Backbags are not allowed in schools. C. Backbags are not good for your health. D. You should bring your backbags home.

Exercise 18: Read the following passage and mark the letter A, B, C, or D to indicate the correct word that best fits each of the numbered blanks.

❶ Breakfast is the (1)_____ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2)_____ and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (3)_____ to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4)_____ weight if you eat in the morning rather than later in the day. Dividing the day's calories (5)_____ three meals helps take-off weight more efficiently than (6)_____ breakfast and having two larger meals a day does.

1. A. healthy B. tasty C. main D. most

2. A. strength B. power C. energy D. effort

3. A. able B. enable C. unable D. capable

4. A. lose B. put C. gain D. drop

5. A. in B. into C. up D. for

6. A. skipping B. making C. buying D. serving

❷ Losing weight is something almost every person wants to do. It is a (1)_____ process that needs determination and motivation. There are many steps involved in this but the most important thing is to stick with it. The first step in losing weight is to get rid of all the (2)_____ food in your

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house, the less you see it the less you want it, and the less you want it the less you eat it. The second step is to begin eating (3)_____. In order to lose weight and keep it off, you must adapt good eating (4)_____. You have to stay away from fried foods and foods that have a lot of fat. The most important step in losing weight is (5)_____. Eating healthily will only keep you from getting (6)_____, but exercise is what allows you to lose the weight.

1. A. easy B. simple C. difficult D. usual

2. A. delicious B. junk C. leftover D. cold

3. A. quickly B. slowly C. healthily D. normally

4. A. style B. behaviour C. activities D. habits

5. A. exercising B. running C. walking D. sleeping

6. A. thin B. bored C. ill D. fat

Exercise 19: Read and complete the sentences.

Obesity is a metabolic disorder associated with excess body fat that increases the risk of health problems. Its main cause is an unhealthy diet such as eating a lot of sweets, fast food and drinking stimulants. Obesity will make you unattractive and easy to suffer from some dangerous diseases like heart disease, high blood pressure and diabetes. Overweight people should eat more green vegetables especially foods containing a lot of fiber. They should drink enough 2 litres of water per day. Moreover, they should eat a lot in the morning, limit snacking and don't eat at night. Eat regularly to avoid hunger, because when you are hungry, you will eat a lot of energy and increase excess body fat.

1. Obesity is a _____ associated with excess body fat that increases the risk of a _____.

2. a _____ is the main cause of obesity.

3. Obesity will make you easy to suffer from some dangerous diseases such as heart disease, _____ and _____.

4. Overweight people should drink enough a _____ per day.

5. They should limit a _____ and don't eat a _____.

Exercise 20: Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

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❶ There are two important matters in eating. First is eating enough food. If people eat too little food or wrong food, they will not have enough energy. If they eat too much, they are easy to get overweight. Secondly is eating right food. It means we need to eat correct **quantity** of each type 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 balance diet?

Firstly, we need to reduce the amount of high-calories food. Fat in that type of food may lead you to heart disease.

Secondly, you also should not eat too much sugar. You can completely get energy from other food. Eating sugar is bad for your teeth.

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 contain much calories, so you are not afraid of getting overweight when you eat much fibre.

1. What is the main idea of the passage?

A. Eating enough food is important for health.

B. How to have a right and balanced diet.

C. The dangers of eating too much sugar.

D. Fiber is good for your health.

2. What does the word "**quantity**" in the passage mostly mean?

A. quality B. amount C. type D. importance

3. The word "**It**" in the last paragraph, line 1 refers to _____.

A. Rice B. Bread C. Energy D. Fibre

4. According to the passage, which of the following sentences is TRUE?

A. Eating too much high-calories food is good for your heart.

B. You can get energy from sugar, but it's bad for your teeth.

C. Eating too little food will make you overweight.

D. Fiber contains a lot of calories, so you should eat less of it.

5. Which of the following can be inferred from the passage?

A. A diet rich in fiber can help you manage your weight.

B. It's impossible to get enough energy without eating sugar.

C. Eating a balanced diet means avoiding all high-calorie foods.

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D. Heart disease is only caused by eating fatty foods.

❷ The body needs exercise. Exercise uses up food and keeps the body strong. It makes your heart and muscles **strong**. Exercise also makes you feel good. If you exercise a few times a week, you will stay healthy and happy.

Some people in America do not get enough exercise. **They** work in office buildings sitting in a chair all day in front of computers. They live far from their offices, and they have to drive their cars to get to work. Therefore, when they get home at night, they don't want to exercise after work.

Today, many Americans are overweight. This causes health problems for some people. Doctors say that exercise can help people both lose weight and improve their health. So, many people are trying to get more exercise. But it takes time to change, and when people do not see a difference right away, they lose interest in exercising.

1. What can be the best title for the passage?

A. The Importance of Exercise B. Americans and Their Jobs

C. Healthy Eating Habits D. Losing Weight Quickly

2. The word "**strong**" in line 1 is closest in meaning to _____

A. tiny B. weak C. powerful D. soft

3. The word "**They**" in line 3 refers to _____.

A. office buildings B. computers C. some people in America D. cars

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

A. Exercise can make your heart and muscles strong.

B. Many Americans are overweight today.

C. Some Americans get enough exercise by driving to work.

D. Doctors say exercise can help improve health.

5. Which of the following can be inferred from the passage?

A. Most Americans enjoy exercising after work.

B. It is easy for people to change their exercise habits quickly.

C. Only people who work in offices need to exercise.

D. Lack of exercise can lead to health issues.

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