

UNIT 2 : HEALTH

2. MULTIPLE CHOICE

I. Choose the best answer to complete each of the following sentences.

1. You should eat a lot of fruits and vegetables because they _____ vitamin A, which is good for the eyes.
A. run B. take C. provide D. get
2. The health _____ from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.
A. advices B. ideas C. tip D. tips

Tip (n) : bí quyết

3. The seafood I ate this morning makes me feel _____ all over.
A. itchy B. weak C. running D. well

Itchy : ngứa

4. If you want to be fit, stay outdoors more and do more _____ activities.
A. physics B. physic C. physical D. physically
5. Do more exercise _____ eat more fruit and vegetables.
A. and B. so C. but D. although
6. After working in computer for long hours, you should _____ your eyes and relax.
A. wake B. rest C. sleep D. sleep in
7. Eat less high-fat foods to keep you from _____ fat.
A. gaining B. reducing C. getting D. rising
8. We should follow the advice from doctors and health _____ in order to keep fit.
A. managers B. experts C. people D. workers

Expert (n) : chuyên gia

9. Have a healthy _____ and you can enjoy your life.
A. lifeline B. lively C. lives D. lifestyle
10. They go _____ outside even when it's cold.
A. swims B. swiming C. swimming D. swam
11. Rob eats a lot of fast food and he _____ on a lot of weight.
A. spends B. brings C. takes D. puts
12. We need to spend less time _____ computer games.
A. playing B. to playing C. play D. to play

13. To prevent _____, you should eat a lot of garlic and keep your body warm.

A. cold B. mumps C. flu D. headache

14. Be careful with _____ you eat and drink.

A. who B. this C. what D. that

15. Eating a lot of junk food may lead to your _____.

A. pain B. stomachache C. obesity D. fitness

Obesity (n) : bệnh béo phì

16. In order to have good _____, you should eat lightly and laugh cheerfully.

A. spirit B. body C. health D. mood

Spirit : tâm hồn

17. Do you believe that eating _____ carrots helps you see at night?

A. most B. the most C. much more D. less

18. We should try to keep everything around us clean and then flu will find it _____ to spread.

A. difficultly B. difficulties C. difficult D. difficulty

19. My father does morning _____ every day.

A. running B. well C. exercise D. weak

20. We should play sports or do exercise in order to stay in _____.

A. fit B. health C. look D. shape

21. You can avoid some diseases by _____ yourself clean.

A. keeping B. taking C. looking D. bringing

22. The Japanese eat a lot of fish instead of meat _____ they stay more healthy.

A. but B. because C. although D. so

23. She looks tired. What's the with her?

A. matter B. happen C. wrong D. right

24. Minh is absent from class today he is ill.

A. but B. because C. when D. so

25. He is a(n) _____. He doesn't have a habit of eating meat.

A. patient B. expert C. vegetarian D. adult

Expert : chuyên gia