

UNIT 2 : HEALTH

1. PHONETICS

I. Choose the words whose underlined part is pronounced differently from that of the others in each group

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|---------------------------|------------------------|----------------------|-----------------------|
| 1. A. p <u>u</u> t | B. ad <u>u</u> lt | C. j <u>u</u> nk | D. s <u>u</u> n |
| 2. A. i <u>t</u> chy | B. r <u>i</u> ding | C. s <u>i</u> ck | D. sw <u>i</u> mming |
| 3. A. <u>ch</u> emical | B. <u>ch</u> ildren | C. head <u>ach</u> e | D. arch <u>i</u> tect |
| 4. A. v <u>e</u> getarian | B. de <u>pr</u> ession | C. <u>e</u> ssential | D. att <u>e</u> ntion |
| 5. A. my <u>th</u> | B. cyc <u>l</u> ing | C. it <u>ch</u> y | D. all <u>e</u> rgy |

II. Choose the word whose main stressed syllable is placed differently from that of the other in each group.

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|-----------------|-------------|--------------|----------------|
| 1. A. regular | B. allergy | C. already | D. yesterday |
| 2. A. healthy | B. disease | C. sickness | D. expert |
| 3. A. recover | B. vitamin | C. calorie | D. temperature |
| 4. A. allergy | B. backache | C. toothache | D. obesity |
| 5. A. dangerous | B. accident | C. telephone | D. engineer |

2. MULTIPLE CHOICE

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

- 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
- 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
- The seafood I ate this morning makes me feel _____ all over.
 A. itchy B. weak C. running D. well
- If you want to be fit, stay outdoors more and do more _____ activities.
 A. physics B. physic C. physical D. physically
- 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
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. swimming C. swim 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
16. In order to have good _____, you should eat lightly and laugh cheerfully.
 A. spirit B. body C. health D. mood
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
26. She usually eats some sweet cakes before going to sleep, so she may put ____ weight if she continues to do that.
A. in **B.** up **C.** on **D.** into
27. Watching too much television is not good _____ you or your eyes.
A. with **B.** to **C.** at **D.** for
28. When you have flu, you may have a cough and a _____ nose.
A. runny **B.** running **C.** flowing **D.** noisy
29. When you have a temperature, you should drink more water and rest _____.
A. most **B.** more **C.** most **D.** less
30. I forgot to wear a sun hat today and I got a _____.
A. stomachache **B.** earache **C.** backache **D.** headache
31. My brother played volleyball with his friends on the beach yesterday. Hissk in turns brown and got some _____.
A. sunburns **B.** sickness **C.** allergies **D.** weight
32. Don't eat that type of fish: you may have a/an _____.
A. sick **B.** sore **C.** energy **D.** allergy
33. Do you believe that eating _____ carrots helps you see at night?
A. much more **B.** less **C.** most **D.** the most
34. Sorry! I'm busy tonight. I have an with my doctor at 7 o'clock.
A. opportunity **B.** occasion **C.** appointment **D.** activity
35. Don't eat too _____ candy. It's bad for your teeth.
A. much **B.** many **C.** lots of **D.** more
36. I'm glad _____ you're feeling better.
A. hear **B.** hearing **C.** to hear **D.** of hearing
37. You should wash your hand _____ meals.
A. after **B.** in **C.** before **D.** at
38. You can have better health when you _____ drinking a lot of soft drink.
A. avoid **B.** keep **C.** get **D.** prefer

39. I was caught in the snowy storm yesterday. After that, I had a(n) _____ and a headache so I thought I had flu.
 A. earache B. toothache C. weakness D. sore throat
40. Your sister can _____ in shape by doing gymnastics regularly.
 A. place B. stay C. fit D. turn
41. You will get _____ if you gain weight rapidly.
 A. cough B. flu C. obesity D. stomach ache
42. You shouldn't go out with your friends today and should relax at home because you can make your flu _____. It will be bad for their health.
 A. drop B. spread C. limit D. depress
43. _____ does Minh feel nervous? – Because he's seeing the dentist.
 A. How B. Why C. What D. When
44. _____! You will have a strong heart.
 A. Eat vegetables more B. Watch TV more
 C. Eat less fruits D. Wash your face less
45. _____! You will have more time to concentrate on your study.
 A. Take more pictures when you go out
 B. Do your exercises more
 C. Go to sleep early
 D. Talk on the telephone with your friends less
46. _____! You can lose your weight more quickly.
 A. Take care of yourself more
 B. Walk around the park more regularly
 C. Focus on your own study
 D. Drink mineral water more when you play in the sun
47. She usually plays badminton, _____ she eats a lot of healthy food.
 A. and B. but C. so D. or
48. You can choose fish and rice for your lunch, _____ you can choose fried chicken and some apples for it.
 A. so B. or C. but D. and
49. He felt pain in his eyes two days ago, _____ his mother took him to the doctor.
 A. but B. because C. or D. so
50. I like eating ice-creams very much, _____ I should eat them less to avoid having toothache.
 A. because B. or C. but D. so