C. MULTIPLE CHOICE

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

1. Nowadays people_____hours sitting in front of computers.

A. spend **B.** last **C**. set **D**. take

2. I think you should take up swimming _____it is suitable for your health condition.

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

3. My family enjoys____because we can sell vegetables and flowers _money.

A. garden - to **B**. gardening - for **C**. gardening - with **D**. garden - of

4. If your hobby is greeting card making, you can give your____to your friends as presents.

A. hobby **B**. money **C**. greetings **D**. products

5. My sister's hobby is sewing, and she can get the sewing patterns from the _____ magazines.

A. fashion **B**. cooking **C**. sports **D**. science

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**. swiming **C**. swimming **D**. swam

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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. *Be a Buddy* has_____education for street children.

A. given **B**. spent **C**. provided **D**. helped

22. He_____books for poor children for years.

A. has collected **B**. collects **C**. is collecting **D**. collected

23. Linh often uses her headphones when she listens to music_____her parents don't like loud noise.

A. so **B**. but **C**. because **D**. and

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24. Ngoc loves_____outdoors with trees and flowers.

A. to be **B**. be **C**. being **D**. A & C

25. I think 10 years from now more people_____going to work by bicycle.

A. to enjoy **B**. will enjoy **C**. enjoying **D**. enjoy

26. Volunteers can do general_____such as clean-up project or home repair.

A. activities **B**. things **C**. labour **D**. jobs

27. My brother and I_____a white tiger already.

A. have seen **B**. has seen **C**. see **D**. are seeing

28. I_____blood twice, and_____presents to sick children in the hospital recently.

A. donate - give **B**. donated - gave

C. have donated - have given **D**. have donated - gave

29. He _____newspapers for ten years.

A. is selling **B**. sells **C**. has been sold **D**. has sold

30. How many novels_____Charles Dickens_____?

A. did - write **B**. have - written **C**. did - written **D**. does - write

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