

- I. Choose the word or phrase among A, B, C or D that best fits the blank space in the following passage.

A Healthy Life?

(1)..... health experts believe that children and young people today are more(2)..... than they used to be. So why has this happened?

One reason is bad eating habits. (3)..... of young people don't have a healthy diet. They eat too much fast food (4)..... hamburgers and pizza and not enough fruit and vegetables. In the US, many children (5).....fast food regularly since they were very young. In fact, almost one-third of American children aged four to nineteen have been eating fast food (6)..... all the time. They also don't (7)..... exercise and spend too(8).....of their time watching TV, surfing the Internet or playing computer games.

So how can you change your habits if you have been following an unhealthy lifestyle for a long time? First, change your (9)..... and eat more fruit and vegetables. Next, find an activity you enjoy. Why not try something different like rock climbing, surfing or hiking? Many young people have found that (10).....fit and healthy can be a lot of fun.

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| 1.A. Many | B. Much | C.A lot | D.Plenty |
| 2.A. healthy | B. healthily | C.unhealthy | D. unhealthily |
| 3.A. Many | B. Much | C.Lots | D.Very few |
| 4.A. such | B. includes | C.like | D.as |
| 5.A. eat | B. are eating | C.have been eating | D.ate |
| 6.A. nearly | B. most | C. most of | D.for |
| 7.A. play | B. make | C.do | D.bring |
| 8.A. many | B. much | C.mostly | D.most |
| 9.A. menu | B. ingredients | C.recipes | D.diet |
| 10.A. become | B. becoming | C.became | D.to be become |

II. Choose the word or phrase among A, B, C or D that best fits the blank space in the following passage.

The survey of eating habits was (1).....in Ho Chi Minh City by a group of Japanese (2).....in order to understand the changes of eating environments and habits accompanying with the economic growth after the war in Viet Nam.

The surveys were made in 2002 and 2006. In the survey in 2002, the Vietnamese surely took three meals a day without (3)..... any snacks. They mainly took (4)..... like rice, bread, noodles and some vegetables. But the (5).....of oils and fats and milk products was rare. It is like (6).....of Japan in several decades ago.

In the survey in 2006, the changes in eating habits were observed. (7).....the rising of their concern on eating, they rarely took food late at night. The variety and frequency of food was increased. The intake of snacks was also increased. These changes are (8).....to have been caused by the change in their (9).....towards eating due to the change in lifestyle and those changes had been observed in Japan. More (10)....., however, they were in Viet Nam.

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| 1. A. behaved | B. carried | C. conducted | D. made |
| 2. A. nutrition | B. nutritionists | C. inspections | D. inspector |
| 3. A. taking | B. making | C. doing | D. asking |
| 4. A. basics | B. proteins | C. staples food | D. staples |
| 5. A. processes | B. intake | C. production | D. amount |
| 6. A. that | B. what | C. those | D. which |
| 7. A. Together with | B. Because | C. Despite | D. Due to |
| 8. A. thinking | B. found | C. considered | D. regarded |
| 9. A. confidence | B. attitude | C. impression | D. effect |
| 10. A. rapid | B. rapidly | C. fast | D. friendly |