Task 1: For each question, choose the correct answer.

Life skills for young people

Living away from home can be a difficult experience for a lot of young people. Many young people leave home to go to university or start a new career. Whether you're leaving home to study at university or to start work, there are some important life skills you need to have in order to live successfully on your own. Cooking is one of the first life skills to learn. You can start with simple food like curries and omelets. Later, you can try to cook your favorite foods. Being able to cook can save you money, and you can make sure you eat good healthy food if you cook it yourself. Many young people find it difficult to manage their money. Try to set a budget so that you always have enough money to pay important bills. It's really easy to open a savings account, which will help you to manage your money. Time management is another important skill. These days, technology like smartphones can help us to plan ahead and remind us about things we have to do. If you don't have a smartphone, you could always manage your schedule with a diary or a notebook.

1. Why do people need to learn life skills?
A. to live on their own
B. to start a career
C. to study at university
2. How can people start learning to cook?
A. take a cooking class
B. cook simple food
C. cook their favorite foods
3. What do many young people find it difficult to do?
A. open a savings account
B. manage their time
C. manage their money
4. What can help people manage their money?
A. a savings account
B. a smartphone

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C. a notebook
5. What can a notebook help people to do?
A. set a budget
B. pay important bills
C. manage their schedule

Task 2: Five sentences have been removed from the text below. For each question, choose the best answer (A-H). There are three extra sentences which you do not need to use.

Healthy Diet - Healthy Life!

Eating a balanced diet is important if you want to have good health and live a long life. Fresh fruit and vegetables contain a lot of vitamins that our bodies need to protect us from illnesses and diseases. **(1)** _____. Carbohydrates are also important, but be careful to choose "good" carbs, which you can find in brown bread and rice. **(2)** _____. Protein is also important. There are many foods that contain protein, but not all of them are healthy. **(3)** _____. Try to limit processed foods that contain fats. **(4)** _____. You can get enough healthy fats from vegetable oils, nuts, and fish. Finally, drink enough water every day and do regular exercise. **(5)** _____.

A. These "good" carbs are healthier than processed carbs in food like pasta.
B. These ways will help you live a long and healthy life.
C. Fruit and vegetables can be bought in cans.
D. These include dairy products like butter and full-fat milk.
E. Sausages are popular in Vietnam.
F. You can get enough vitamins by eating fruit and vegetables every day.
G. Nuts are often used in cakes and cookies.
H. Avoid processed meat and get protein from beans, nuts, and whole grains instead.

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