UNIT 1. A long and healthy life
TEST 3

I. Find the word which has a different stress pattern from the others.

1. A. sugar	B. dinner	C. begin	D. slowly
2. A. longer	B. increase	C. healthy	D. treatment
3. A. serious	B. poisoning	C. exercise	D. infection
4. A. develop	B. examine	C. bacteria	D. nutrient
5. A. physically	B. organism	C. regularly	D. expectancy

II. Choose the best option A, B, C, or D to complete the sentences.

1. Jane exercises every day to have a good level of _____.
   A. fit B. fitting C. fitted D. fitness
2. Travel sickness is caused by the effect of _____ movements.
   A. repeat B. repetitive C. repeated D. repeatedly
3. A good night's sleep is very _____.
   A. import B. imported C. important D. importance
4. If you have a healthy _____, you are getting all the vitamins you need.
   A. diet B. habit C. lifestyle D. movement
5. People who enjoy a long and healthy life have healthy _____.
   A. lifestyle B. lifetime C. lifeline D. lifelong
6. Eating a lot of sugars can be _____ to your teeth.
   A. harmful B. balanced C. effective D. helpful
7. You can develop your arm muscles by _____ some press-ups.
   A. do B. done C. doing D. did
8. You shouldn't sit too close to the TV because it is not good _____ your eyes.
   A. for B. on C. from D. against
9. He gave _____ smoking two years ago. He is very well now.
   A. to B. with C. about D. up
10. Mike works _____ in the gym three or four times a week.
   A. over B. out C. off D. on

III. Complete the article with the words from the box.

health	antibiotics	responsibly	against	in
death	infections	affected	serious	cause

More than 1.2 million people died worldwide in 2019 from (1) _____ caused by bacteria resistant to antibiotics, according to the largest study of the issue to date.

This is more than the annual (2) _____ toll from malaria or Aids.

Poorer countries are worst (3) _____ but antimicrobial resistance threatens everyone's (4) _____, the report says.

Urgent investment (5) _____ new drugs and using current ones more wisely are recommended to protect (6) _____ it.

The overuse of (7) _____ in recent years for trivial infections means they are becoming less effective against (8) _____ infections.

People are dying from common, previously treatable infections because the bacteria that (9) _____ them have become resistant to treatment.

UK health officials recently warned antimicrobial resistance (AMR) was a "hidden pandemic" that could emerge in the wake of Covid-19 unless antibiotics were prescribed (10) _____.

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IV. Circle the correct options in brackets.

1. I (saw / have seen) the doctor yesterday morning.
2. They (were / have been) at the beach for hours. I think they're having a great time there.
3. (Did the couple get / Have the couple gotten) married two weeks ago?
4. She (suffered / has suffered) from a serious headache last night.
5. He (left / has left) the meeting early yesterday.
6. Janet (didn't tell / hasn't told) her mother about her poor English test score this afternoon.
7. Our living conditions (improved / have improved) over the last few decades.
8. (Did David meet / Has David met) her when he was on the way to work?
9. You look different. (Did you have / Have you had) a haircut?
10. We (didn't visit / haven't visited) our uncle in Can Tho for a long time.

V. Read the passage and choose A, B, C, or D to indicate the word or phrase that best fits each of the numbered blanks.

Health benefits of yoga

The practice of yoga asanas develops (1) _____ and flexibility, while soothing your nerves and calming your mind. The asanas affect the muscles, joints and skin, and the whole body - glands, nerves, internal organs, bones, respiration and the brain. The physical building blocks of yoga are the posture and the (2) _____.

Health benefits of yoga include:

Cardiovascular system (heart and arteries) - asanas are isometric, which means they rely (3) _____ holding muscle tension for a few seconds to several minutes. This (4) _____ cardiovascular health and circulation. Studies show that regular yoga practice may help normalise blood pressure.

Digestive system - improved blood circulation and the massaging effect of surrounding muscles improves and promotes normal (5) _____.

Musculoskeletal - **joints** are moved through their full range of motion, which encourages mobility and eases pressure. The gentle stretching releases muscle and joint tension, and stiffness, and also (6) _____ flexibility. Maintaining many of the asanas encourages strength and endurance. Weight-bearing asanas may help prevent osteoporosis, and may also help people already diagnosed with osteoporosis (if practiced with a qualified yoga professional and guided by an allied health professional). (7) _____ benefits include reduced back pain and improved posture.

Nervous system - improved blood circulation, easing of muscle tension and the act of focusing the mind on the breath all combine to soothe the nervous system. Long-term benefits include reduced stress, (8) _____ and fatigue, better concentration and energy levels, and increased feelings of calm and wellbeing.

1. A. strong	B. stronger	C. strength	D. strengthen
2. A. breath	B. body	C. mind	D. appearance
3. A. on	B. in	C. about	D. with
4. A. improve	B. has improved	C. improved	D. improves
5. A. digestive	B. digestion	C. digest	D. digesting
6. A. reduces	B. decreases	C. increases	D. tenses
7. A. Long	B. Term	C. Long-term	D. Long-termed
8. A. happiness	B. anxiety	C. feeling	D. importance

VI. Match the questions with the correct responses.

Questions	Responses
1. Can you see any benefits of doing yoga?	A. You should rest and read a book.
2. How can we refresh our mind?	B. It helps to increase strength and flexibility.
3. Can we use natural remedy?	C. More fruit and vegetables.
4. What kind of food should I have more?	D. Of course, it's a good choice for minor illnesses.

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5. Why should we brush our teeth at least twice a day?	E. They can damage your teeth at the base.
6. What's wrong with toothpicks?	F. Many people do so, but we're not sure.
7. Should I drink a glass of hot milk before bedtime?	G. Control you anger and do yoga.
8. How can I stay optimistic and happy?	H. To prevent plaque on your teeth.

VII. Write complete sentences using the words and phrases given.

1. snowboarding / be / exciting outdoor activity /.

_____

2. physical activity / help / build / strong body and mind /.

_____

3. both bacteria and viruses / can / cause / diseases / but / different in many ways /.

_____

4. live over the age of 100 / be / really amazing achievement / in the past / .

_____

5. person / live over 100 / will have / birthday card / the Queen /.

_____

6. carrots / can / help / eyes / stay healthy / because / contain / vitamin A / .

_____

7. instructions / give / balanced diet, / and / protect / infections /.

_____

8. bird's nest soup / bring / overall benefit / immune system / and give / glowing skin / .

_____

VIII. Circle the underlined part A, B, C, or D that needs correction.

1. Did you sent the email to her yet? - No, not yet.
   A B C D
2. Last summer, my family go to Thailand.
   A B C D
3. My father gave me a new laptop in my birthday last Tuesday.
   A B C D
4. Have you ever saw that film? - Yes, I saw it twice.
   A B C D
5. Can I give you a hands? - Yes, thank you.
   A B C D
6. Do you want me to helping you with those suitcases?
   A B C D
7. I hasn't gone to the concert for a long time.
   A B C D
8. What long have you been there? - Five days.
   A B C D
9. In the past, many people died from bacteria diseases.
   A B C D
10. Clean the wound so it doesn't get infect.
    A B C D

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