

Exercise 1. Put a word from the box in each gap to complete the following passage.

drink

eat

rice

well

water

fish

fresh

breakfast

school

healthy

It's important to (1) _____ well, especially when you are studying. If you are at primary (2) _____, you may not go home for lunch and have a cooked meal of meat or (3) _____ and vegetables. A chicken and lettuce sandwich, with some (4) _____ fruit would be a light but (5) _____. Many people around the world eat plain, boiled (6) _____ two or three times a day.

Pupils and students often don't eat (7) _____ when they're revising for exam – they eat chocolate and (8) _____ lots of black coffee! And by the way, doctors say everybody should start the day with healthy (9) _____. It's also good for you to drink a lot of (10) _____ through the day.

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LUYỆN THI- READING 2

Exercise 3. Choose the correct word A, B, C or D for each of the gaps to complete the following text.

Breakfast is the (1) _____ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) _____ and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (3) _____ to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4) _____ weight if you eat in the morning rather than later in the day. Dividing the day's calories (5) _____ three meals helps take off weight more efficiently than (6) _____ breakfast and having two larger meals a day does.

1.	A. healthy	B. tasty	C. main	D. most
2.	A. strength	B. power	C. energy	D. effort
3.	A. able	B. enable	C. unable	D. capable
4.	A. lose	B. put	C. gain	D. drop
5.	A. in	B. into	C. up	D. for
6.	A. skipping	B. making	C. buying	D. serving



Exercise 1. Write complete sentences basing on the given words.

1. Japanese/ eat/ lot of/ tofu.



2. She/ have/ bread and eggs/ breakfast.

3. They/ not eat/ much fast food.

4. Many Vietnamese/ like drink/ green tea.

5. Vegetables/ be/ healthy.

6. My brother/ not/ exercise/ every morning.

7. My sister/ not/ use/ suncream.

8. She/ have/ flu.

Exercise 2. Reorder the words to have correct sentences.

1. soft drinks/ never/ My brother/ drinks/.

2. don't eat/ We/ much junk food/.

3. have/ a lot of vitamins/ Fruit and vegetables/.

4. active/ and/ every day/ Be/ exercise/.

5. Most children/ chapped lips and skin/ have/ the winter/ in/.

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LUYỆN THI- READING 2

