

Exercise 3: Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

21. It's also important to eat a _____ diet with lots of fruits, vegetables, and protein
A. balanced B. unhealthy C. poor D. strict
22. Just 15 minutes of daily _____ can add three more years of life
A. smoking B. reading C. routines D. exercise
23. We should _____ healthy by eating well and exercising regularly.
A. sound B. seem C. look D. stay
24. _____ fruit and vegetables form an important part of a healthy diet
A. Raw B. Fresh C. Frozen D. Cooked
25. This exercise is designed to build the shoulder and back _____.
A. skin B. bones C. flesh D. muscles
26. Increasing numbers of children are _____ from mental health problems due to bad habits
A. suffering B. recovering C. harming D. improving
27. Start following these five habits to add years to your life _____.
A. expect B. expectant C. expectation D. expectancy
28. Put away your electronic _____, turn off the TV, and chill out on your bed or the sofa for 10-15 minutes before you try to go to sleep.
A. mails B. books C. devices D. appliances
29. 30 minutes is enough time to use social media because the screens of electronic devices _____ blue lights
A. give up B. give off C. take in D. take up
30. The doctor have just _____ the patients and fortunately the treatment is working
A. discharged B. suffered C. examined D. operated

31. I don't cook well, so I just whip up some easy Vietnamese _____, such as: spring rolls or fried rice
- A. minerals B. nutritions C. recipes D. ingredients
32. The _____ refers to the difference in attitudes or behavior between a younger generation and the older one.
- A. argument B. generation gap C. conflict D. disagreement
33. My grandparents encourage me to _____ my dream to become an engineer
- A. quit B. follow C. improve D. awake
34. I deeply respect David _____ what he has achieved.
- A. for B. at C. of D. in
35. I have a 11 p.m _____. If I went back home after that, I'd be in trouble.
- A. homestay B. conflict C. curfew D. banning
36. The _____ arises when Jack and his parents have considerable disagreement on his choice of university.
- A. discrimination B. conflict C. agreement D. gap
37. If you are a part of a (n) _____, you may live with your grandparents, aunts and uncles.
- A. generation gap B. extended family C. nuclear family D. blended family
38. Different _____ in a family often result in interesting debates and occasional disagreements.
- A. viewpoints B. hairstyles C. burdens D. trends
39. One disadvantage of living in a/an _____ is that grandparents may see things from different viewpoints.
- A. extended family B. nuclear family C. small family D. dormitory
40. Many teenagers do not like it when their parents impose their decision _____ them.
- A. in B. on C. at D. to