PASSAGE 35

Tra ID Đề [5813] - Tra ID Video [5814]

Not so many years ago, the word vitamins was known only to (1) _____ scientists. Today it is very widely used, and the importance of vitamins in your food is common knowledge.

Vitamins are life-giving (2) _____ found in foods and are needed for the proper growth and general health of the body. The different kinds of vitamins are indicated by letters of the alphabet. At the present time, vitamins A, B1, B2, C, D, E and G are known. A proper diet should (3) _____ a collection of foods in which all of these vitamins are present. Vitamins are also prepared and sold in tablet and capsule form.

Each vitamin has its work to do in the life-giving process. Vitamin B1, (4) _____, benefits appetite and digestion. It also helps the body grow. Another vitamin helps the blood to clot, so that the danger of bleeding to death in case of injury is lessened. Still, another makes the eyes stronger to see at night. Airplane pilots need plenty of these vitamins. Scientists think vitamins may have some effect (5) _____ keeping the hair from turning gray.

Question 1: A. a little	B. a few	C. many	D. much
Question 2: A. metals	B. substances	C. medicines	D. particles
Question 3: A. consist	B. contain	C. compose	D. connect
Question 4: A. for example	B. however	C. therefore	D. instead
Question 5: A. in	B. at	C. on	D. by

LIVEWORKSHEETS