

Mark the letter A, B, C, or D on your answer sheet to indicate the word whose underlined part differs from

- Question 1: A. life B. fine C. find D. live
Question 2: A. regular B. energy C. vegetable D. change

Mark the letter A, B, C, or D on your answer sheet to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

- Question 3: A. important B. wonderful C. regular D. physical
Question 4: A. fitness B. impact C. sugar D. label

Mark the letter A, B, C, or D on your answer sheet to indicate the word(s) **CLOSEST** in meaning to the underlined word(s) in each of the following questions.

Question 5: You should make sure to store food properly in the refrigerator to keep it fresh and safe to eat.

- A. stably B. regularly C. wrongly D. suitably
Question 6: Building strength requires consistency and dedication in your exercise routine.

- A. muscle B. fitness C. virus D. disease

Mark the letter A, B, C, or D on your answer sheet to indicate the word(s) **OPPOSITE** in meaning to the underlined word(s) in each of the following questions.

Question 7: Getting enough sleep is crucial for maintaining a balanced and healthy lifestyle.

- A. chaotic B. proper C. stable D. regular

Question 8: Using hand sanitizers or antibacterial soap can help kill germs and prevent infection.

- A. disease B. illness C. organism D. immunity

Mark the letter A, B, C, or D on your answer sheet to indicate the option that best completes each of the following exchanges.

Question 9: Peter and Terry are talking about a plan to improve everyone's health:

Peter: "Why don't we start a walking club to promote a healthy lifestyle in our community?"

Terry: "_____"

- A. I'm not interested. B. That sounds like a great idea!
C. I don't have time for that. D. I prefer to exercise alone.

Question 10: Long is asking his trainer about ways to enhance his health:

Long: "What are some simple changes we can make to improve our daily nutrition?"

The trainer: "_____"

- A. I'm not interested.
B. I don't know.
C. We can start by eating more fruits and vegetables.
D. It's too difficult to change our eating habits.

Mark the letter A, B, C or D on your answer sheet to indicate the underlined part that needs correction following questions.

Question 11: We saw positive changes in our energy levels since we adapted to a healthier lifestyle.

- A. adapted B. saw C. since D. changes

Question 12: They participated in a charity run and raise funds for a health organization last year.

- A. organization B. participated C. a D. raise

Question 13: Bacterium have been identified as the cause of the recent food poisoning outbreak.

- A. of B. poisoning C. identified D.

Bacterium

Question 14: You should do exercise regular to always keep your body fit and your mind happy.

- A. your B. your C. should D. regular

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct word or phrase that best fits each of the numbered blanks.

Consuming a healthy (15)_____ throughout the life-course helps to prevent malnutrition in all its forms as well as a range of noncommunicable diseases (NCDs) and conditions. However, increased production of (16)_____ foods, rapid urbanization and changing lifestyles have led to a shift in dietary patterns. Recently, people (17)_____ more foods high in energy, fats, free sugars and salt/sodium, and many people do not eat enough fruit, vegetables and other dietary fibre such as whole grains.

The exact make-up of a diversified, (18)_____ and healthy diet will vary depending (19)_____ individual characteristics (e.g. age, gender, lifestyle and degree of physical activity),

cultural context, locally available foods and dietary customs. (20) _____, the basic principles of what constitutes a healthy diet remain the same.

Healthy diet (who.int)

- Question 15:** A. recipe B. diet C. spread D. disease
Question 16: A. processed B. regular C. infectious D. poisonous
Question 17: A. consumed B. consuming C. has consumed D. have consumed
Question 18: A. balance B. balanced C. balancer D. balancing
Question 19: A. in B. on C. at D. of
Question 20: A. Although B. Therefore C. However D. Besides

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions.

A healthy diet is rich in fiber, whole grains, fresh fruits and vegetables, "good" or unsaturated fats, and omega-3 fatty acids. These dietary components turn down inflammation, which can damage tissue, joints, artery walls, and organs. Going easy on processed foods is another element of healthy eating. Sweets, foods made with highly refined grains, and sugar-sweetened beverages can cause spikes in blood sugar that can lead to early hunger. High blood sugar is linked to the development of diabetes, **obesity**, heart disease, and even dementia.

The Mediterranean diet meets all of the criteria for good health, and there is convincing evidence that it is effective at warding off heart attack, stroke, and premature death. The diet is rich in olive oil, fruits, vegetables, nuts and fish; low in red meats or processed meats; and includes a moderate amount of cheese and wine.

Physical activity is also necessary for good health. **It** can greatly reduce your risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls. Physical activity improves sleep and endurance. Aim for 150 minutes of moderate intensity exercise every week, such as brisk walking. Strength training, important for balance, bone health, controlling blood sugar, and mobility, is recommended 2-3 times per week.

Finding ways to reduce stress is another strategy that can help you stay healthy, given the connection between stress and a variety of disorders. There are many ways to relieve stress. Try meditation, mindfulness, yoga, playing on weekends, and taking vacations.

Finally, establish a good relationship with a primary care physician. If something happens to your health, a physician you know —and who knows you— is in the best position to help. He or she will also recommend tests to check for hidden cancer or other conditions.

Staying Healthy - Harvard Health

- Question 21:** What is the main idea of the passage?
A. Some of the ways to have a good mentally and physically health.
B. The benefits of the Mediterranean diet in preventing heart disease and stroke.
C. The significance of physical activity in reducing the risk of various diseases.
D. The importance of stress reduction in maintaining good health.
- Question 22:** The word "**It**" in paragraph 3 refers to _____.
A. physical B. health C. activity D. risk
- Question 23:** According to the passage, what are the key components of the Mediterranean diet?
A. Fiber, whole grains, and fresh fruits and vegetables.
B. Olive oil, fruits, vegetables, nuts, and fish.
C. Red meats, processed meats, and cheese.
D. Sweets, highly refined grains, and sugar-sweetened beverages.
- Question 24:** What is the recommended amount of moderate-intensity exercise per week?
A. 30 minutes B. 60 minutes C. 90 minutes D. 150 minutes
- Question 25:** The word "**obesity**" in paragraph 1 is closest in meaning to _____.
A. a disease that makes you tired. B. a disease that makes you hungry.
C. a disease that makes you fat. D. a disease that makes you faint.
- Question 26:** According to the passage, why is it important to establish a good relationship with a primary care physician?
A. They can provide guidance on maintaining a healthy diet.
B. They can recommend exercises to reduce stress.

- C. They are knowledgeable about hidden health conditions.
- D. They can offer stress relief techniques like meditation and yoga.

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.

- Question 27:** Corona Virus's _____ is estimated to be around 120-160 nm.
 A. diameter B. strength C. bacteria D. disease
- Question 28:** A virus is a microscopic infectious agent that replicates only inside the living cells of _____.
 A. antibiotics B. germs C. organisms
 D. bacteria
- Question 29:** _____ you _____ out with your friends in the park last night?
 A. Did/work B. Do/work C. Have/worked D. Were/working
- Question 30:** Long _____ enough sleep lately since he _____ about the consequences of sleep debt.
 A. have got / learned B. has got / learnt C. got / learnt D. got / learned
- Question 31:** They have cut down on sugary drinks, and their _____ levels have been more consistent.
 A. ingredient B. illness C. infection D. energy
- Question 32:** _____ try eating more vegetables to support your muscle training?
 A. How about B. Why don't you C. I'm pleased to D. Don't forget to
- Question 33:** They _____ in regular outdoor activities to stay fit and healthy for 3 months.
 A. have engaged B. has engaged C. engaged D. engaging
- Question 34:** In the last hundred years, viruses _____ harder to be prevented due to the overusing of antibiotic.
 A. became B. have become C. become D. has become
- Question 35:** I _____ how important it was to have a healthy diet when I _____ a teenager.
 A. don't know / was B. didn't know / am
 C. didn't know / was D. haven't known/was
- Question 36:** I have decided to cut _____ on sugary snacks to improve my overall health.
 A. over B. off C. down D. above
- Question 37:** _____ going to the gym regularly to gain more muscle and have more friends?
 A. Don't forget to B. Why don't we C. How about D. I'm pleased to
- Question 38:** She _____ press-ups regularly since she knew the importance of doing exercise.
 A. practiced B. has practiced C. have practiced D. practices
- Question 39:** I have maintained a healthy lifestyle recently. Therefore, I avoided the unpleasant experience of food _____.
 A. poisonous B. poisoning C. poison D. poisonousness
- Question 40:** Long always does the _____ jumps as the first step of "How to burn fat" exercise.
 A. star B. start C. strat D. stat