Mark the letter A, B, C, or D on your answer sheet to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

Question 1: A. wonderful **B.** comfortable **C.** longevity **D.** another

Question 2: A. phoned **B.** played **C.** parked **D.** filled

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. disease **B.** illness **C.** muscle **D.** virus

Question 4: A. recipe **B.** nutrient **C.** infection **D.** energy

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

Question 5: Regular exercise is **indispensable** for maintaining a long and healthy life.

A. unnecessary **B.** essential **C.** avoidable **D.** trivial

Question 6: Engaging in social activities can be **conducive** to leading a long and healthy life.

A. regular **B.** beneficial **C.** harmful **D.** relevant

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: **Spreading** awareness about the importance of a balanced diet is essential for a long and healthy life.

A. collecting **B.** disregarding **C.** promoting **D.** limiting

Question 8: **Avoid** smoking and excessive alcohol consumption for a long and healthy life.

A. promote **B.** delay **C.** embrace **D.** control

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

Question 9: John and Lisa are discussing the importance of exercise.

- John: "Engaging in regular exercise can significantly improve our chances of living a long and healthy life."

- Lisa: "_____. It also helps to improve mental health and reduce the risk of chronic diseases."

A. I don't think so **B.** Absolutely

C. That's not important **D.** What a waste of time

Question 10: Jane is thanking her doctor for helping her change her lifestyle.

- Jane: "Thank you, doctor, for guiding me on the path to a healthier lifestyle. I feel so much better and energetic now."

- Doctor: "_____ It's wonderful to see the positive changes in you."

A. You shouldn't have **B.** It's my pleasure

C. What a pity **D.** You owe me

LIVEWORKSHEETS

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.

Leading a long and healthy life is a common goal for many individuals. To achieve this goal, it is important to maintain a balanced diet and engage in (11) _____ physical activity. Eating a variety of fruits and vegetables is (12) _____ for getting essential vitamins and minerals. Regular exercise, on the other hand, can (13) _____ mental health and physical fitness. (14)_____, it's critical to avoid harmful habits such as smoking and excessive alcohol consumption. Building a social network and maintaining positive relationships can also have a beneficial impact (15)_____mental health and longevity. It is also recommended to have regular health check-ups to monitor any potential health issues. Ultimately, a combination of a balanced diet, physical activity, social engagement, and regular health check-ups can contribute to a long and healthy life (16) _____. It is crucial to make these lifestyle choices early and maintain them throughout lifetime to maximize the benefits.

Source: Long-lasting healthy changes: Doable and worthwhile - Harvard Health

Question 11: A. negative	**B.** regular	**C.** rare	**D.** limited
Question 12: A. necessary	**B.** worthless	**C.** harmful	**D.** healthy
Question 13: A. worsen	**B.** decline	**C.** enhance	**D.** prevent
Question 14: A. Furthermore	**B.** However	**C.** Therefore	**D.** But
Question 15: A. in	**B.** for	**C.** on	**D.** with
Question 16: A. expectancy	**B.** junction	**C.** disaster	**D.** crossroad

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 that follow.

How long will a baby born today live? 100 years? 120 years? Scientists are studying genes that could mean long life for us all.

There are already many, many people who have passed the **landmark age** of 100. In fact, there are now so many healthy, elderly people that there's a new term for them: the elderly. These are people over the age of 80 who have no diseases such as high blood pressure, heart disease or diabetes and have never taken medicines for these conditions.

There have been many scientific studies of communities where a healthy old age is typical. These include places like Calabria in southern Italy and the island of Okinawa in Japan.

The small village of Molochio in Calabria has about 2,000 inhabitants. And of these, there are at least eight centenarians. When researchers ask people like this the secret of their long life, the answer is almost always to do with diet and is almost always the same: 'I eat a lot of fruit and vegetables.' 'A little bit, but of everything.' 'No smoking, no drinking.'

While in the past scientists have looked at things such as diet and lifestyle for an explanation of long life, these days they are investigating genetics. One such researcher is Eric Topol, who says, 'There must be genes that explain why these individuals are protected from the aging process.'

The new research into long life looks at groups of people who have a genetic connection. For example, one group of interest lives in Ecuador. In one area of the country there are a number of people with the same genetic condition. It's called Laron syndrome. The condition means that they don't grow to more than about one metre, but it also seems to give them protection against cancer and diabetes. As a result, they live longer than other people in their families. Meanwhile, on the Hawaiian island of Oahu, there's another group of long-lived men, Japanese-Americans. They have a similar gene to the Laron syndrome group.

Back in Calabria, scientists are trying to work out exactly how much of the longevity is due to genetics and how much to environment. By checking public records going back to the 19th century, researchers have reconstructed the family trees of 202 nonagenarians and centenarians. They concluded that there were genetic factors involved. And they seemed to benefit the men more than the women – a surprising result because generally in Europe, there are five times more women centenarians than men.

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So what really makes people live longer? It seems likely that it is an interaction of genes, the environment and probably a third factor – luck.

Source: National geographic learning

Question 17: What is the main idea of the passage?

A. how to live a long life. **B.** the people in the village of Molochio.

C. the diet of elderly people. **D.** diseases in old age.

Question 18: Where have scientists conducted scientific studies of communities with a healthy old age?

A. Calabria in southern Italy and the island of Okinawa in Japan.

B. Ecuador and the Hawaiian island of Oahu.

C. Molochio in Calabria and the small villages of Japan.

D. The wellderly communities worldwide.

Question 19: The phrase "**landmark age**" in paragraph 2 is closest in meaning to _____.

A. an important age **B.** an age when you get sick

C. an age when you retire **D.** an age when you start taking medicine

Question 20: Which of the following is **TRUE**, according to the passage?

A. Everyone with Laron syndrome is very tall.

B. People in Europe live longer than anywhere else.

C. There are more women who live to be 100 years old in Europe than men.

D. People in Molochio never get sick.

Question 21: What do the long-lived people of Molochio say is their secret to a long life?

A. Taking lots of medicines

B. Eating lots of fruits and vegetables, not smoking or drinking

C. Living in a small village

D. Having a certain gene

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

Question 22: When making a cake, it is important to follow the method closely to ensure it turns out well.

A. method **B.** turns out **C.** important **D.** making

Question 23: Last year, they visits Rome and took a tour around the ancient ruins.

A. visits **B.** ruins **C.** around **D.** took

Question 24: My cousin prefers basketball than soccer because he thinks it's more exciting.

A. it's **B.** exciting **C.** than **D.** because

LIVEWORKSHEETS

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

Question 25: Regular exercise is important for _____ overall health.

A. maintaining **B.** decreasing **C.** ignoring **D.** opening

Question 26: It's important to _____ the nutritional content of the food you consume.

A. pay attention to **B.** prevent from **C.** suffer from **D.** give up

Question 27: A sedentary habit can have negative effects _____ your health.

A. on **B.** for **C.** to **D.** with

Question 28: To improve cardiovascular _____, aerobic exercises like running or swimming are recommended.

A. bacteria **B.** ingredient **C.** strength **D.** fitness

Question 29: I'm trying to break the _____of eating junk food every day.

A. routine **B.** habit **C.** energy **D.** task

Question 30: Despite knowing the consequences, he tends to _____up late every night.

A. keep **B.** get **C.** make **D.** stay

Question 31: Many individuals strive to maintain a balanced lifestyle to avoid_____from various ailments and enjoy a long and healthy life.

A. suffering **B.** benefiting **C.** collecting **D.** booking

Question 32: The doctor prescribed antibiotics to_____ the infection and help the patient recover.

A. use **B.** cause **C.** avoid **D.** treat

Question 33: Building _____through regular exercise and physical activity improves overall fitness and enhances quality of life.

A. strong **B.** strongly **C.** Strength

D. strengthen

Question 34: The company _____ a new product recently.

A. lauched **B.** has lauched **C.** have lauched **D.** had lauched

Question 35: When I was on vacation last year, I _____the beautiful city of Paris.

A. visited **B.** have visited **C.** will visit **D.** had visited

Question 36: We _____ friends since we _____ in elementary school.

A. have been – met **B.** have been – have met **C.** were – met

D. were – have met

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Question 37: The dentist will _____your teeth and gums during your routine check-up to ensure they are healthy.

A. improve **B.** produce **C.** replace **D.** examine

Question 38: Regular handwashing with soap and water can _____ you from contracting many common infections.

A. prevent **B.** suffer **C.** concentrate **D.** balance

Question 39: How about _____a local sports team for some physical activity?

A. join **B.** joining **C.** to join **D.** to joining

Question 40: It is important to cover your mouth and nose when coughing or sneezing to prevent the _____ of germs.

A. spread **B.** movement **C.** change **D.** strength

LIVEWORKSHEETS