

*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

**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](#)

<b>Question 11:</b> A. negative	B. regular	C. rare	D. limited
<b>Question 12:</b> A. necessary	B. worthless	C. harmful	D. healthy
<b>Question 13:</b> A. worsen	B. decline	C. enhance	D. prevent
<b>Question 14:</b> A. Furthermore	B. However	C. Therefore	D. But
<b>Question 15:</b> A. in	B. for	C. on	D. with
<b>Question 16:</b> 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.

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 elderly 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

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

**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