

UNIT 1: A LONG AND HEALTHY LIFE- LISTENING

Task 1: Nghe và nói các vấn đề sức khỏe và nhóm thực phẩm phù hợp.

A	B

Task 2. Chọn đáp án đúng

1. What do many teenagers buy when they have skin problems?

- A. Expensive skincare products
- B. Sports equipment
- C. Healthy vegetables

2. Which of the following is NOT good for your skin?

- A. Yogurt
- B. Sugary drinks
- C. Brown rice

3. Which food helps improve brain health and memory?

- A. Green vegetables
- B. Fish
- C. Sweet potatoes

4. Which foods can help teenagers grow taller and stronger?

- A. Ice cream and desserts
- B. Eggs, fish, carrots, sweet potatoes
- C. Watermelon and yogurt

5. What is the expert's final advice?

- A. Exercise is not important if you eat well.
- B. A balanced diet helps improve health and muscle strength.
- C. Teenagers should only eat vegetables.