

SHORT TEST UNIT 1

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

- | | | | |
|-------------------------|-------------------|-------------------|--------------------|
| 1. A. <u>antibiotic</u> | B. bacteria | C. organism | D. <u>examine</u> |
| 2. A. <u>germ</u> | B. spread | C. <u>regular</u> | D. <u>recipe</u> |
| 3. A. <u>fitness</u> | B. <u>disease</u> | C. <u>illness</u> | D. <u>press-up</u> |

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

- | | | | |
|----------------|---------------|---------------|--------------|
| 4. A. examine | B. poisoning | C. bacteria | D. infection |
| 5. A. diameter | B. expectancy | C. ingredient | D. organism |

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

- | | | | | |
|--|-------------------|---------------|---------------|----------------|
| 6. Women have a longer life _____ than men. | A. story | B. membership | C. history | D. expectancy |
| 7. You should continue to lead a healthy life, such as eating a(n) _____ diet, taking exercise and keeping warm. | A. balanced | B. sensitive | C. poor | D. unhealthy |
| 8. Studies show that an active _____ can reduce your chance of developing heart disease. | A. life insurance | B. life cycle | C. lifestyle | D. life line |
| 9. A hot bath will help relax sore _____. | A. mouth | B. muscles | C. knees | D. elbows |
| 10. I swim twice a week to try to _____ fit. | A. keep | B. make | C. consider | D. see |
| 11. The best _____ for a cold is to rest and drink lots of fluids. | A. healing | B. treatment | C. herb | D. prevention |
| 12. An active lifestyle has many health _____. | A. care | B. issues | C. needs | D. benefits |
| 13. Hercules was famous for his great _____. | A. strength | B. weakness | C. effort | D. powerful |
| 14. I don't like _____ tasks like washing and ironing. | A. repeatedly | B. repeated | C. repetitive | D. replaceable |
| 15. Professional footballers spend at least an hour every day _____ in the gym. | A. working out | B. working | C. to work | D. to work out |

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.

- | | | | | |
|--|-------------|---------------|-------------|--------------|
| 16. If you take this medicine, you will <u>recover</u> quickly. | A. get well | B. get on | C. get up | D. get in |
| 17. The doctor <u>warned</u> his patient not to take too much sugar. | A. shouted | B. threatened | C. punished | D. cautioned |

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

- | | | | | |
|---|---------------|--------------|----------------|--------------|
| 18. She gave us some tips for keeping our skin healthy and preventing <u>common</u> skin problems. | A. particular | B. normal | C. infrequent | D. accepted |
| 19. In order to stay healthy, make sure you have a balanced <u>intake</u> of vitamins and minerals. | A. take-off | B. take-away | C. consumption | D. digestion |

Circle A, B, C, or D to indicate the correct response to each of the following exchanges.

20. - Peter: Do you do any sports? - Ann: "_____"
- A. More and more people are talking about sports events these days.
 B. I used to, but now I don't. I'm too busy.
 C. There are different types of sports.
 D. Sportsmen should be highly paid.
21. - Ann: What do people do to keep fit? - Thanh: "_____"
- A. Everyone wants to keep fit these days.
 B. So many people do harm to their health by smoking or drinking.
 C. They combine exercising and having a balanced diet.
 D. Not many people can afford to eat healthily.

Read the following passage and mark the letter A, B, C, or D on your answer sheet to choose the word or phrase that best fits each of the numbered blanks from 22 to 26.

Healthy Living

Millions of people today are overweight and out of shape. This is due in part to their diet, (22) _____ is often high in sugars and fats. Another reason is that too many of us spend our evenings glued (23) _____ the television, instead of

doing something to keep ourselves fit. Today (24) _____ lifestyles also prevent us from spending as much time as we should on staying in shape. Convenience food, such as frozen meals and canned vegetables, saves time but is often (25) _____. Fast food and takeaways are also (26) _____ for many health problems.

- | | | | |
|-------------------|----------------|--------------|---------------|
| 22. A. that | B. which | C. what | D. it |
| 23. A. at | B. on | C. to | D. in |
| 24. A. hectic | B. active | C. carefree | D. stressed |
| 25. A. organic | B. correlated | C. unhealthy | D. wealthy |
| 26. A. responsive | B. responsible | C. reacted | D. attributed |

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 from 27 to 31.

In recent years, the growing trend of barefoot running has started a debate among athletes and doctors about the possible health benefits of running with very light sandals or no shoes at all. Barefoot running has gained popularity among both casual and competitive athletes. Some athletes say that running barefoot has helped them cure or avoid injuries; **others** claim that running barefoot has improved their running form and race times. Opponents, however, say that there is no scientific or medical proof that barefoot running is safer or better than wearing traditional running shoes.

Researchers point out that many of the world's best long distance running cultures-the Tarahumara Indians of Mexico and the Marathon Monks of Enryaku Temple in Japan, for example- run either barefoot or in thin sandals and don't often **suffer** leg injuries. These same experts note that certain injuries that are common to shoe-wearing athletes are rare among barefoot running cultures, especially back and knee issues.

Barefoot running supporters believe that going shoeless strengthens foot and calf muscles, improves balance, reduces the shock of hitting the ground, and actually makes some runners faster. Researchers have noted that running barefoot encourages runners to land more on the front of the foot-the forefoot or ball of the foot-rather than on the heel, which is what most people do when they run in shoes.

27. What is the passage mainly about?
- | | |
|-------------------------------------|---|
| A. The benefits of barefoot running | B. The disadvantages of running barefoot |
| C. The history of barefoot running | D. The reasons why barefoot running disappeared |
28. The word "**others**" in paragraph 1 refers to _____.

A. researchers	B. doctors	C. athletes	D. marathon monks
----------------	------------	-------------	-------------------
29. According to paragraph 1, the claim made by opponents of barefoot running is

A. that running without support could contribute to incurable diseases
B. that barefoot running has not been proved more effective than normal running
C. that barefoot running is the least effective way to save the environment
D. that barefoot running could make some footwear businesses go bankrupt
- 30 The word "**suffer**" in paragraph 2 mostly means

A. refuse	B. endure	C. surrender	D. agree
-----------	-----------	--------------	----------
31. Which is NOT mentioned as a benefit of barefoot running as stated in the passage?

A. relaxes the feet	B. makes runners quicker
C. enhances balance	D. strengthens muscles in the foot