

## TEST 1

### A. PHẦN TRẮC NGHIỆM

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

Question 1: A. look      B. food      C. cook      D. foot

Question 2: A. father      B. healthy      C. strength      D. thick

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. habit      B. diet      C. balance      D. routine

Question 4: A. expectancy      B. longevity      C. vegetable      D. repetitive

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: If you want to maintain a healthy weight, it's advisable to cut down on fast foods and focus on nutritious meals.

A. increase      B. decrease      C. balance      D. suffer

Question 6: A healthy lifestyle, including a balanced diet and regular physical activity, can lower the chances of developing various diseases.

A. recipe      B. fitness      C. illness      D. spread

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: If you want to improve your health, it's important to give up unhealthy habits like staying up late.

A. quit      B. agree      C. prevent      D. continue

Question 8: I try to work out at the gym three times a week to stay fit and maintain a healthy lifestyle.

A. press-up      B. exercise      C. relax      D. infect

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: Trung is working out in the local gym:

The physical trainer: "Hello, I am the physical trainer. \_\_\_\_\_?"

Trung: "Thank God you are here. I'm struggling with this lifting machine; I can't start it."

A. Can I help you with that      B. Thank you very much

C. Is there anything I can do for you      D. Okay, I am fine

Question 10: Tim and Tam are talking about ways to have a healthy lifestyle:

Tim: "What are some effective strategies for maintaining a healthy lifestyle?"

Tam: " \_\_\_\_\_"

A. I think eating suitably and doing morning exercises will help a lot.

B. Smoking and staying up late are the best options.

C. It's too difficult to maintain a healthy lifestyle.

D. Let me share a few strategies that have worked for me.

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

Question 11: In the past, Nam likes to eat fast food and stay up late to finish his homework.

A. likes      B. past      C. to eat      D. stay up late

Question 12: They achieved their weight loss goals through a combination of exercise recently.

A. weight loss      B. exercise      C. achieved      D. combination

Question 13: She has made healthier food choices since she has learned about nutrients.

A. choices      B. has made      C. nutrients      D. has learned

Question 14: Your body requires a diverse range of nutritions such as vitamins and minerals to function properly.

A. properly      B. requires      C. nutritions      D. and

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.

You've probably (15) "breakfast is the most important meal of the day" recently. In 1983, we (16) a newsletter article looking at the popular notion of breakfast's great importance, which had just been called into question by two British nutritionists. They had reviewed the research on the topic and found little evidence to support the slogan. The available studies on breakfast were small and poorly designed.

Today, scientists are still studying breakfast's role in (17) \_\_\_\_\_, but many more studies (and much higher quality ones) are available. In 2021, a recent scientific statement from the American Heart Association, published in Circulation, included a review of the body of science on breakfast and cardiovascular health. The authors (18) \_\_\_\_\_ that planning and timing meals and snacks, such as not skipping breakfast and allocating more calories earlier in the day, might help reduce risk of cardiovascular (19) \_\_\_\_\_ and problems related to blood sugar control. They also noted

that breakfast skippers were less likely to meet recommendations for vitamins and minerals and had poorer diets overall compared to breakfast eaters.

It's still a stretch to say breakfast is the most important meal, but eating a healthy breakfast is associated with potential benefits. If you normally skip breakfast (as 20 to 30% of US adults do), you may want to rethink that or make (20) \_\_\_\_\_ your food choices at other times are nutrient-rich.

**Question 15:** A. hearded

B. hear

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**Question 16:** A. run

B. runed

C. heard

D. heared

**Question 17:** A. health

B. healthy

C. ran

D. raned

**Question 18:** A. conclude

B. concluded

C. healthily

D. healthier

**Question 19:** A. diameter

B. balance

C. concluding

D. have concluded

**Question 20:** A. up

B. out

C. disease

D. infection

B. out

C. sure

D. off

*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.*

What's more important for healthy blood pressure, lowering your sodium intake or increasing calcium? That was the focus of a 1984 newsletter article. **It** reviewed a study showing higher dietary calcium intake was associated with lower risk of hypertension.

Today, hypertension research would be more likely to look at the Dietary Approaches to Stop Hypertension (DASH) diet, rather than specific minerals. DASH is an eating pattern that emphasizes foods such as fruits and vegetables, beans, nuts, whole grains and healthful dairy products, which are rich in nutrients that support healthy blood pressure, including potassium, magnesium and calcium. The diet has been consistently shown to lower blood pressure in people with hypertension.

That example shows that rather than focusing on individual nutrients in managing chronic disease risk (like heart disease and diabetes), today we look at the dietary pattern as a whole. This means the overall combination of foods and beverages we consume day in and day out. Individual nutrients don't always give the whole picture. Foods contain complex combinations of **nutrients** that may interact and be more beneficial together than alone.

"In addition, foods contain thousands of phytochemicals, which may themselves have beneficial effects on health," says Alice H. Lichtenstein, DSc, director of Tufts' HNRCA Cardiovascular Nutrition Laboratory and executive editor of Tufts Health & Nutrition Letter. "Since phytochemicals are not present in the vast majority of nutritional supplements, the only way to ensure we get enough of them is to eat whole foods that constitute a healthy dietary pattern."

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**Question 21:** What is the main idea of the passage?

- A. The importance of lowering sodium intake for healthy blood pressure.
- B. The significance of increasing calcium for healthy blood pressure.
- C. The shift in focus from individual nutrients to dietary patterns in managing chronic disease risk.
- D. The benefits of the Dietary Approaches to Stop Hypertension (DASH) diet for blood pressure.

**Question 22:** The word "**It**" in paragraph 1 refers to \_\_\_\_\_.

- A. blood pressure
- B. article
- C. sodium
- D. calcium

**Question 23:** According to the article, what is the Dietary Approaches to Stop Hypertension (DASH) diet?

- A. A diet focused on lowering sodium intake for healthy blood pressure.
- B. A diet emphasizing the importance of increasing calcium intake.
- C. An eating pattern that promotes healthy blood pressure through a combination of nutrient-rich foods.
- D. A diet that specifically targets heart disease and diabetes management.

**Question 24:** How has hypertension research evolved since the 1984 newsletter article?

- A. Research has focused more on individual minerals rather than the overall dietary pattern.
- B. Research has shifted towards examining the impact of specific nutrients on blood pressure.
- C. Research now emphasizes the importance of the DASH diet for lowering blood pressure.
- D. Research has become less focused on managing chronic diseases like heart disease and diabetes.

**Question 25:** The word "**nutrients**" in paragraph 3 is closest in meaning to \_\_\_\_\_.

- A. the essential substances
- B. the useful substances

**C.** the harmful substances      **D.** the unusable substances

**Question 26:** According to Alice H. Lichtenstein, what is the significance of phytochemicals in our diet?

- A.** Phytochemicals are essential for maintaining healthy blood pressure.
- B.** Phytochemicals can be found in most nutritional supplements.
- C.** Phytochemicals are best obtained through the consumption of whole foods.
- D.** Phytochemicals have no impact on our overall health and well-being.

**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:** It's important to use \_\_\_\_\_ responsibly and only when necessary to promote a healthy lifestyle.

- A.** diameter      **B.** germ      **C.** bacteria      **D.** antibiotics

**Question 28:** A \_\_\_\_\_ diet, consisting of nutritious foods from all food groups, is key to overall well-being.

- A.** infectious      **B.** regular      **C.** balanced      **D.** fit

**Question 29:** Quang \_\_\_\_\_ a new recipe last week as part of his commitment to a healthier diet.

- A.** tried      **B.** has tried      **C.** tried      **D.** trying

**Question 30:** Trung \_\_\_\_\_ down on sugary drinks and \_\_\_\_\_ positive changes in his energy levels.

- A.** cutted / noticed      **B.** cut / noticed      **C.** cuts / noticed      **D.** cut / notice

**Question 31:** Following a doctor's \_\_\_\_\_ is crucial for effective management of health conditions.

- A.** disease      **B.** examine      **C.** treatment      **D.** recipe

**Question 32:** It's important to give \_\_\_\_\_ unhealthy habits, such as smoking, staying up late and eating a lot of red meat.

- A.** in      **B.** on      **C.** off      **D.** up

**Question 33:** She \_\_\_\_\_ taking vitamin supplements since last year to ensure she gets all the necessary nutrients for a healthy lifestyle.

- A.** have been      **B.** has been      **C.** was      **D.** were

**Question 34:** Food \_\_\_\_\_ can have serious health consequences and should be prevented at all costs.

- A.** poisonous      **B.** poisoning      **C.** poison      **D.** poisonal

**Question 35:** Since Larry \_\_\_\_\_ up on smoking, she \_\_\_\_\_ a lot of great experiences in her life.

- A.** gave / has had      **B.** has given / had      **C.** gave / have had      **D.** has given / has had

**Question 36:** adopt a plant-based diet to maintain a long and healthy life.

- A.** Why don't we      **B.** How about      **C.** I'm pleased to      **D.** Don't forget to

**Question 37:** Treatment for \_\_\_\_\_ may involve a combination of medications and lifestyle adjustments for ideal recovery and long-term health.

- A.** tuberculous      **B.** tuberculose      **C.** tuberculosis      **D.** tuberculoid

**Question 38:** How about \_\_\_\_\_ fitness classes to enhance our muscle strength.

- A.** attended      **B.** attending      **C.** to attend      **D.** attends

**Question 39:** Avoiding harmful habits like smoking and excessive alcohol consumption can positively impact \_\_\_\_\_ expectancy.

- A.** live      **B.** life      **C.** long      **D.** length

**Question 40:** Limiting processed foods and focusing on organic and natural \_\_\_\_\_ is the key to maintaining a healthy lifestyle.

- A.** nutrition      **B.** ingredients      **C.** organism      **D.** infection