C. You should consult a doctor before starting any new exercise routine.
D. Therefore, everyone should try to exercise at least 30 minutes a day.

Question 131: Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

To maintain a balanced diet, it's important to eat a variety of foods. _____

a. Remember to drink plenty of water throughout the day.
b. Include fruits and vegetables in your meals, as they provide essential vitamins.
c. Avoid processed foods and try to cook at home as much as possible.

A. b-c-a
B. a-c-b
C. c-b-a
D. b-a-c

Question 132: Choose the sentence that you can end the text (in Question 131) most appropriately.

A. Additionally, eating smaller portions can help you manage your weight.
B. Eating a balanced diet will improve your overall health and well-being.
C. Finally, don't forget to treat yourself occasionally, but in moderation.
D. Eating healthy doesn't have to be difficult; it just takes a bit of planning.

Question 133: Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

Anna: I've been feeling tired lately.
John: Maybe you're not getting enough sleep. _____

a. John: Also, make sure you're eating a healthy diet and drinking plenty of water.
b. Anna: That's true. I've been staying up late working on a project.
c. John: You should try going to bed earlier to see if that helps.

A. c-b-a
B. b-a-c
C. a-c-b
D. c-a-b

Question 134: Choose the sentence that you can end the text (in Question 01) most appropriately.

A. Anna: Thanks, John. I'll try to get more rest and eat better.
B. Anna: I guess I'll have to finish my project first before I can rest.
C. John: Remember, health is more important than work.
D. John: Let me know if you need any more advice.

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Question 135: Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

Getting enough sleep is crucial for your overall health. _____

a. Lack of sleep can lead to various health problems, including obesity and heart disease.
b. It also helps improve your memory and concentration.
c. Additionally, good sleep can boost your immune system and help you fight off illnesses.

A. c-a-b
B. b-a-c
C. a-c-b
D. b-c-a

Question 136: Choose the sentence that you can end the text (in Question 135) most appropriately.

A. Therefore, it's important to establish a regular sleep schedule.
B. You should aim to get at least 7-8 hours of sleep each night.
C. Don't forget that good sleep habits contribute to a healthy lifestyle.
D. A good night's sleep is just as important as a healthy diet and exercise.

Question 137: Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

He is a famous singer known for his strong voice. _____
A. Since then, he has released many popular albums and performed in sold-out concerts around the world.
B. His first album reached the top of the charts and made him known internationally.
C. He started his career by singing in local clubs before signing with a big record company.
A. a-b-c
B. c-b-a
C. b-c-a
D. a-c-b

Question 138: Choose the sentence that you can end the text (in Question 137) most appropriately.

A. Now, his music continues to inspire and attract listeners worldwide.
B. He is still a leading star in the music world.
C. His love for music shows in every song he makes.
D. Fans are excited for his next album and upcoming tour.

Question 139: Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

Energy is essential for our daily lives. However, not all forms of energy are sustainable.

_____

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a. Therefore, using renewable sources like wind and solar power can help reduce environmental impact.
b. On the other hand, fossil fuels like coal and oil are limited and cause pollution.
c. Firstly, renewable energy is better for the planet because it doesn't produce harmful emissions.

A. c-b-a
B. b-c-a
C. a-b-c
D. b-a-c

Question 140:
Choose the sentence that you can end the text (in Question139) most appropriately.
A. This is why renewable energy is becoming more popular worldwide.
B. So, people should continue using fossil fuels for energy.
C. We need to explore new ways to produce energy.
D. Finally, renewable energy is the future.

Question 141: Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

Solar energy is becoming more popular. Moreover, it's a clean source of power. _____
a. Secondly, solar panels can be installed on rooftops to generate electricity for homes.
b. Initially, people were unsure about the cost of solar energy, but prices have decreased.
c. Additionally, using solar energy helps reduce electricity bills.

A. b-a-c
B. a-c-b
C. c-b-a
D. b-c-a

Question 142: Choose the sentence that you can end the text (in Question 141) most appropriately.
A. As a result, many people are now investing in solar panels.
B. People need to find other ways to save on electricity.
C. Finally, solar energy is only useful in some regions.
D. More people should consider using fossil fuels instead.

Question 143: Put the sentences (a-c) in the correct order, then fill in the blank to make a logical text.

Wind power is another form of renewable energy. Nevertheless, it requires specific conditions to be effective. _____
a. Therefore, it's important to build wind farms in windy areas to maximize energy production.

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