

KIẾN THỨC TỔNG HỢP TỪ VỰNG VÀ NGỮ PHÁP UNIT 1. (11/10/2025)

Ex 1. Circle A, B, C or D to indicate the correct answer to each of the following questions

Ex 2. Circle A, B, C or D to indicate the correct answer to each of the following questions

1. Don't forget to drink lots of water and stay _____ with plenty of exercise.
A. inactive B. active C. awake D. still
2. If you want to have a long, healthy life, you need to exercise to have a good level of _____.
A. intelligence B. activities C. weight D. fitness
3. It's also important to eat a _____ diet with lots of fruits, vegetables, and protein
A. balanced B. unhealthy C. poor D. strict
4. Early morning sleep helps us prepare our mind which helps us manage our feelings and avoid _____ too stressed.
A. get B. to get C. getting D. got
5. I prefer fruits and vegetables _____ fast food and junk food
A. of B. for C. than D. to
6. Just 15 minutes of daily _____ can add three more years of life

A. smoking B. reading C. routines D. exercise

7. However, you shouldn't drink coffee and green tea too much _____ they can make it harder for you to sleep.

A. because B. because of C. although D. despite

8. She got enough sleep last night, so today she is full of _____

A. exercise B. energy C. injuries D. stress

9. We spent a lot of time _____, doing the gardening and walking in the parks

A. cooked B. cook C. cooking D. to cook

10. The office has a gym for those who like to _____ exercise in their lunch hour.

A. take B. put C. make D. give

11. The key _____ a healthy body is diet and exercise

A. for B. with C. to D. by

12. We should _____ healthy by eating well and exercising regularly.

A. sound B. seem C. look D. stay

13. _____ fruit and vegetables form an important part of a healthy diet

A. Raw B. Fresh C. Frozen D. Cooked

14. We _____ our 25th wedding anniversary in Florence.

A. celebrated B. memorized C. remembered D. organized

15. This exercise is designed to build the shoulder and back _____

A. skin B. bones C. flesh D. muscles

16. Increasing numbers of children are _____ from mental health problems due to bad habits

A. suffering B. recovering C. harming D. improving

17. _____ attention to your diet, exercise, sleep, and happiness, and you'll find yourself enjoying your 100th birthday!

A. Put B. Take C. Pay D. Attract

18. Start following these five habits to add years to your life _____.

A. expect B. expectant C. expectation D. expectancy

19. Put away your electronic _____ turn off the TV, and chill out on your bed or the sofa for 10-15 minutes before you try to go to sleep.

A. mails B. books C. devices D. appliances

20. Coffee and green tea can help _____ your risk of early death by 20 to 30%.

A. promote B. reduce C. examine D. increase

21. I believe you need to decide if you want to focus on _____ weights or improving your heart health

A. lifting B. putting C. taking D. pulling

22. The doctor have just _____ the patients and fortunately the treatment is working

A. discharged B. suffered C. examined D. operated

23. 30 minutes is enough time to use social media because the screens of electronic devices _____ blue lights

A. give up B. give off C. take in D. take up

24. I don't cook well, so I just whip up some easy Vietnamese _____, such as: spring rolls or fried rice

A. minerals B. nutritions C. recipes D. ingredients

25. I usually cook some simple Vietnamese dishes, whose _____ are meat, onion, pepper, salt and sugar.

A. minerals B. nutritions C. recipes D. ingredients

26. I think we need to eat a balanced diet because junk food has a lot of fat, which is harmful _____ our health.

A. for B. with C. to D. by

27. The last century's advances such as the discovery of _____ and vaccines have contributed to longer life.

A. antibiotics B. natural remedies C. traditional therapies D. acupressure

28. While smoking and fast food consumption can increase the risk of obesity, doing regular _____ activity can help people have a good shape.

A. mental B. physical C. daily D. extracurricular

29. Sneezing is the most common way of spreading an _____.
 A. ignorance B. ache C. injury D. infection

30. All food products should carry a list of _____ on the packet.
 A. areas B. parts C. ingredients D. chemicals

31. The supermarket chain has promised to _____ on packaging.
 A. cut down B. cut off C. cut into D. cut by

32. The coronavirus is so _____ that all citizens in this city contract it.
 A. infection B. infected C. infectious D. infect

33. It's not easy to give up _____. My uncle has tried _____ it lots of times without success.
 A. smoke/ to do B. to smoke/ doing C. smoking/ to do D. smoking/ doing

Ex 3. Circle A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s)

1. Old people have an **active** lifestyle and are cared for by their families
 A. independent B. simple C. energetic D. passive

2. You will become **unhealthy** if you eat too many snacks.
 A. harmful B. nutritious C. sick D. injured

3. Men often gather in the street and laugh with each other. This **reduces** their stress and risk of heart diseases.
 A. cut down on B. go down C. go up D. give up

4. The balance between work and life helps people to protect themselves from the negative **effects** of stress
 A. reasons B. impacts C. causes D. symptoms

5. Eating more fruits and vegetables, but less fatty foods can reduce the risk of serious **diseases**
 A. symptoms B. problems C. treatments D. ailments

6. Research shows that the food we eat can affect **longevity**.
 A. health B. protection C. length D. life span

7. We should **consume** healthy food such as brown rice, fresh fruit and vegetables. We should also eat more fish and less red meat.
 A. use B. eat C. purchase D. sell

8. In the 21st century, scientists continue to look for new ways to **treat** serious diseases and slow down the ageing process.
 A. prevent B. protect C. cure D. eliminate

9. The local government has organised routine health check-ups, created hundreds of walking trails for residents to exercise, and built hot springs for local people to **recover from** ill health.
 A. get over B. give off C. give up D. go over

10. We should do exercise **frequently** and eat more fruits and vegetables to stay healthy
 A. rarely B. daily C. regularly D. immediately

11. I read an article on the Internet, which claimed you could increase your **life expectancy** if you ate brown rice, fruit and vegetables
 A. health B. protection C. length D. longevity

12. No effective **treatment** exists for this highly infectious disease
 A. cure B. problems C. method D. symptom

13. The doctor **examined** her carefully but could find nothing wrong.
 A. treated B. checked C. operated D. diagnosed

14. Please **pay attention to** what I'm about to tell you.
 A. take note of B. take advantage of C. concentrate on D. make use of

15. Avoid bad habits such as drinking too much coffee or teas. **Furthermore**, you should do more exercise
 A. Moreover B. Therefore C. However D. For example

16. The cell is the unit of which all living **organisms** are composed
 A. plants B. animals C. creatures D. immediately

17. An **infectious** disease can be passed easily from one person to another, especially through air or water
 A. serious B. contagious C. mental D. common

18. He died after suffering from a **serious** illness.
 A. severe B. common C. communicable D. curable

19. You ought to **give up** smoking to protect your health
 A. suffer B. reduce C. stop D. prevent

20. I noticed that you was looking a little **under the weather**. You coughed a lot
 A. sleepy B. unhappy C. healthy D. ill

21. She gave us some tips for keeping our skin healthy and preventing **common** skin problems.
 A. particular B. normal C. infrequent D. accepted

22. You should also **exercise** early in the morning when it's not too hot.
 A. have a rest B. do housework C. do homework D. work out

23. Lack of sleep can **lead to** many health problems. We should sleep seven to eight hours a night.
 A. prevent B. solve C. result from D. cause

Ex 3. Circle A, B, C or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s)

1. Spending more time outdoors can boost the body's **strength** and ability to function well
 A. power B. health C. weakness D. injury

2. Getting enough sleep can **reduce** stress and improve your mood
 A. decrease B. relieve C. ease D. increase

3. Stress may **weaken** your immune system
 A. lengthen B. enlarge C. strengthen D. shorten

4. 30 minutes is enough time to use social media because the screens of electronic devices **give off** blue lights
 A. release B. absorb C. emit D. discharge

5. Many of these treatments and new developments have the potential to **prolong** and improve the quality of life.
 A. strengthen B. lengthen C. shorten D. widen

6. Even a **tiny** amount of food may trigger an allergic reaction.
 A. huge B. Therefore C. small D. For example

7. She looks like she's **put on weight**.
 A. gain B. lose C. maintain D. dress

8. The new drug will be **generally** available from January.
 A. in general B. practically C. mostly D. particularly

9. Most of us need to lead more balanced lives to be **healthy** and happy
 A. blue B. ill C. down D. upset

10. I noticed that you was looking a little **under the weather**. You coughed a lot
 A. as pale as a ghost B. green around the gills C. off color D. in the pink