

**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. acupuncture
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