

Exercise 1. Read the passage, and write T (True) or F (False) next to the sentences.

The secrets of long life

The island of Okinawa in Japan has some of the oldest people in the world. It's famous for its high number of centenarians – men and women who live beyond 100 years of age. There have been many scientific studies of their lifestyle and you can even buy cookery books based on their diets. Some of the reasons for their good health are that they:

- go fishing and eat what they catch.
- regularly do gardening and grow their own fruit and vegetables.
- go cycling and never drive when they can walk.
- often spend time with friends. They meet at people's houses and play games.
- rarely buy food from a supermarket.
- do regular exercise, go swimming and lead active lives.

1. The island of Okinawa in Japan is famous for its high number of centenarians.

2. The centenarians are men and women who live under 100 years of age.

3. The centenarians go fishing and eat what they catch.

4. The centenarians go cycling and never drive when they can ride a horse.

5. The centenarians rarely spend time with friends.

6. The centenarians rarely buy food from a supermarket.

Exercise 2. Read and decide if each statement is true or false or not given.

Mark always gets up at twelve in the morning. He does not have breakfast. Mark likes having hamburgers, pizza, crisps and hot dogs for lunch. He always has fizzy drinks like cola. So there are not any vegetables or fruit at home. After lunch, he takes the bus to school - 300 meters away. At six o'clock, Mark goes to the bus stop and comes back home. He sits on his dad's sofa and watches TV for three hours. When he is hungry, he eats lots of sweets or chocolate biscuits and he always drinks cola. He usually goes to sleep at eleven or twelve because he likes playing computer games. He usually stays at home all day on weekends.

No	Statements	T	F	NG
1.	Mark starts his day at about 7 a.m.	☐	☐	☐
2.	Marks usually has hamburgers for breakfast.	☐	☐	☐
3.	There is a very big refrigerator at Mark's home.	☐	☐	☐
4.	Marks lives near his school.	☐	☐	☐

- | | | | |
|---|--------------------------|--------------------------|--------------------------|
| 5. Mark goes back home by bus. | ☐ | ☐ | ☐ |
| 6. Mark spends three hours watching TV. | ☐ | ☐ | ☐ |
| 7. Although Mark likes playing games, he never goes to bed after 10:30 p.m. | ☐ | ☐ | ☐ |
| 8. Mark usually spends hours playing games at home. | ☐ | ☐ | ☐ |

Exercise 3. Read and answer the questions.

HEALTHY DIET

There are two important matters in eating. First is eating enough food. If people eat too little food or wrong food, they will not have enough energy. If they eat too much, they are easy to get overweight. Secondly is eating right food. It means we need to eat correct quantity of each type of food. For example, it is not good to eat too much food in high-calories group and too little fresh and vegetable. So, how do we have a right and balance diet?

Firstly, we need to reduce the amount of high-calories food. Fat in that type of food ma

Created by: Mr Thanh (0369904425)

Secondly, you also should not eat too much sugar. You can completely get energy from other food. Eating sugar is bad for your teeth.

Thirdly, it is good to have a rich-fibre diet. We can find fibre from rice, bread, etc. It is nutrients. It can give you lots of energy, but it does not contain much calories, so you are not afraid of getting overweight when you eat much fibre.

1. How many important matters do we need to care in eating?

☐

2. What will happen if we do not eat enough food?

☐

3. What will happen if we eat too much food?

☐

4. What type of food may lead us to heart disease?

☐

5. What type of food is harmful to our teeth?

☐

6. What type of food should we eat much?

☐

7. What type of food includes much fibre?

☐

8. Why does rice and bread not make you overweight?

☐

Exercise 4. Read the conversation and answer the questions

Phong What time do you usually come home from school?

:

Nick: I usually come home at 11.30.

Phong When do you often have lunch?

:

Nick: I often have lunch at 12 o'clock.

Phong What do you usually have for lunch?

:

Nick: I often have fish and eggs.

Phong What do you do after dinner?

:

Nick: I sometimes go to the cinema, but I usually stay at home, watch TV and do my homework.

Phong Do you often watch TV?

:

Nick: Yes, I do. I like watching sports very much.

Phong When do you go to bed?

:

Nick: I always go to bed at 9.30. I never stay up late.

1. What time does Nick usually come home from school?

☐

2. When does he often have lunch?

☐

3. What does he usually have for lunch?

☐

4. What does he often do after dinner?

☐

5. What TV programme does he like watching?

☐

Exercise 5. Choose the word which best fits each gap.

Breakfast is the (1) _____ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) _____ and helps to

maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (3) _____ to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4) _____ weight if you eat in the morning rather than later in the day. Dividing the day's calories (5) _____ three meals helps take-off weight more efficiently than (6) _____ breakfast and having two larger meals a day does.

- | | | | |
|----------------|-----------|-----------|------------|
| 1. A. healthy | B. tasty | C. main | D. most |
| 2. A. strength | B. power | C. energy | D. effort |
| 3. A. able | B. enable | C. unable | D. capable |
| 4. A. lose | B. put | C. gain | D. drop |
| 5. A. in | B. into | C. up | D. for |
| 6. A. skipping | B. making | C. buying | D. serving |

Exercise 6. Read the following passage and circle the letter A, B, C, or D to indicate the correct answer to each of the questions.

WE ALL NEED EXERCISE

The body needs exercise. Exercise uses up food and keeps the body strong. It makes your heart and muscles strong. Exercise also makes you feel good. If you exercise a few times a week, you will stay healthy and happy.

Some people in America do not get enough exercise. They work in office buildings sitting in a chair all day in front of computers. They live far from their offices, and they have to drive their cars to get to work. Therefore, when they get home at night, they don't want to exercise after work.

Today, many Americans are overweight. This causes health problems for some people. Doctors say that exercise can help people both lose weight and improve their health. So, many people are trying to get more exercise. But it takes time to change, and when people do not see a difference right away, they **lose interest** in exercising.

- The writer says that exercise _____.
 - only makes your muscles strong.
 - send blood to your muscle.
 - is only done in a gym.
 - makes your heart work hard to send blood to your muscles.
- The writer mentions that in America, _____.
 - many people spend much time driving to work.
 - most office workers can get a lot of exercise.
 - many people are overweight because they don't get enough exercise.
 - Americans don't like doing exercise.
- Why don't the Americans get enough exercise?
 - They find it difficult to exercise.
 - They don't have enough time to exercise.

- C. They feel tired of exercising.
 D. They don't want to lose weight.
4. According to the reading, which fact is NOT TRUE?
- A. Exercise makes you feel good.
 B. Some people do not get enough exercise.
 C. Many people have to drive their cars to work.
 D. Many people don't want to get exercise after work because they are lazy.

Exercise 7. Read the text and tick (✓) the correct box.

Mike	I don't like vegetables. I like pizza, chips, and hot dogs for lunch. I don't eat fish at all. I don't like soft drinks. Sometimes my mum makes me drink some milk or juice. I walk to school every day. I go swimming three times a week. I also ride my bike in the park on weekends.
Rose	I eat a lot of fruit and vegetables to stay healthy. I usually have chicken with rice and salad for lunch. I also drink lots of milk because it keeps my teeth and bones strong. I don't like water very much, so I often drink soft drinks. I can't ride a bike, so my mum drives me to school every day. I go jogging twice a week in the park nearby.

Who.....?	Mike	Rose
1. eats more healthy foods		
2. doesn't drink soft drinks		
3. goes cycling in the park at weekends		
4. doesn't go to school on foot		
5. does more sports		