- ***just***= ***recently*** = ***lately****:* gần đây, vừa mới
- ***already, ever****:* đã từng
- ***never … before****:*chưa từng, không bao giờ
- ***for****+* ***khoảng thời gian****:* trong khoảng (for a year, for a long time, …)
- ***since****+* ***mốc thời gian****:* từ khi (since 1992, since june,...)
- ***yet****:*chưa (dùng trong câu phủ định và câu hỏi)
- ***so far = until now = up to now = up to the present:***cho đến bây giờ
- **for/ over/ in/ during + the last/ past + few + days/ months/ years** …: trong suốt

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EXERCISES

Ex 1. Complete the following sentences using the present perfect forms of the verbs in brackets.

1. She_____(learn) English **for** three years.
2. I'm hungry. I_____(not eat) anything **since** breakfast.
3. He **never**_____(drive) a car **before**.
4. We_____(know) each other **since** we were at high school.
5. Everything is going well. We_____(not have) any problem **so far.**
6. I_____(drink) **four cups** of coffee **today**.
7. John_____(live) in Denver **since** 2017.
8. - You **ever**_____(climb) Mount Everest?
- No, I haven't. But I'm sure I will, if I have a chance.
9. It is nice to see you again. We_____(not see) each other **for** a long time.
10. I_____(forget) my key. I can't unlock the door now.
11. Eric is calling his girlfriend again. That is **the third time** he_____(call) her this evening.
12. The police_____(arrest) **two** men in connection with the robbery.
13. Susan really loves that film.
She_____(see) it **eight times**!
14. You **already**_____(read) the book?
What do you think?
15. I_____(not go) to a zoo **before**. It is a nice feeling to go somewhere you **never**
_____ (be) **before**.
16. **Over the past few years**, Viet Nam
_____(become) one of the most popular destinations for foreign visitors in Southeast Asi**a**
17. I _____ (not, sleep) well just **lately**. I don't know how to keep balance between work and play.
18. As an avid traveler, I _____ (travel) to more than 30 countries and 4 continents **up to now.**

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Ex 2. Complete the following sentences using the past simple forms of the verbs in brackets.

1. People_____(build) this school **in 2001.**
2. **Last year**, my father_____(promise) to buy my sister a piano.
3. It_____(be) very hot **last summer**.
4. I_____(walk) home after the party **last night.**
5. The Chinese_____(invent) printing.
6. Sam and I_____(play) tennis **yesterday**. He **was** much better than I **was**, so he ____(win) easily
7. My grandpa_____(die) 30 years **ago**.
8. - You_____(go) to the movies **last night**?
   - Yes, but it_____(be) a mistake. The movie_____(be) awful.
9. When I_____(get) home **last night**, I_____(be) very tired, so I _____(go) straight to the be**d**
10. Diane_____(use) to travel a lot. These days she doesn't take many trips.
11. - When Joe and Carol_____(meet) each other?
    They first_____(meet) when they_____(be) in high school.
12. When Sarah_____(get) to the party **last night**, Eric had already gone home.
13. I_____(ring) you up two days **ago** but I_____(get) no answer. Where you _____(be)?
14. When I_____(be) small, I often_____(play) with a doll.

Ex 3. Complete the following sentences using the past simple forms of the verbs in brackets.

1. When I was waiting for the bus, I _____ (see) my close frien**d**
2. She_____(study) English since she_____(be) four years ol**d**
3. He_____(see) 10 mice when he_____(come) into the room.

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4. When I was going to the door, the phone_____(ring).

5. His health has improved since he_____(return) from the hills.

6. It is the first time he_____(drive) a car.

7. "_____ You_____(find) the key which you_____(lose) yesterday?"
"Yes. I_____ (find) it in the pocket of my other coat."

8. Sarah has lost passport again. It is the second time this_____(happen).

9. When the alarm rang, Jack_____(jump) out of bed quickly.

10. Yesterday, I _____(decide) to stop eating animal products to be a vegan.

11. It _____(be) my birthday last Sunday, so we _____ (meet) up with my friends for a pizz**a**

12. She _____ (be) unwell since last week. She _____ (go) to the hospital three times.

13. I _____ (lose) my appetite for sugary food recently. Now I can only eat food with no sugar.

14. They _____(switch) to having one low-calorie meal for a few months

15. My brother _____ (not, write) his report yet.

16. This is the best book she _____(read)

17. Until now, the disease _____(kill) over thirty thousand people worldwide

18. My brother _____(not, finish) his exercise so far.

EXERCISE ON VOCABULARY

I. Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

1. During the COVID _____, residents were advised to stay at home to avoid further spread of the disease.
A. pandemic B. complicationC. side effectsD. enamel:lớp men

2. There have been great advances in the _____ of cancer.
A. treatment B. diet:ăn chay C. celebration D. enthusiasm:nhiệt tình

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3. You can change your eating habits and lead a healthier _____.
A. health B. development C. lifestyle D. muscles

4. _____ has generally increased over the past few decades, and some people enjoy a longer and healthier life than others.
A. Life expectancy B. Life expectation C. Life requirements D. Lifestyle

5. He started eating healthy food and _____ up bad habits.
A. put B. looked C. gave D. took

6. He has changed his lifestyle since he visited his grandfather, who has just _____ his 90th birthday.
A. celebrate B. celebrated C. celebrating D. celebrates

7. Computers are now being brought into this career to perform _____ tasks.
A. possible B. inactive C. complete D. repetitive

8. The instructions give a balanced _____ and protect against infections.
A. physic B. treatment C. diet D. injury

9. You must be very _____ if you do so much running.
A. fit B. active C. complete D. infectious

10. Regular exercise will help to strengthen your _____.
A. lifestyle B. muscles C. treatment D. development

11. We focus on the importance of ____ participation by elderly people in the life of the community.
A. huge B. contagious C. repetitive D. active

12. When your body is ready for more exercise, you can _____ longer.
A. keep fit B. give up C. stay up D. work out

13. Before you go to bed, avoid _____ coffee or energy drinks.
A. have B. to have C. having D. has

14. The mobile phone's screen _____ blue light that can prevent you from sleeping well.
A. gives off B. takes off C. put off D. turn off

15. If you can't fall asleep, do something _____ or listen to some soft music to relax.
A. repeat B. repetition C. repetitively D. repetitive

16. Don't forget _____ enough water if you want to keep fit.
A. drink B. to drink C. drinking D. drinks

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17. If you have time, you should choose a sport that is _____ for you to stay healthy.
A. suitable B. enthusiastic C. explainable D. harmful

18. Some bacteria can cause _____ diseases such as tuberculosis or food poisoning.
A. infection B. infect C. infectious D. infected

19. The doctor told him to _____ on his drinking.
A. look at B. cut down C. work out D. suffer from

20. I'm taking _____ for a throat infection.
A. antibiotics B. natural remedies: thuốc tự nhiên C. traditional therapies: châm cứu truyền thống D. acupressure: bấm huyệt

21. The screens ___ blued light that can prevent you from sleeping well.
A. give away B. give out C. give in D. give off

22. In order to have good _____, you should eat lightly and laugh cheerfully.
A. spirit B. body C. health D. mood

23. Some alcoholics _____ liver cancer when they drink heavily.
A. contain B. repeat C. develop D. replace

24. Pregnant women should _____ certain foods such as raw eggs.
A. eat B. avoid C. promise D. apologize

25. Some _____ help the human body fight disease.
A. animals B. species C. bacteria D. diseases

26. I _____ many kinds of bread and on the whole I _____ out that whole grain bread even tastes better than white bread.
A. tried - found B. have tried - have foundC. try - found D. tried - have found

27. Since the 1970s, the average cholesterol level of the American _____ due to the growing consumption of red meat and sweeteners.
A. increased B. is increasing C. has increased D. increases

28. Before Covid-19, 50% of Americans _____ out once a week for convenience and for the enjoyment of it.
A. eat B. ate C. had eaten D. has eaten

29. Since the pandemic _____, many people _____ less active and energetic.
A. began - have been B. begin – are C. has begun - were D. began - were

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30. How many world records ___ Usain Bolt, one of the fastest short distance runners alive, _____?
A. did - break B. is – breaking C. does - break D. has - broken

31. Some unhygienic conditions encourage the _____ of disease.
A. development B. increase C. decrease D. spread

32. Foot and mouth disease is caused by a highly _____ virus which animals either eat or inhale.
A. infect B. infection C. infectious D. infectiously

33. _____ for both men and women has improved greatly in the past 20 years.
A. Life work B. Life force C. Life expectancy D. Life skills

34. The poor boy had a serious chest ___ which had spread into his lungs causing a very painful cough.
A. sickness B. indisposition C. infection D. indigestion

35. A well- _____ diet is the key to a happy and healthy life.
A. balanced B. informed C. preserved D. mannered

36. The patient is _____ treatment, so there is nothing more we can do.
A. resisting B. defying C. refusing D. opposing

37. Some of the tasks required considerable physical _____.
A. mineral B. energy C. muscle D. strength

38. They are looking _____ ways to add further value to their products.
A. about B. up C. for D. to

39. His back injury may prevent him _____ playing in tomorrow's game.
A. in B. at C. with D. from

40. He _____ his daily habits since he visited his grandfather.
A. changes B. have changed C. changed D. has changed

41. It's necessary for us to do some _____ activities to stay healthy.
A. physics B. physical C. physically D. physicist

42. She has learned ___ him that taking regular exercise and eating a balanced diet help us keep fit.
A. from B. about C. for D. in

43. In the past, people _____ a lot of clean vegetables and other healthy food.
A. eat B. have eaten C. ate D. are eating

44. Have you started to _____ again? Do you feel better now?

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A. give up B. work out C. give off D. suffer from

45. Cut down _____ fatty foods if you want to lose weight.
A. for B. with C. at D. on

46. Diseases that were once thought incurable can be treated _____ antibiotics
A. with B. under C. in D. about

47. She suffers _____ a rare bone disease.
A. with B. on C. from D. for

48. We _____since we left school.
A. don't meet B. haven't met C. hasn't met D. didn't meet

49. Peter has played football _____ he was a child.
A. for B. so C. since D. because

50. She _____ two miles and a half, and now she feels exhausted.
A. will have run B. was running C. has run D. has been running

51. I haven't met him again since we _____ school ten years ago.
A. have left B. leave C. left D. had left

52. Ba _____ the cap all day yesterday.
A. wear B. wears C. weared D. wore

53. They _____ my blood pressure.
A. just checked B. just check C. are just checking D. have just checked

54. My brother often _____ late to finish his homework, which is not good for his health.
A. stays up B. takes up C. brings up D. gives up

55. Exercise is good but avoid _____ right before you go to bed.
A. exercise B. to exercise C. exercising D. exercises

56. Doctors always advised her to cut _____ salt and sugar in her diet.
A. off B. on C. down on D. about

57. How about _____ the reading club with you?
A. join B. joining C. to join D. joined

58. _____ are often used to treat infections caused by bacteria.
A. Nutrients B. Minerals C. Diets D. Antibiotics

59. This room _____ since I was born.
A. has been painted B. was painted C. painted D. has painted

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60. Where_____ you_____ on the Tet holiday last year?
A. do - go B. did - gone C. did – go D. did - went

61. I can't find my eraser. Have you seen it _____?
A. never B. before C. recently D. just

62. He can't come with us because he has _____ broken his leg.
A. ever B. never C. yet D. just

63. _____ people used to read more.
A. Twenty years before B. Twenty years ago C. For twenty years D. Since twenty years

64. I _____ there once a long time ago and _____ back since.
A. was / have not been B. had been / was not. C. would be / had not been D. have been / will not be

65. In the past, people _____ to the beach more often.
A. have gone B. used to go C. were going D. had gone

66. Where _____Nam from yesterday?
A. am B. is C. was D. Were

67. For the past five years, Iceland _____ in the first rank of educational achievement and improvement in women's economic conditions.
A. have been B. has been C. has have being D. had been

68. I haven't applied for this job _____.
A. just B. never C. ever D. yet

69. Has Mary listened to the song _____ 2 hours?
A. for B. never C. ever D. yet

70. He has gone to the UK for further education since he _____ upper secondary school.
A. finished B. is finishing C. will finish D. finish

II. Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following sentences.

1. Viruses are **tiny** germs that cause diseases in people, animals and plants. They are about 0.02 to 0.25 microns.
A. huge B. large C. small D. giant

2. **Regular** exercise can increase your fitness.
A. different B. changing C. unusual D. everyday

3. You can burn fat by doing this simple exercise **routine.** Repeat the actions again and again.

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A. technique B. habit C. movement D. diet

4. Antibiotics are often used to **treat** infections caused by bacteria.

A. cure B. control C. reduce D. expand

5. Bacteria are so dangerous. Scientists should find a way to **get rid of** them all.

A. release B. waste C. remove D. erase

III. Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following sentences.

1. To stay healthy, you should **cut down on** sugar and fast food.

A. increase B. reduce C. develop D. replace

2. How can we **prevent** diseases caused by viruses?

A. continue B. approve C. support D. avoid

3. Having a **balanced** diet is the key to a healthy lifestyle.

A. unreasonable B. fair C. equivalent D. suitable

4. They are not living things so they need to enter our bodies to become **active**.

A. alive B. effective C. idle D. mobile

5. They can cause a range of illnesses, from the common cold to more **serious** diseases such as Covid-19.

A. severe B. unimportant C. thoughtful D. honest

IV. Read the following passage and choose the correct answer to each of the following questions.

In today's fast-paced world, maintaining a healthy lifestyle has become more important than ever before. A healthy lifestyle involves making conscious choices about what we eat, how much we exercise and how we prioritise sleep. By adopting healthy habits, we can prevent chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life.

A balanced diet is the foundation of a healthy lifestyle. Eating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can provide the essential nutrients needed to maintain good health. Processed foods, sugary drinks, and saturated fats should be avoided as they can lead to obesity, heart disease, and other chronic illnesses.

Regular exercises are also crucial for a healthy lifestyle. They help in strengthening muscles and bones, improving cardiovascular health, and reducing the risk of chronic diseases. Exercises also release endorphins, which are natural mood boosters and can help reduce stress levels. Experts

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recommend at least 30 minutes of moderate intensity exercises per day for adults.

Adequate sleep is another important aspect of a healthy lifestyle. Getting 7-8 hours of sleep per night can improve cognitive function, enhance memory, and promote physical and emotional health. A regular sleep routine, avoiding caffeine and electronics before bedtime, and creating a relaxing sleep environment can help improve sleep quality.

In conclusion, a healthy lifestyle requires a balanced diet, regular exercises and adequate sleep. By making small changes to our lifestyle, we can significantly reduce the risk of chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life. It is essential to prioritise healthy habits and make **them** a part of our daily routine.

1. Which of the following can be the best title for the passage?
   A. How to Have a Healthy Lifestyle B. The Importance of Exercises
   C. Our Daily Routine D. The Well-being of the Brain
2. According to the passage, people should avoid _____ before bedtime to have a good sleep.
   A. processed food B. caffeine C. whole grains D. endorphins
3. The word **"them"** in the last paragraph is referred to _____.
   A. regular exercises B. chronic diseases C. small changes D. healthy habits
4. The word **"adequate"** in paragraph 4 is closest in meaning to _____.
   A. enough B. poor C. amiable D. exceptional
5. Which of the following is NOT true according to the passage?
   A. Adults are advised to exercise moderately for 30 minutes every day.
   B. Adequate sleep can help enhance memory.
   C. People should avoid all kinds of fats to maintain good health.
   D. Endorphins help reduce stress.

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