

Vocab and grammar

Ex 3. Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

1. Eating too much _____ will be harmful to your health.
A. vegetables B. junk food C. healthy food D. fresh food
2. We should follow the advice from doctors and health _____ in order to keep fit.
A. people B. workers C. managers D. experts
3. All of them enjoy _____ to rock music.
A. to listen B. listening C. listen D. to listening
4. She keeps _____ by exercising daily and eating well.
A. health B. fit C. size D. shape
5. I love playing volleyball, _____ my father doesn't.
A. and B. so C. because D. but
6. To _____ healthy, you need between 1,600 and 2,500 calories.
A. let B. stay C. make D. do
7. When you have flu, you may have a cough and a _____ nose.
A. runny B. running C. flowing D. noisy
8. I enjoy _____ in the morning because I find it good _____ my health.
A. gardening/ for B. gardening/ to C. garden/ for D. garden/ at
9. We can make postcards and sell them to _____ money to help the homeless people.
A. rise B. raise C. get D. own
10. _____ are those who do not have a home and really need help.
A. homeless people B. sick children C. disabled people D. elderly people
11. In 2012, they _____ their project for street children.
A. start B. are starting C. started D. have started
12. We need to spend less time _____ computer games.
A. play B. to play C. playing D. to playing
13. The man _____ up this hobby when he returned to his country.
A. added B. had C. took D. saw
14. Community service is the work you do for the _____ of the community.
A. problems B. solutions C. benefits D. causes
15. My brother sometimes _____ blood at a local hospital.
A. raises B. provides C. helps D. donates
16. Do more exercise _____ eat more fruit and vegetables.
A. but B. or C. and D. so
17. Our school has a programme to _____ children from poor families in Ho Chi Minh City.
A. ask B. offer C. tutor D. volunteer
18. The seafood I ate this morning makes me feel _____ all over.
A. itchy B. weak C. running D. well
19. Eating a lot of junk food may lead to your _____.
A. obesity B. fitness C. pain D. stomachache
20. They have decided to clean up the neighbourhood _____ it is full of rubbish.
A. so B. but C. although D. because