Date:……../11/2026 Name:

UNIT 2: HEALTHY LIVING

I. PRONUNCIATION

A. Choose the word whose underlined part is pronounced differently from that of the others

1. A. form	B. van	C. activity	D. love
2. A. find	B. fame	C. of	D. fish
3. A. colourful	B. friend	C. telegraph	D. caught
4. A. forty	B. enough	C. phrase	D. cover
5. A. bought	B. food	C. photo	D. Telephone

B. Choose the word that has a different stress pattern from that of the others

1. A. condition	B. vegetable	C. tomato	D. surrounding
2. A. deliver	B. repetition	C. community	D. activity
3. A. enough	B. avoid	C. sleepy	D. around
4. A. cheesecake	B. pimple	C. without	D. quiet
5. A. healthy	B. affect	C. Harmful	D. tidy
6. A. relax	B. contain	C. harmful	D. Result

II. MULTIPLE CHOICE

1. If people _____ healthy food, they _____ good health.
A. eat - would have B. ate - will Ihave
C. eat - will have D. ate - would have

2. You should avoid _____ cold water when you _____ a cough.
A. to drink - have B. drinking - have
C. to drink - are having D. drinking - are having

3. - I've got ____ for days. It hurts. - Why don't you use lip balm?
A. sunburn B. acne C. chapped skin D. chapped lips

4. He doesn't eat meat or fish. He is a _____.
A. actor B. cooker C. vegetarian D. writer

5. _____ and fruit have many vitamins.
A. Bread B. Soft drinks C. Cakes D. Vegetables

6. The lamp doesn't give much light. It's quite _____.
A. dim B. fresh C. bright D. tasty

7. Her hands are red and _____ because of working outside all winter.
A. warm B. chapped C. healthy D. smooth

8. Having flu makes me _____.
A. tire B. tiring C. tired D. tiredness

9. You should _____ to Dr. Smith's advice.
A. get B. listen C. take D. try

10. Jack spends a lot of money _____ junk food every day.
A. about B. with C. on D. for

11. My parents _____ running every Sunday.
A. go B. goes C. went D. will go

12. She jogs every day to keep _____.
A. unfit B. fit C. healthy problems D. health

13. Eating much fast food is not good for your _____.
A. healthy B. health C. health problems D. healthy activities

14. Eat less sweetened food, _____ you won't put on weight.
A. but B. because C. and D. or

15. You should use _____ sometimes to rest your eyes.
A. eyelashes B. eye drops C. eyelid D. eyeliner

16. Tofu is a product from .
A. coloured vegetables B. meat C. soybeans D. fish

LIVEWORKSHEETS

17. You shouldn't read in _____.
A. bright light B. activity C. indoor D. dim light

18. _____ is a skin condition.
A. Activity B. Acne C. Exercising D. Health

19. _____ don't eat meat or fish.
A. Doctors B. Active people C. Vegetarians D. Exercising people

20. We should _____ sweetened food and soft drinks.
A. affect B. avoid C. exercise D. keep fit

III. CAUTION SIGNS – WARNING

1.



What does the notice say?
A. The guest wants makeup products in the room.
B. The guest requests a blue-themed room design.
C. The guest wants the room cleaned and rearranged.
D. The room's interior design needs improvement.

2.



What does the notice say?
A. Check-in desk.
B. No brand items.
C. Scale your luggage here.
D. Lost luggage found here

3.



A. She is out of cash.
B. We only accept payment in cash.
C. The shop charges less if the customer don't pay in cash .
D. Please exchange money here.

4.



A. No right turn for vehicular traffic
B. No U-turn for vehicular traffic
C. No left turn for vehicular traffic
D. No right turn for pedestrians



A. You have to ring the bell to ask for help.
B. The bell will ring when you come in.
C. The bell will ring when you go out.
D. The staff will ring the bell for you.

LIVEWORKSHEETS

Reading 1 :

STAYING HEALTHY

Let's take care (1) _____ our body and mind! Eat (2) _____ fruits and vegetables every day. Drink plenty of water and (3) _____ enough sleep. Exercise often — even a short walk helps. Don't forget to relax and smile. A healthy life is a happy life. Join us for simple tips and fun activities to stay (4) _____ and feel good every day. Start your healthy journey now!

1. A. of	B. for	C. to	D. with
2. A. obese	B. mental	C. fresh	D. itchy
3. A. make	B. look	C. get	D. take
4. A. strength	B. strong	C. strengthen	D. strongly

Reading 2:

Losing weight is something almost every person wants to do. It is a (1)_____ process that needs determination and motivation. There are many steps involved in this but the most important thing is to stick with it. The first step in losing weight is to get rid of all the (2)_____ food in your house, the less you see it the less you want it, and the less you want it the less you eat it. The second step is to begin eating (3)_____. In order to lose weight and keep it off, you must adapt good eating (4)_____. You have to stay away from fried foods and foods that have a lot of fat. The most important step in losing weight is (5)_____. Eating healthily will only keep you from getting (6)_____, but exercise is what allows you to lose the weight.

1. A. easy	B. simple	C. difficult	D. usual
2. A. delicious	B. junk	C. leftover	D. cold
3. A. quickly	B. slowly	C. healthily	D. normally
4. A. style	B. behaviour	C. activities	D. habits
5. A. exercising	B. running	C. walking	D. sleeping
6. A. thin	B. bored	C. ill	D. fat

READING 1:

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 may lead you to heart disease.

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.

True or False:

1. Eating too much food can make people overweight.
2. Fat in high-calorie food may lead to heart disease.
3. Fibre contains many calories, so eating a lot of fibre can easily make you overweight.
4. What is the passage mainly about?

A. Different kinds of high-calorie food
B. The importance of having a healthy and balanced diet
C. How to get energy from sugar
D. The causes of heart disease

LIVEWORKSHEETS

Reading 2: Obesity is a metabolic disorder associated with excess body fat that increases the risk of health problems. Its main cause is an unhealthy diet such as eating a lot of sweets, fast food and drinking stimulants. Obesity will make you unattractive and easy to suffer from some dangerous diseases like heart disease, high blood pressure and diabetes. Overweight people should eat more green vegetables especially foods containing a lot of fiber. They should drink enough 2 litres of water per day. Moreover, they should eat a lot in the morning, limit snacking and don't eat at night. Eat regularly to avoid hunger, because when you are hungry, you will eat a lot of energy and increase excess body fat.

1. Obesity is a health problem caused by excess body fat.
2. Overweight people should eat more green vegetables and foods rich in fibre.
3. Eating regularly can help people avoid hunger and reduce excess body fat.
4. **What is the passage mainly about?**
   A. The causes and ways to prevent obesity
   B. The benefits of eating fast food
   C. The importance of drinking water
   D. Different kinds of dangerous diseases.

VI. WORD FORMS

1. health /(n): sức khỏe - healthy (adj): khỏe mạnh - unhealthy (adj): không khỏe mạnh - healthily (adv): một cách khỏe mạnh - unhealthily (adv): một cách không khỏe mạnh **2.allergy** (n): Bệnh dị ứng - Allergic (to) (adj): Bị dị ứng **3. concentration (on)** (n): sự tập trung - concentrate (on) (v): tập trung	**4. act** (v): hành động, diễn xuất - action (n): hành động - activity (n): hoạt động - active (adj): năng động, tích cực **5. differ** (v): khác nhau, bất đồng - difference (n): sự khác biệt - different (adj): khác biệt - differently (adv): một cách khác biệt

1. My brother is _____ to peanuts, so he never eats them. *(ALLERGY)*
2. There are many cultural _____ between these two countries. *(DIFFER)*
3. Playing sports regularly is a great way to stay _____. *(HEALTH)*
4. Smoking is an _____ habit that harms your lungs. *(HEALTHY)*
5. Students need to _____ on their lessons in class. *(CONCENTRATION)*
6. Good _____ is important when you are studying for an exam. (CONCENTRATE)
7. She participates in many outdoor _____ at school. *(ACT)*
8. People have many _____ opinions about healthy food. *(DIFFER)*
9. He is a very _____ boy who loves playing football and swimming. *(ACT)*
10. If you eat _____, you may have some health problems. *(UNHEALTHY)*
11. Some people have an _____ to seafood. *(ALLERGIC)*

LIVEWORKSHEETS

VIII. SENTENCE TRANSFORMATION

1. It is (not) good for someone + To V....<=> S should/ shouldn't + Vo.....

2. should = ought to + Vo
should not (shouldn't) = ought not to + Vo

You *should* eat more vegetables. = You *ought to* eat more vegetables.
You *shouldn't* stay up late. = You *ought not to* stay up late.

3. want = would like
Do you want ? = Would you like ?

4. so <=> because

It rained heavily, so we stayed at home.
We stayed at home because it rained heavily.
Because it rained heavily, we stayed at home.

1. It's good for us to go to bed early every day.
=>We should _____
2. It is not good for you to sit close to the TV screen.
=> You shouldn't _____
3. It is very good for you to have a nutritious breakfast every morning.
=>You should _____
4.My brother would like to stay fit..
=> My brother _____

5. Students shouldn't use mobile phones in class.
=> Students ought _____
6. We should do exercise regularly to stay healthy.
=> We ought _____
7. You ought not to stay up late every night.
=> You should _____
8. Nam eats a lot of junk food, so he gains weight quickly.
=>Nam gains _____
9. She was tired because she stayed up late doing homework.
=>She stayed up late doing homework, _____
10. Do you want to go cycling with us this Sunday?
=>Would you like _____

LIVEWORKSHEETS