UNIT 2 : HEALTH

1. PHONETICS

I. Choose the words whose underlined part is pronounced differently from that of the others in each group

1. A. put	B. adult	C. junk	D. sun
2. A. itchy	B. riding	C. sick	D. swimming
3. A. chemical	B. children	C. headache	D. architect
4. A. vegetarian	B. depression	C. essential	D. attention
5. A. myth	B. cycling	C. itchy	D. allergy

II. Choose the word whose main stressed syllable is placed differently from that of the other in each group.

1. A. regular	B. allergy	C. already	D. yesterday
2. A. healthy	B. disease	C. sickness	D. expert
3. A. recover	B. vitamin	C. calorie	D. temperature
4. A. allergy	B. backache	C. toothache	D. obesity
5. A. dangerous	B. accident	C. telephone	D. engineer

2. MULTIPLE CHOICE

I. Choose the best answer to complete each of the following sentences.

1. You should eat a lot of fruits and vegetables because they_____ vitamin A, which is good for the eyes.
   A. run **B**. take **C**. provide **D**. get
2. The health_____from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.
   A. advices **B**. ideas **C**. tip **D**. tips
3. The seafood I ate this morning makes me feel_____all over.
   A. itchy **B**. weak **C**. running **D**. well
4. If you want to be fit, stay outdoors more and do more_____activities.
   A. physics **B**. physic **C**. physical **D**. physically
5. Do more exercise_____eat more fruit and vegetables.
   A. and **B**. so **C**. but **D**. although

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6. After working in computer for long hours, you should_____your eyes and relax.

A. wake **B**. rest **C**. sleep **D**. sleep in

7. Eat less high-fat foods to keep you from_____ fat.

A. gaining **B**. reducing **C**. getting **D**. rising

8. We should follow the advice from doctors and health_in order to keep fit.

A. managers **B**. experts **C**. people **D.** workers

9. Have a healthy_____and you can enjoy your life.

A. lifeline **B**. lively **C**. lives **D**. lifestyle

10.They go_____outside even when it's cold.

A. swims **B**. swiming **C**. swimming **D**. swam

11. Rob eats a lot of fast food and he_____on a lot of weight.

A. spends **B**. brings **C**. takes **D**. puts

12. We need to spend less time_____computer games.

A. playing **B**. to playing **C**. play **D**. to play

13. To prevent_____, you should eat a lot of garlic and keep your body warm.

A. cold **B**. mumps **C**. flu **D**. headache

14. Be careful with_____you eat and drink.

A. who **B**. this **C**. what **D**. that

15. Eating a lot of junk food may lead to your_____.

A. pain **B**. stomachache **C**. obesity **D**. fitness

16. In order to have good_____, you should eat lightly and laugh cheerfully.

A. spirit **B**. body **C**. health **D**. mood

17. Do you believe that eating_____carrots helps you see at night?

A. most **B**. the most **C**. much more **D**. less

18. We should try to keep everything around us clean and then flu will find it_____ _____to spread.

A. difficultly **B**. difficulties **C**. difficult **D**. difficulty

19. My father does morning_____every day.

A. running **B**. well **C**. exercise **D.** weak

20. We should play sports or do exercise in order to stay in_____.

A. fit **B**. health **C**. look **D**. shape

21. You can avoid some diseases by _____yourself clean.

A. keeping **B.** taking **C.** looking **D.** bringing

22. The Japanese eat a lot of fish instead of meat_____they stay more healthy.

A. but **B.** because **C.** although **D.** so

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23. She looks tired. What's the …….. with her?

A. matter **B.** happen **C.** wrong **D.** right

24. Minh is absent from class today …….. he is ill.

A. but **B**. because **C.** when **D.** so

25. He is a(n) _____. He doesn't have a habit of eating meat.

A. patient **B**. expert **C**. vegetarian **D**. adult

26. She usually eats some sweet cakes before going to sleep, so she may put____ weight if she continues to do that.

A. in **B**. up **C**. on **D**. into

27. Watching too much television is not good_____you or your eyes.

A. with **B.** to **C.** at **D.** for

28. When you have flu, you may have a cough and a_____nose.

A. runny **B.** running **C.** flowing **D.** noisy

29. When you have a temperature, you should drink more water and rest_____.

A. most **B.** more **C.** most **D.** less

30. I forgot to wear a sun hat today and I got a_____.

A. stomachache **B.** earache **C.** backache **D.** headache

31. My brother played volleyball with his friends on the beach yesterday. Hissk in turns brown and got some _____.

A. sunburns **B**. sickness **C.** allergies **D.** weight

32. Don't eat that type of fish: you may have a/an_____.

A. sick **B.** sore **C.** energy **D.** allergy

33. Do you believe that eating_____carrots helps you see at night?

A. much more **B.** less **C.** most **D.** the most

34. Sorry! I'm busy tonight. I have an …….. with my doctor at 7 o'clock.

A. opportunity **B.** occasion **C.** appointment **D.** activity

35. Don't eat too _____ candy. It's bad for your teeth.

A. much **B.** many **C.** lots of **D.** more

36. I'm glad _____you're feeling better.

A. hear **B.** hearing **C.** to hear **D.** of hearing

37. You should wash your hand _____ meals.

A. after **B.** in **C.** before **D.** at

38. You can have better health when you_____ drinking a lot of soft drink.

A. avoid **B**. keep **C**. get **D**. prefer

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39. I was caught in the snowy storm yesterday. After that, I had a(n)_____ and a headache so I thought I had flu.

A. earache **B**. toothache **C**. weakness **D**. sore throat

40. Your sister can_____ in shape by doing gymnastics regularly.

A. place **B**. stay **C**. fit **D**. turn

41. You will get_____ if you gain weight rapidly.

A. cough **B**.flu **C**. obesity **D**. stomach ache

42. You shouldn't go out with your friends today and should relax at home because you can make your flu_____. It will be bad for their health.

A. drop **B**. spread **C**. limit **D**. depress

43_____ does Minh feel nervous? – Because he's seeing the dentist.

A. How **B.** Why **C.** What **D.** When

44. _____! You will have a strong heart.

A. Eat vegetables more **B**. Watch TV more

C. Eat less fruits **D**. Wash your face less

45. _____! You will have more time to concentrate on your study.

A. Take more pictures when you go out

B. Do your exercises more

C. Go to sleep early

D. Talk on the telephone with your friends less

46. _____! You can lose your weight more quickly.

A. Take care of yourself more

B. Walk around the park more regularly

C. Focus on your own study

D. Drink mineral water more when you play in the sun

47. She usually plays badminton, _____she eats a lot of healthy food.

A. and **B**. but **C**. so **D**. or

48. You can choose fish and rice for your lunch, _____you can choose fried chicken and some apples for it.

A. so **B**. or **C**. but **D**. and

49. He felt pain in his eyes two days ago, _____his mother took him to the doctor.

A. but **B**. because **C**. or **D**. so

50. I like eating ice-creams very much, _____I should eat them less to avoid having toothache.

A. because **B**. or **C**. but **D**. so

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