Which **TWO** of the following reasons are mentioned?

A. The dangerously low temperature
B. The impacts of climate change
C. The changeable environment of the Alpine
D. The overcrowd of visitors coming to the valley
E. The waste produced by tourists

V. BÀI TẬP VỀ NHÀ

Exercise 1. The following words are common in the IELTS test. Match each word to a correct synonym

1	differentiate	a	belief
2	issue	b	affect
3	opinion	c	essential
4	concern	d	impact
5	important	e	distinguish
6	justify	f	protect
7	preserve	g	problem
8	attitude	h	view
9	influence	i	worry
10	effect	k	explain

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Exercise 2. Read and answer the questions

Living in the Blue Zone



A A 'Blue Zone' is a name for a place where people live longer, healthier lives. The Hunza Valley is in the North of Pakistan. It is a place where people can live until the age of 90 in good health. Some people even get to the age of 120! The Hunza Valley is a rich, fertile area with a lot of farms. The region is located high up in the mountains and is isolated from the rest of the world.

B No one really knows how long the people of the Hunza valley live. The truly extraordinary fact is that all studies of the Hunza show that the older people are fit, healthy and full of energy. The mountain areas where they live are extremely rough and their lives are spent moving between the steep mountains and rocky valleys. The people here are fitter and healthier than even the famous Sherpa people of the Himalaya region.

C The Hunza people have a simple lifestyle and eat mostly plants, which are eaten raw. They don't have large amounts of fuel for cooking food and there aren't many animals available for eating so they plant what they can and gather the rest. Apricots, cherries and other fruits are all grown by the Hunza. They also eat a lot of grains including wheat and barley.

D The Hunza people are described by some researchers as 'the happiest people on earth'. This is because they have a positive outlook. Perhaps their love of life can be explained by their daily exercise and simple way of living.[19]

Choose the correct answer, A, B or C

[19] Tham khảo bài đọc trang 79, Sách Bridge to IELTS Band 3.5 to 4.5, NXB National Geographic Learning

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1. For how long maximum can a person in the Blue Zone live?
   A. 90 years
   B. 120 years
   C. Not mentioned
2. Where is the Hunza Valley?
   A. In the mountains in Northern Pakistan
   B. On the farm
   C. In an urban area
3. What is an unusual fact proved by studies about the Hunza?
   A. The older you get, the healthier you become
   B. The young people are usually very energetic
   C. Although people gets old, they are in a good health condition
4. Why do the Hunza plant their own food?
   A. Because fuel for cooking are not always ample
   B. Because they are vegetarians
   C. Because they are good at agriculture
5. Why are the Hunza characterised as the happiest people?
   A. Their appearance
   B. Their positive attitude towards life
   C. Their healthy diet

Exercise 3. Read and answer the questions

Our Diet Matters

Section I

The average person swallows about half a ton of food a year ~ not counting drink - and though the body is remarkably efficient at extracting just what it needs from this huge mixture, it can only cope up to a point.

If you go on eating too much of some things and not enough others, you'll eventually get out of condition and your health will suffer.

So think before you start eating. It may look good. It may taste good. Fine! But how much

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good is it really doing you?

Section II

What you eat and the way it affects your body depend very much on the kind of person you are. For one thing, the genes you inherit from your parents can determine how your body-chemistry (metabolism) copes with particular foods. The tendency to put on weight rather easily, for example, often runs in families - which means that they have to take particular care.

And your parents may shape your future in another way. Your upbringing shapes some basic attitudes to food -like whether you have a sweet tooth, nibble between meals, take big mouthfuls or eat chips with everything.

And there is your lifestyle. How much you spend on food (time as well as money), how much exercise you get - these can alter the balance between food and fitness.

And finally, both your age and your sex may affect this balance. For example, you are more likely to put on weight as you get older, especially if you are a woman.

So, everybody's different and the important thing is to know yourself.

Section III

If you are eating a fairly varied diet, it is just about impossible to go short of proteins, vitamins or minerals. It is likely, too, that you have more than enough fats and carbohydrates.

Take proteins for instance. On average, we eat about twice as much protein as we need.

Vitamin pills are not likely to help either. A varied diet with plenty of fresh fruit, vegetables and cereals along with some fish, eggs, meat and dairy products will contain more than enough vitamins. Unless you have some special medical reason, it is a waste of time and money to take vitamin pills.

As for minerals, there is no shortage in the average diet and it is useless to have more than you need.

Section IV

Just about everything you eat contains energy- measured as calories; the higher the number of calories, the more energy. But don't make the mistake of thinking that eating extra energy-rich foods will make you more energetic. The amount of energy in your daily diet

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should exactly balance the energy your body-machine burns up. If you eat more than you use, the extra energy is stored as body fat. And this is the big problem.

Section V

Over hundreds of thousands of years, man's food came mainly from plants.

He ate cereals (like wheat), pulses (like beans and peas), vegetables, fruit and nuts. So our ancestors were used to eating the sort of food that contains a lot of fibre.

In comparison with our ancestors, the sort of food we eat today contains very little fibre. Our main foods are meat, eggs and dairy products, which contain no fibre at all.

Lack of fibre seems to be connected with various disorders of the digestive system. Some experts also believe that lack of fibre may even lead to heart disease.

If you are worried about your weight, eating more fibre may actually help you to slim! Food with plenty of fibre like potatoes or bread can be satisfying without giving you too many calories.[20]

1. Generally speaking, which one of the following four puts on weight comparatively easier?
   A. A male aged 35 C. A male aged 45
   B. A female aged 35 D. A female aged 45
2. Which of the following statements is NOT true?
   A. A person is likely to put on weight if his father is overweight.
   B. Eating habits could be shaped by one's parents.
   C. Generally speaking, we eat more proteins than our bodies need.
   D. The amount of energy in your diet should be higher than the energy your body-machine burns up.
3. Compared with that of our ancestors, our diet tends to lack
   A. vitamins. C. minerals.
   B. fibre. D. calories.
4. If your daily diet is a rather varied one, it is almost impossible that
   A. your body store extra body fat.
   B. your body need vitamin pills as supplement.
   C. your body take in more carbohydrate than it can use.

[20] Tham khảo bài đọc trang 75, Sách Basic IELTS Reading

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D. your body need to take in more fibre.

5. Which word can best describe the main purpose of the passage?

A. Informative
C. Descriptive
B. Argumentative
D. Persuasive

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