

I. Read the passage and answer the questions by circling A, B or C.

Choosing to volunteer takes up some of your time. Some people say that they do not have time to help others, so they don't volunteer. But scientists say giving time to help others benefits us.

The first benefit of volunteering is that it helps us learn to be flexible. Volunteers have to be ready for changes and stay flexible when solving problems. Second, volunteering can improve our health because it requires us to be active. A report found that Americans who volunteer 100 hours or more a year are the healthiest people in the country. Third, volunteers have opportunities to develop more relationships. They often work in teams, and team members get to know each other and sometimes even become friends. Moreover, volunteers often help needy people, so they may feel thankful for what they have. For these reasons, volunteers are generally positive and are less likely to become depressed.

So if you have not joined a volunteer activity yet, think about it. You are likely to benefit from doing so.

1. What is the main idea of the passage?

- A. There are different types of volunteer activities.
- B. What to expect when you do volunteer work.
- C. There are some good reasons why you should do volunteer work.

2. Which is NOT true about volunteers?

- A. They are the strongest and most active.
- B. They are flexible thinkers.
- C. They are generally more positive.

3. Which is a benefit of doing volunteer work?

- A. You will have a happier family.
- B. You can have more friends.
- C. You will never feel unhappy.

4. Why are volunteers often more positive?

A. They are the healthiest people in the country.

B. They stay active.

C. They often feel they are luckier than others.

5. How many benefits are mentioned in the passage?

A. Two.

B. Three.

C. Four.

6. What is the purpose of the passage?

A. To tell people not to join volunteer activities if they don't have the time.

B. To encourage people to do some volunteer activities.

C. To explain the steps you should follow when you join volunteer

II. Find out a mistake and correct it.

1. He often get up early and go to office by bus.

=> _____

2. I teaches students in a high school.

=> _____

3. My dad enjoys to collect stamps, and he has a big stamp collection.

=> _____

4. Last Tet holiday, we gived them banh chung.

=> _____

5. Did teenagers joined Lending Hand in 2015?

=> _____.

II. Rearrange the words and phrases to make simple sentences.

1. don't eat / they / much /fast food/.

=> _____.

2. do not / have much stress / in the countryside / People /

=> _____.

3. your / eyedrops / tired eyes / You / for / can use / .

=> _____.

4. my country / Green tea / in / a popular drink / is /

=> _____.

5. Air pollution / our health. / really harmful / is/

=> _____.

6. volunteer/ can/ do/ their/ work/ to help/ community/ Everyone.

=> _____.