UNIT 1:
A LONG AND HEALTHY LIFE

I. VOCABULARY

STT		TỪ LOẠI	NGHĨA
1		adj n/v	cân bằng, cân đối sự thăng bằng, sự cân bằng/cân bằng
2		n	chế độ ăn
3		n adj adv n	sự nhiệt tình tràn đầy nhiệt huyết một cách nhiệt tình người nhiệt tình
4		adj adv n n n	thân thể, thuộc tự nhiên, liên quan đến vật lý về mặt thể chất, theo quy luật tự nhiên môn Vật lý nhà vật lý bác sĩ điều trị
5		adj	thuộc tâm thần, thuộc trí óc
6		n v	sự đối xử, sự điều trị đối xử, điều trị
7		v	đau khổ, chịu đựng, mắc phải
8		n v adj	chấn thương gây thương tích bị thương
9		n v adj adv	sức mạnh củng cố, tăng cường khỏe mạnh, bền vững, chắc chắn, kiên cố mạnh, chắc chắn
10		v n	khảo sát, khám, kiểm tra sự khảo sát, kỳ thi, sự thẩm vấn

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		n n	giám khảo thí sinh
11		n	cơ bắp
12		np	tuổi thọ
13		v n adj	giải thích sự giảng giải, lời giải thích có thể giải thích được
14		n	thành phần
15		n n adj adj	sự dinh dưỡng; khoa dinh dưỡng chất dinh dưỡng dinh dưỡng bổ dưỡng
16		n	khoáng chất
17		adj	mang tính lặp đi lặp lại
18		np	thiết bị điện tử
19		n	sự sung sức, sự khỏe khoắn
20		n	vi khuẩn
21		n	sinh vật
22		n adj v	sự lây nhiễm truyền nhiễm lây nhiễm
23		n	bệnh lao
24		np	ngộ độc thực phẩm
25		n	thuốc kháng sinh
26		adj	nhỏ xíu
27		n	vi trùng, mầm mống

II. STRUCTURES

STT		NGHĨA
1		tập thể dục; tính toán

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2		bỏ cuộc, từ bỏ
3		thức
4		dừng lại để làm gì ngừng hẳn làm gì đó
5		học hỏi điều gì từ ai
6		tập thể dục
7		dành thời gian làm gì
8		khỏe mạnh
9		chịu đựng, trải qua, mắc phải
10		cố gắng làm điều gì thử làm điều gì
11		chú ý đến ai/cái gì
12		tránh làm điều gì
13		nhớ phải làm điều gì nhớ đã làm điều gì
14		bắt đầu làm điều gì
15		đầu tiên *(được sử dụng để đưa ra lý do quan trọng đầu tiên cho một cái gì đó)*
16		phù hợp với ai/cái gì
17		giữ dáng
18		sẵn sàng cho cái gì
19		ít nhất là
20		tỏa ra, phát ra, bốc ra
21		ngăn cản ai làm điều gì
22		ngủ thiếp đi, chìm vào giấc ngủ
23		cắt giảm
24		gợi ý làm điều gì
25		quên làm điều gì quên đã làm điều gì
26		vui lòng làm điều gì

LIVEWORKSHEETS

IV. PRACTICE EXERCISES

A. PHONETICS

Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. fit	B. visit	C. diet	D. injure
2. A. wonderful	B. together	C. develop	D. condition
3. A. suffer	B. fortunate	C. summer	D. just
4. A. prefer	B. exercise	C. answer	D. better
5. A. healthy	B. headache	C. treatment	D. feather

Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

1. A. balance	B. burger	C. lesson	D. infect
2. A. mental	B. receive	C. early	D. healthy
3. A. celebrate	B. vegetable	C. expectancy	D. organism
4. A. physical	B. mineral	C. condition	D. injury
5. A. fortunate	B. ingredient	C. remember	D. develop

B. VOCABULARY

Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following sentences.

1. Viruses are **tiny** germs that cause diseases in people, animals and plants. They are about 0.02 to 0.25 microns.

A. huge B. large C. small D. giant

2. **Regular** exercise can increase your fitness.

A. different B. changing C. unusual D. everyday

3. You can burn fat by doing this simple exercise **routine.** Repeat the actions again and again.

A. technique B. habit C. movement D. diet

4. Antibiotics are often used to **treat** infections caused by bacteria.

A. cure B. control C. reduce D. expand

5. Bacteria are so dangerous. Scientists should find a way to **get rid of** them all.

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A. release B. waste C. remove D. erase

Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following sentences.

1. To stay healthy, you should **cut down on** sugar and fast food.

A. increase B. reduce C. develop D. replace

2. How can we **prevent** diseases caused by viruses?

A. continue B. approve C. support D. avoid

3. Having a **balanced** diet is the key to a healthy lifestyle.

A. unreasonable B. fair C. equivalent D. suitable

4. They are not living things so they need to enter our bodies to become **active.**

A. alive B. effective C. idle D. mobile

5. They can cause a range of illnesses, from the common cold to more **serious** diseases such as Covid-19.

A. severe B. unimportant C. thoughtful D. honest

Give the correct forms of words in brackets.

1. Taking regular exercise and eating a _____ (BALANCE) diet are the key to a long and healthy life.

2. The doctor _____ (EXAMINATION) her carefully, but could not find anything wrong.

3. She suffered from a serious headache, but after _____ (TREAT), she felt better.

4. One possible _____ (EXPLAIN) for higher life expectancy is owing to having healthy lifestyle habits.

5. It's important to take preventive measures to avoid the spread of contagious _____ (ILL).

Mark the letter A, B, C, or D to indicate the correct answer to each of the following sentences.

1. _____ has generally increased over the past few decades, and some people enjoy a longer and healthier life than others.

A. Life expectancy B. Life expectation C. Life requirements D. Lifestyle

2. He started eating healthy food and _____ up bad habits.

A. put B. looked C. gave D. took

3. He has changed his lifestyle since he visited his grandfather, who has just _____ his 90th birthday.

A. celebrate B. celebrated C. celebrating D. celebrates

4. The doctor _____ the patient thoroughly to determine the cause of his symptoms.

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A. examiner B. examination C. examinee D. examined

5. My friend can't sleep well. She is _____ from stress.

A. suffering B. keeping C. getting D. checking

6. You should spend time _____ exercise to stay healthy.

A. do B. to do C. doing D. did

7. The first step to have a healthy lifestyle is paying attention to ingredients and _____, such as vitamins and minerals.

A. nutrition B. nutrients C. nutritional D. nutritious

8. We had better add more fresh fruits and vegetables to our _____.

A. ingredient B. diet C. recipe D. form

9. When your body is ready for more exercise, you can _____ longer.

A. keep fit B. give up C. stay up D. work out

10. Before you go to bed, avoid _____ coffee or energy drinks.

A. have B. to have C. having D. has

11. The mobile phone's screen _____ blue light that can prevent you from sleeping well.

A. gives off B. takes off C. put off D. turn off

12. If you can't fall asleep, do something _____ or listen to some soft music to relax.

A. repeat B. repetition C. repetitively D. repetitive

13. Don't forget _____ enough water if you want to keep fit.

A. drink B. to drink C. drinking D. drinks

14. If you have time, you should choose a sport that is _____ for you to stay healthy.

A. suitable B. enthusiastic C. explainable D. harmful

15. Some bacteria can cause _____ diseases such as tuberculosis or food poisoning.

A. infection B. infect C. infectious D. infected

Fill in the blanks with suitable prepositions.

1. To begin _____ , open your legs wider than your shoulders and move your arms out.

2. In case you are unable _____ sleep, reading is a good way to help you feel sleepy.

3. We don't often pay attention _____ the amount of calories we take in every day.

4. Make sure that you are ready _____ the exercise by doing some gentle movements.

5. The doctor suggested we cut down _____ sweet things or fried dishes.

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Mark the letter A, B, C, or D to indicate the underlined part that needs correction in each of the following questions.

1. **Playing** sports **is** helpful and **increases** your **fit.**

A B C D

2. **How** about **to join** the **reading** club **with** your friends?

A B C D

3. **I'm pleased** to **help you** this **exercise.**

A B C D

4. My father **used to** do a lot of **exercise when** he **is** young.

A B C D

5. Jack **was** in the hospital **for** months because he **is suffering** from a **bad disease.**

A B C D

C. GRAMMAR

Give the correct forms of the verbs in brackets.

1. She (walk) _____ to the park yesterday and (enjoy) _____ the beautiful weather.
2. She already (finish) _____ her presentation and is ready to present it.
3. He (study) _____ for hours last night to prepare for the exam.
4. They (visit) _____ their grandparents last summer vacation?
5. The company (achieve) _____ its sales targets for the quarter.
6. I (not finish) _____ reading the book that my friend recommended yet.
7. The team (win) _____ the championship last year with a remarkable performance.
8. They (travel) _____ to many countries in the past year.
9. When I (be) _____ a child, I used to play soccer with my friends every evening.
10. We (know) _____ each other for a long time.

D. SPEAKING

Mark the letter A, B, C, or D to indicate the sentence that best completes each of the following exchanges.

1. Jane is carrying a heavy bag.

Sue: Can I give you a hand?

Jane: _____

A. Great! Have a good workout.

B. That's very kind of you.

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C. I don't know.
D. Yes. That's a nice bag.

2. *Jane is trying to open the door.*

Sue: Let me help you.

Jane: _____

A. That's enough.
B. What a pity!
C. Thanks but I think I'm fine.
D. No. That's mine.

3. *Jane is at the supermarket.*

The shop assistant: Is there anything else I can do for you?

Jane: _____

A. Thanks for your help.
B. Never say it again.
C. Never mind.
D. No. No one can help me.

4. *Jane is trying to do an exercise routine.*

Teacher: Let me help you with this exercise.

Jane: _____

A. That's OK.
B. Let me do it again.
C. Thank you very much.
D. You are so pretty.

5. *Jane is doing some exercises.*

Jane: I want to change the speed on this treadmill but I don't know how.

Trainer: _____

A. Do it right now.
B. Why don't you know?
C. There is nothing to do.
D. You can just press this button. Let me show you.

E. READING

Read the following passage and mark the letter A, B, C, or D to indicate the correct word or phrase that best fits each of the numbered blanks from 1 to 5.

Living a healthy life is very important for our well-being. When we are healthy, we feel (1) _____ and can do things we enjoy. Eating healthy foods, like fruits and vegetables, helps our bodies stay strong and gives us energy. It is also important to exercise regularly, like (2) _____ sports or going for walks, to keep our bodies active and fit. Getting enough sleep at night helps us feel rested and ready for the day. Taking (3) _____ of our bodies and staying away from things (4) _____ can harm us, like smoking or too much junk food, is important too. When we live a healthy life, we can have more fun, (5) _____ happier, and enjoy life to the fullest.

(Adapted from Reading Explorer)

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1. A. well	B. good	C. badly	D. bad
2. A. doing	B. making	C. playing	D. having
3. A. charge	B. care	C. note	D. advantage
4. A. where	B. who	C. when	D. that
5. A. be	B. are	C. getting	D. Ø

Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions from 6 to 10.

Everyone wants to live a long and healthy life. It's important to take care of ourselves and make choices that promote good health. By making simple lifestyle changes, we can increase our chances of living a long and fulfilling life.

Exercise is important for staying healthy. Doing activities like walking, jogging, or dancing makes our hearts strong, muscles toned, and bones healthy. It also makes us feel happy and lowers the chances of getting sick, like heart disease and diabetes.

Eating good food is very crucial too. We should eat different fruits, vegetables, whole grains, and lean meats. These foods give us important vitamins and energy. We should try not to have too many sugary drinks, processed foods, or snacks with lots of fat. Eating healthy helps our bodies stay strong, keeps us at a good weight, and reduces the chance of getting sick.

Getting enough sleep is also essential for our bodies. When we sleep, our bodies rest and get better. It helps our bodies be strong and our brains work well. If we don't get enough sleep, we can feel tired, have trouble paying attention, and get sick more easily. We should try to sleep for seven to nine hours every night.

Last but not least, we need to manage stress to stay healthy. Stress can make our bodies and minds feel bad. We can find good ways to handle stress, like doing relaxing activities, enjoying our hobbies, or talking to our friends and family. When we manage stress in healthy ways, it helps us stay healthy and happy.

(Adapted from Centers for Disease Control and Prevention)

6. Which of the following can be the best title for the passage?

A. The Importance of Exercise for Good Health

B. Tips for a Long and Healthy Life

C. Managing Stress for a Healthy Lifestyle

D. The Role of Sleep in Maintaining Good Health

7. According to the passage, how does exercise contribute to staying healthy?

A. It makes our hearts strong and muscles toned.

B. It helps us become taller and stronger.

C. It makes us feel sleepy and tired.

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D. It completely eliminates the chances of getting sick.

8. According to the passage, we can manage stress in healthy ways by _____.

A. doing relaxing activities, enjoying hobbies, or talking to friends and family

B. eating healthy foods and not skipping meals

C. watching television and playing video games for long hours to relax

D. avoiding social interactions and isolating ourselves

9. Which of the following is not true according to the passage?

A. Exercise helps in preventing heart disease and diabetes.

B. Consuming sugary drinks and snacks with high fat content is beneficial for our bodies.

C. Getting enough sleep improves our physical and mental well-being.

D. Managing stress contributes to our overall health and happiness.

10. It can be inferred from the passage that _____.

A. Eating a variety of fruits and vegetables provides essential nutrients for our bodies.

B. Exercising regularly leads to weight gain and a higher risk of illness.

C. Lack of sleep has no impact on our cognitive functions.

D. Managing stress negatively affects our physical and mental health.

UNIT 1:15-MINUTE TEST

I. Mark the letter A, B, C, or D to indicate the correct answer to each of the following sentences.

1. He _____ his grandparents last week.

A. visited B. visits C. has visited D. is visiting

2. Peter _____ his essay on travelling.

A. just finished B. just has finished

C. have just finished D. has just finished

3. Her mother _____ from a very bad backache, but she is fine now.

A. has suffered B. suffered C. suffers D. is suffering

4. Their children _____ camping in Cuc Phuong forest last week. They _____ a lot of fun.

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A. go/have B. went/has had C. went/had D. has gone/had

5. Life in the country _____ over the past decade. Now people live much better.

A. has improved B. improved

C. is improving D. improves

6. She _____ exercise regularly recently.

A. does B. has done C. is doing D. did

7. Mary _____ here since she _____ from university.

A. has lived/graduated B. lived/graduated

C. has lived/has graduated D. live/has graduated

8. They _____ each other for many years.

A. know B. knew

C. has known D. have known

9. Her parents _____ for Paris yesterday.

A. have left B. has left C. left D. are leaving

10. The doctor _____ me. Luckily, the treatment is working.

A. have examined just B. has just examined

C. examined D. are examining

II. Give the correct forms of verbs in brackets.

11. They (start) _____ to cycle along the countryside last Friday.

12. She (have) _____ a healthy diet for a long time.

13. The boy (be) _____ ill yesterday and (not go) _____ to school.

14. The authority (decide) _____ to plant 20 trees along this street recently.

15. It (rain) _____ a lot last June.

UNIT 1: 45-MINUTE TEST

Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. l<u>ea</u>rn B. <u>ea</u>rly C. h<u>ea</u>r D. <u>ea</u>rth

2. A. headache B. <u>ch</u>osen C. stomach D. <u>ch</u>emist

Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

3. A. again B. prefer C. healthy D. correct

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4. A. activity B. physically C. expectancy D. nutritional

5. A. infection B. difference C. bacteria D. instruction

Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following sentences.

6. She is always **full of energy** in class. She never stops moving and talking.

A. having enough power B. feeling stressful

C. suffering from pressure D. having the strength and enthusiasm

7. Some young people have unhealthy **habits** such as staying up late or eating too much fast food.

A. actions B. behaviors C. thoughts D. routines

Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following sentences.

8. **Tiny** living organisms, which we can't usually see with our normal eyes, may cause infectious diseases.

A. Bitsy B. Slim C. Huge D. Slender

9. Don't **give up** your habit of doing exercise because it helps you be strong and healthy.

A. stop B. continue C. start D. stay

Mark the letter A, B, C, or D to indicate the correct answer to each of the following sentences.

10. He _____ his daily habits since he visited his grandfather.

A. changes B. have changed C. changed D. has changed

11. It's necessary for us to do some _____ activities to stay healthy.

A. physics B. physical C. physically D. physicist

12. She has learned _____ him that taking regular exercise and eating a balanced diet help us keep fit.

A. from B. about C. for D. in

13. In the past, people _____ a lot of clean vegetables and other healthy food.

A. eat B. have eaten C. ate D. are eating

14. Have you started to _____ again? Do you feel better now?

A. give up B. work out C. give off D. suffer from

15. After _____ she could walk and talk to other people.

A. sleep B. fitness C. treatment D. explanation

16. Some people can't sleep well because they _____ stress.

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A. increase B. suffer from C. receive D. improve

17. They _____ my blood pressure.

A. just checked B. just check C. are just checking D. have just checked

18. My brother often _____ late to finish his homework, which is not good for his health.

A. stays up B. takes up C. brings up D. gives up

19. Exercise is good but avoid _____ right before you go to bed.

A. exercise B. to exercise C. exercising D. exercises

20. Doctors always advised her to cut _____ salt and sugar in her diet.

A. off B. on C. down on D. about

21. How about _____ the reading club with you?

A. join B. joining C. to join D. joined

22. _____ are often used to treat infections caused by bacteria.

A. Nutrients B. Minerals C. Diets D. Antibiotics

Mark the letter A, B, C, or D to indicate the underlined part that needs correction in each of the following questions.

23. Why **don't you** **coming** to **my** birthday **next weekend**?

A B C D

24. My mother **improved** her cooking skill **since** she **started** her online **cooking course**.

A B C D

25. I'm **pleasant** to know that you **joined** the **sports club** **at school**.

A B C D

READING

Read the following passage and mark the letter A, B, C, or D to indicate the correct word or phrase that best fits each of the numbered blanks from 26 to 30.

A good health is essential for our lives. (26) _____ , if we neglect our health and make poor lifestyle choices, there can be several negative consequences. According to researchers, neglecting our health can (27) _____ to various health problems. Firstly, a sedentary lifestyle and lack of exercise can increase the risk of obesity, heart disease, and diabetes. Secondly, poor nutrition and an unhealthy diet can result in nutrient deficiencies, weakened immune systems, and increased susceptibility to illnesses and infections. Additionally, neglecting our mental health can lead to stress, anxiety, and depression. It can (28) _____ our emotional well-being, relationships, and ability to

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cope with challenges. Neglecting our health can also impact our energy levels, productivity, and overall enjoyment of life. It is important to prioritize our health by adopting healthy habits (29) _____ as regular exercise, balanced nutrition, sufficient sleep, and stress management. Taking care of our physical and mental well-being allows us (30) _____ lead a fulfilling and vibrant life. Remember, small positive changes in our daily routine can make a big difference in our overall health and happiness.

(Adapted from Healthline)

26. A. Moreover	B. Because	C. However	D. Although
27. A. lead	B. love	C. choose	D. result
28. A. effect	B. affect	C. effecting	D. affecting
29. A. so	B. too	C. such	D. enough
30. A. for	B. to	C. of	D. towards

Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions from 31 to 35.

Once upon a time, there was a young boy named Jack who lived in a small village. He loved playing soccer with his friends and exploring the beautiful outdoors. One day, Jack's teacher, Miss Emily, came to their classroom and shared an exciting story about living a healthy life. She told them about a magical land called "Healthytown" where everyone was happy and full of energy. In Healthytown, the residents ate nutritious foods like fruits, vegetables, and whole grains. They played games, danced, and practiced yoga to stay active and strong. They also drank plenty of water and got enough sleep each night to keep their bodies refreshed.

Jack was fascinated by this story and wanted to learn more about living a healthy life. Miss Emily gave them a special book called "The Guide to a Healthy Life," which was filled with helpful tips and colorful illustrations. Jack started reading the book and discovered many **exhilarating** things. He learned that by eating healthy foods, he could have more energy to play and do his favorite activities. He also learned that being active every day, whether it's riding a bike or playing tag, could make his muscles strong and his heart healthy.

Excited to put his newfound knowledge into practice. Jack began making small changes in his life. He started eating more fruits and vegetables, drinking water instead of sugary drinks, and playing outside with his friends regularly. As days went by, Jack started feeling more energetic and happy. He noticed that he didn't get tired as quickly and could run faster during soccer games. He even inspired his friends to join him in his healthy lifestyle journey. Jack shared his book with his family, and they all started making healthier choices together. They went on family hikes, cooked nutritious meals, and supported each other in their quest for a healthy life.

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(Adapted from The Guide to a Healthy Life)

31. Which of the following can be the best title for the passage?

A. Jack's Adventures in Healthytown

B. The Magical Land of Health and Happiness

C. The Importance of Living a Healthy Life

D. Exploring the Outdoors and Playing Soccer

32. According to the passage, what did Miss Emily give to Jack and his classmates?

A. A special book about soccer techniques

B. A guide to healthy eating and exercise

C. A map of Healthytown

D. A soccer ball to play with

33. The word "**exhilarating**" in paragraph 2 is closest in meaning to _____.

A. captivating B. boring C. daunting D. dragging

34. Which of the following is NOT true according to the passage?

A. The residents of Healthytown eat nutritious foods like fruits, vegetables, and whole grains.

B. Being active every day can make muscles strong and the heart healthy.

C. Jack's teacher's name is Miss Emily.

D. Jack's friends were not interested in joining him on his healthy lifestyle journey.

35. What is the main message of the story?

A. It is important to eat fruits and vegetables every day.

B. Living a healthy lifestyle leads to happiness and energy.

C. Reading books can inspire children to make positive changes.

D. Soccer is the best sport for staying active and strong.

Mark the letter A, B, C, orD to indicate the sentence that best completes each of the following exchanges.

36. *Mary is talking to Peter.*

Mary: Is there anything I can do for you?

Peter: _____

A. Oh, please. B. I can do this.

C. Not now. D. You are welcome.

37. *Mary is talking to Peter.*

Mary: Can I help you with this heavy bag?

Peter: _____

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