

BÀI ÔN TẬP UNIT 1

Bài 1.

1. Scientists are claiming a major breakthrough in the fight _____ cancer.
A. against B. on C. to D. about
2. You could see he was allergic _____ housework.
A. by B. with C. to D. of
3. She was very pleased _____ her exam results.
A. on B. for C. with D. to
4. A lot of people nowadays have become addicted _____ the internet.
A. to B. at C. for D. on
5. The animals had died _____ starvation.
A. on B. for C. of D. to
6. She spent many weeks in hospital recovering _____ her injuries.
A. from B. on C. to D. with
7. You're in no _____ to go to work today.
A. shape B. picture C. image D. painting
8. I'm going on a _____ next week and hope to lose ten pounds before Christmas.
A. meal B. diet C. snack D. dessert
9. This could result in serious _____ or even death.
A. wound B. injury C. ache D. hurt
10. That glass of lemonade is too _____ for me to drink without sugar.
A. sweet B. bitter C. sour D. spicy
11. It is important to keep the different aspects of your life in _____.
A. balance B. equality C. justice D. fairness
12. Katy Perry keeps _____ shape with the mushroom diet
A. on B. at C. in D. to
13. Regular _____ reduces the risk of heart disease.
A. overeating B. exercise C. operation D. recovery
14. They're upset that you didn't call, but they'll _____ it.
A. get off B. get over C. get up D. get on
15. This bacon smells a bit funny - do you think it's _____?

- A. cut off B. gone up C. gone off D. cut into
16. She looks like she's _____ weight.
A. put up B. put down C. put off D. put on
17. Modern farming methods can have an adverse **effect** on the environment.
A. impacts B. balance C. injury D. benefit
18. It's taken me ages to **get over** the flu.
A. fall B. recover from C. trip D. catch
19. Pollution from the works has been **reduced** by 70 per cent.
A. ignored B. contained C. decreased D. increased
20. She was employed as a _____ in a hotel.
A. cook B. cooker C. cooking D. cookery
21. His _____ records showed that he was unfit for work.
A. meditation B. medicine C. medical D. medic
22. Sleep, rest and relaxation can _____ the ageing process
A. slow down B. speed up C. turn off D. turn on
23. Your body may not be able to fight _____ naturally if your immune system is weakened
A. infect B. infected C. infectious D. infection

Bài 2.

1. My teenage son always wants to sleep _____ on the weekends
A. in B. on C. for D. up
2. Today I'm going to talk about how to take care _____ your skin.
A. of B. on C. for D. up
3. Mass media have helped to raise people's awareness _____ lifestyle choices.
A. of B. on C. for D. up
4. Good nutrition is essential if patients are to _____ a quick recovery.
A. do B. make C. put D. take
5. Red meat is high _____ fat, which increases the risk of developing heart disease.
A. of B. on C. for D. in

Bài 3. Read the following passage and Circle A, B, C, or D to indicate the correct word or phrase that best fits each of the numbered blanks.

HEALTHY LIVING

Millions of people today are overweight and out of shape. This is due in part (1) _____ their diet, which is often high in sugars and fats. Another (2) _____ is that too many of us spend our evenings gluing (3) _____ the television, instead of doing something to keep (4) _____ fit. Today hectic lifestyles also prevent us (5) _____ spending as much time as we should on staying in shape.

Long hours at school and work don't (6) _____ much time for healthy eating. Convenience food, such as (7) _____ meals and canned vegetables, saves time but is often (8) _____. Fast food and takeaways are also (9) _____ for many health problems.

In order to enjoy good health, a regular programme of (10) _____ is essential. This can be anything from gentle forms of yoga (11) _____ body building. Doing a little exercise every day so as not to develop (12) _____ problems is something that all of us should consider, young and old. If you don't practise any form of exercise now, it is for you to choose one and start today and get in shape!

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|-------------------|---------------|----------------|------------------|
| 1. A. of | B. to | C. in | D. at |
| 2. A. reason | B. effect | C. result | D. consequence |
| 3. A. in | B. on | C. to | D. at |
| 4. A. them | B. themselves | C. us | D. ourselves |
| 5. A. from | B. against | C. about | D. with |
| 6. A. take | B. leave | C. spend | D. waste |
| 7. A. freeze | B. freezing | C. frozen | D. unfrozen |
| 8. A. health care | B. healthful | C. healthy | D. unhealthy |
| 9. A. responsive | B. reacted | C. responsible | D. irresponsible |
| 10. A. exercises | B. exercise | C. homework | D. housework |
| 11. A. to | B. but | C. and | D. with |
| 12. A. healthy | B. unhealthy | C. health care | D. health |

Bài 4. Read the following passage and Circle A, B, C, or D to indicate the correct answer to each of the questions.

In 2002, several obese teenagers in the USA sued McDonald's, claiming that the company was responsible for making them fat. They argued that McDonald's deliberately misled them into thinking that their cheeseburgers and other products were healthy and nutritious food. They claimed that the company had not warned them about the health problems that can result from eating too much salty, high-fat food and drinking too many sugary drinks: diabetes, high blood pressure and obesity. The mother of one of the children, who at the age of 15 weighed more than 180 kilograms, said in her statement: 'I always believed McDonald's was healthy for my son.'

McDonald's **rejected** the claim that they were responsible for these teenagers' health problems. 'People don't go to sleep thin and wake up obese,' said McDonald's lawyer, Brad Lerman. 'The understanding of

what hamburgers and French fries do has been with us for a long, long time,' he added. The judge agreed, and dismissed the case, saying: 'It is not the place of the law to protect people against their own excesses.' In other words, if people choose to eat a lot of unhealthy food, they can't blame the company that sold it to them.

Other similar lawsuits against fast food companies in the USA have also **failed**. In 2005, the US House of Representatives passed a bill which became known as the 'Cheeseburger Bill'.

It made it much harder for obese people to take legal action against the food industry. However, the bill has not ended the arguments about responsibility. There is some scientific evidence to suggest that fast food is addictive, and harmful too. So is selling fast food the same, in a way, as drug-dealing?

1. Which of the following is the best title for the passage?
A. Obesity - who is to blame? B. Is fast food addictive?
C. Is fast food really healthy? D. How to get rid of fast food
2. According to the obese teenagers in the USA who sued McDonald's, which of the following health problems was NOT mentioned?
A. diabetes B. hypertension C. obesity D. heart disease
3. In paragraph 2, the word "**rejected**" is closest in meaning to.....
A. accepted B. denied C. ignored D. agreed
4. In paragraph 2, the word "**it**" refers to.....
A. law B. healthy food C. unhealthy food D. bill
5. What happens if people choose to eat a lot of unhealthy food?
A. The company will be responsible for their health problems.
B. They may get financial support from the company.
C. They will surely succeed in lawsuits.
D. They can't force the company to be responsible for them.
6. In paragraph 3, the word "**failed**" is closest in meaning to.....
A. not famous B. not important C. not successful D. not proud
7. According to the passage, which of the following is NOT true about fast food?
A. salty and high-fat B. addictive C. nutritious D. harmful

Bài 5. Read the following passage and Circle A, B, C, or D to indicate the correct answer to each of the questions.

Super Size Me is a 2004 film by Morgan Spurlock, in which he documents his experiment to eat only McDonald's fast food three times a day, every day, for thirty days.

Spurlock made himself a short list of rules for the experiment, including an obligation to eat all of the three meals he ordered. He also had to 'Super Size', which means accepting a **giant** portion every time the option was offered to him. He ended up vomiting after the first Super Size meal he finished, after taking nearly twenty minutes to consume it.

After five days Spurlock put on almost 5kg, and he soon found himself feeling depressed, with no energy. The only thing that got rid of his headaches and made him feel better was another McDonald's meal, so his doctors told him he was addicted. More seriously, around day twenty, he started experiencing heart palpitations and one of the doctors detected liver problems. However, in spite of his doctor's advice, Spurlock continued to the end of the month and achieved a total weight gain of 11kg. His body mass index also increased from a healthy 23.2 to an overweight 27.

It took Spurlock fifteen months to recover from his experiment and return to his original weight, but the film also had a wider impact. Just after **its** showing in 2004, McDonald's phased out the Super Size option and healthier options like salads appeared on the menu.

Unfortunately, McDonald's denied the connection between the film and the changes, but it is interesting to note how closely they coincided with the release of the film.

1. Which of the following is the **best title** for the passage?

- A. An experiment with McDonald's fast food B. Putting on weight due to eating fast food
C. Connection between fast food and heart diseases D. How fast food trigger liver damage

2. Which of the following is TRUE about Morgan Spurlock?

- A. He had to eat Super Size meal once a week. B. He had to eat Super Size meal twice a day.
C. He had to eat Super Size meal three times a week. D. He had to consume Super Size for three meals a day

3. In paragraph 2, the word "**giant**" is closest in meaning to.....

- A. light B. balanced C. big D. healthy

4. Which of the following could get rid of Spurlock's headaches?

- A. salad B. a McDonald's meal C. a pain killer D. nothing

5. According to the passage, all of the following are the results of the experiment EXCEPT.....

- A. Spurlock put on weight B. the experiment affected his heart
C. the experiment affected his liver D. he became fairly relaxed and energetic

6. The word "**its**" in paragraph 4 refers to.....

- A. McDonald's B. the experiment C. the film Super Size Me D. the menu