IV Reading

1 Read the text. Match the headings (A–G) below with the paragraphs (1–5). There are TWO extra headings.

A. Healthy diet
B. Education and life expectancy
C. Life expectancy by gender
D. Life expectancy by country
E. Impact of lifestyle
F. Medical advances
G. Socio-economic conditions

How to live a longer and healthier life

1. _____

The average life expectancy in Viet Nam is 71 years for men and 76.4 years for women. Many people believe that women live longer because they have healthier habits than men. Women tend to drink less, smoke less, eat better, and take better care of their bodies.

2. _____

Life expectancy is influenced by other factors. People living in poor areas, for instance, often have no access to medical care or healthy food, and have less time to rest or exercise. This may reduce their life expectancy.

3. _____

According to research, people who go to university live two to three years longer than people who do not. Higher education levels often result in better socio-economic conditions, so life expectancy can also be improved.

4. _____

Developments in medicine and medical technology have had a huge effect on life expectancy. As a result of them, people live longer and healthier lives, and have better treatment options.

5. _____

The way we live can affect life expectancy. Healthy habits, such as having a balanced diet, taking regular exercise, avoiding drinking alcohol and smoking, can help us live longer.

2 Read the text and choose the best answers.

Viruses

Viruses cause many human (1) _____, ranging from the common cold and the flu to more serious ones such as AIDS and Covid-19. On their (2) _____, viruses are not alive. They become active when they infect or enter our bodies. They can do that easily because they are very (3) _____. Then, they start to act like living things and make

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(4) _____ of themselves. People have natural defenses against viruses. For example, a fever can make some viruses inactive. The body's immune system also fights viruses.

Vaccines cannot treat diseases caused by viruses, but they can help (5) _____ the spread of disease. Vaccines contain viruses which are weakened or (6) _____, and help the body's immune system make substances called antibodies, which fight disease. If the same virus enters our body later on, the immune system will (7) _____ it and will know how to fight it off.

Giving people vaccines can (8) _____ a lot of lives. For example, two million people died of smallpox in 1967. (9) _____, vaccines helped to stop this disease and made it disappear. Most recently, vaccines have played an important role in (10) _____ deaths and severe illness caused by Covid-19 all over the world.

1.	**A.** germs	**B.** organisms	**C.** diseases	**D.** microbes
2.	**A.** side	**B.** own	**C.** bodies	**D.** soil
3.	**A.** big	**B.** slow	**C.** dangerous	**D.** small
4.	**A.** copies	**B.** bodies	**C.** cells	**D.** bacteria
5.	**A.** prevent	**B.** increase	**C.** treat	**D.** improve
6.	**A.** strong	**B.** dead	**C.** dangerous	**D.** powerful
7.	**A.** recognise	**B.** forget	**C.** avoid	**D.** stop
8.	**A.** kill	**B.** save	**C.** cost	**D.** produce
9.	**A.** Besides	**B.** However	**C.** Therefore	**D.** Next
10.	**A.** improving	**B.** changing	**C.** reducing	**D.** causing

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