Unit 1: A LONG AND HEALTHY LIFE
TEST 1

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

Question 1: A. treat **B.** great **C.** meat **D.** lead

Question 2: A. regular **B.** general **C.** vegetable **D.** energy

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

Question 3: A. balanced **B.** active **C.** healthy **D.** mature

Question 4: A. important **B.** wonderful **C.** suitable **D.** serious

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 5: The doctor will _____ the patient thoroughly to determine the cause of the symptoms.

A. spread **B.** examine **C.** suffer **D.** cure

Question 6: Advances in medical science have significantly increased the average life _____ in many countries.

A. expectancy **B.** expectation **C.** expect **D.** expectant

Question 7: To achieve a long and healthy life, it's important to _____attention to your diet and nutrition.

A. take **B.** put **C.** pay **D.** make

Question 8: Electronic devices such as smartphones and computers _____ blue light, which can disrupt your sleep.

A. give off **B.** take in **C.** use up **D.** get over

Question 9: In recent years, he _____ smoking to improve his lung health.

A. stopped **B.** stops **C.** has stopped **D.** had stopped

Read the following advertisement/announcement and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 10 to 12.

ACHIEVE YOUR HEALTH GOALS TODAY!

Are you looking to (10)_____ your health and well-being? Join our Health Improvement Program at Wellness Hub! Our program offers a wide range of activities and workshops designed to help you achieve a healthier lifestyle:

- Personalized fitness plans
- Nutritional guidance
- Stress management workshops
- Access (11)_____expert health coaches

Whether you're a beginner or a (12)_____ enthusiast, our program is tailored to meet your needs. For more information, visit our website at www.wellnesshub.com or call us at 123-456-7890. Start your journey to better health with us!

Question 10: A. explain **B.** avoid **C.** begin **D.** boost

Question 11: A. in **B.** at **C.** from **D.** to

Question 12: A. fitness **B.** architecture **C.** creativity **D.** technology

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ANNOUNCEMENT ABOUT THE SCHOOL RACE COMPETITION

We are excited to announce the upcoming School Race Competition for the 2024 school year. (13)_____ event aims to promote physical fitness and a spirit of healthy competition among our students.

Event Date:

- Saturday, August 20, 2024
- Time: 7:00 AM - 12:00 PM

Venue:

- ABC Middle School Track Field

Participation Requirements:

- Students from grades 6 to 9
- Register at the Physical Education Office before August 10, 2024

We hope that the School Race Competition will provide an enjoyable and challenging experience, encouraging students (14)_____ their physical abilities and fostering a sense of sportsmanship. We (15)_____ the enthusiastic participation of our students and the support from parents and teachers.

For more detailed information, please contact Mr. Nguyen Van A - Physical Education Teacher at 123-456-7890.

Question 13: **A.** A **B.** An **C.** The **D.** Ø (no article)

Question 14: **A.** develop **B.** to develop **C.** developing **D.** to developing

Question 15: **A.** get on with **B.** look forward to **C.** keep up with **D.** face up to

Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions.

Question 16:

a. Maintaining a balanced diet rich in fruits, vegetables, and whole grains ensures the body gets essential nutrients.

b. Additionally, regular physical activity helps maintain a healthy weight and reduces the risk of chronic diseases. c. Firstly, getting enough sleep is crucial for overall health and well-being.

d. Finally, managing stress through techniques like meditation and mindfulness promotes mental and emotional health.

e. Living a long and healthy life requires a combination of good habits and lifestyle choices.

A. e - c - a - b - d **B.** a - c - d - e -b

C. c - e – b – a – d **D.** b - e - b - a - d

Question 17:

a. Furthermore, social connections and supportive relationships contribute significantly to emotional well-being. b. Dear Friend, I hope this message finds you in good health! I've been reflecting on the importance of living a long and healthy life.

c. Additionally, regular health check-ups can help detect potential issues early, leading to better outcomes.

d. Firstly, a balanced diet and regular exercise are the foundations of a healthy lifestyle.

e. Finally, finding joy and purpose in life is essential for long-term health and happiness.

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f. Take care and stay healthy.

A. a – b - f – c – e - d **B.** b – d – a – c – e – f

C. d – b - a - e - c – f **D.** f - d – a – c - b - e

Mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 18 to 23.

Living a long and healthy life involves making consistent, positive lifestyle choices. Firstly, maintaining a balanced diet is (18) _____. Consuming a variety of fruits, vegetables, whole grains, and lean proteins helps to support overall health and prevent chronic diseases. Secondly, regular physical activity is essential. Engaging in exercises such as walking, swimming, or cycling can improve cardiovascular health, (19)_____, and enhance flexibility.

Moreover, adequate sleep is vital for the body's restorative processes. (20)_____ to ensure optimal functioning and well-being. Managing stress through mindfulness techniques such as meditation, yoga, or deep-breathing exercises can also contribute to a healthy life by reducing anxiety and promoting emotional balance. Additionally, maintaining social connections and engaging in community activities can enhance mental health and provide a sense of belonging and purpose.

Preventive healthcare, (21)_____, is another important aspect. Early detection of potential health issues can lead to more effective treatments and better outcomes. Finally, avoiding harmful habits such as smoking and excessive alcohol consumption is crucial for long-term health.

(22)_____, a combination of a balanced diet, regular physical activity, sufficient sleep, stress management, social engagement, preventive healthcare, and avoiding harmful (23)_____ a long and healthy life.

Reference:

https://dpuhospital.com

Question 18: A. providing for the crucial body with necessary nutrients

B. with necessary nutrients to provide for the crucial body

C. crucial for providing the body with necessary nutrients

D. necessary to provide the body for necessary nutrients

Question 19: A. strengthen muscles **B.** strong muscles

C. strongly muscles **D.** muscles strength

Question 20: A. Adults should aim for 7-9 hours sleep every night

B. Adults should aim for 7-9 hours of sleep per night

C. Adults should aim 7-9 hours sleep per night

D. Adults should aim sleep of 7-9 hours every night

Question 21: A. to include regular check-ups and screenings

B. with including regular check-ups and screenings

C. include regular check-ups and screenings

D. including regular check-ups and screenings

Question 22: A. In summary **B.** Instead of **C.** In contrast **D.** Even though

Question 23: A. contributes to living **B.** contributes to live

C. contributes living **D.** contributes for living

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 24 to 28.

The Importance of Sleep

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For about one third of your life, your eyes will be closed. You will not move very much. You will breathe very slowly. You will be quiet. In other words, for about one third of your life, you will be asleep.

Why do we sleep so much? What is the purpose? Scientists do not have a complete answer. They believe that sleep (24)_____ your energy and helps your brain work better. If you do not sleep enough, you cannot (25)_____on your work, and you feel tired all day. Without enough sleep, you are also more likely to get sick.

Sleep is important for normal development. This means (26)_____children need a lot of sleep in order to grow up strong and healthy. During the first two weeks of life, babies sleep for about 16 hours every day. This changes as they grow and need less sleep. Teenagers still need about 9 hours of sleep every night, but (27)_____ adults need less – only about 8 hours. After about the age of 70, they only sleep for about 6 hours every night.

All animals need sleep, (28)_____there is great variation in how much they sleep. For example, some big snakes sleep for more than 18 hours a day. Sheep only sleep for about 4 hours, and giraffes sleep less than 2 hours a day! Pigs sleep for 8 hours a day just like adult humans.

Adapted from Making Connections

Question 24: A. spreads	**B.** suffers	**C.** restores	**D.** releases
Question 25: A. treat	**B.** relax	**C.** vacinate	**D.** concentrate
Question 26: A. which	**B.** that	**C.** whom	**D.** whose
Question 27: A. most	**B.** each	**C.** some	**D.** much
Question 28: A. but	**B.** so	**C.** because	**D.** although

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 29 to 33.

Our body clock, also known as the circadian rhythm, is an internal system that **regulates** our sleep-wake cycle, influencing various physiological processes. This biological clock is primarily influenced by external cues such as light and temperature, aligning our body's functions with the day-night cycle. For instance, exposure to natural light in the morning signals the body to wake up and be alert, while the absence of light in the evening triggers the production of melatonin, a hormone that promotes sleep.

Maintaining a consistent circadian rhythm is crucial for overall health. Disruptions to **it**, such as those caused by shift work, travel across time zones, or irregular sleep patterns, can lead to various health issues. These disruptions can affect sleep quality, mood, and cognitive functions, and over time, may contribute to more serious conditions such as obesity, diabetes, and cardiovascular diseases. Therefore, it is essential to follow a regular sleep schedule, ensure exposure to natural light during the day, and minimize light exposure at night to keep the body clock in sync.

Moreover, the circadian rhythm also regulates other bodily functions, including hormone release, eating habits, and digestion. Studies have shown that our body clock influences the timing of meals, and eating at irregular times can disrupt metabolic processes. For optimal health, it is recommended to eat meals at consistent times each day and avoid late-night eating. By understanding and respecting it, we can improve our sleep quality, boost our overall health, and enhance our daily performance.

Reference:

https://www.nigms.nih.gov

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Question 29: What would be the best title for the passage?

A. The Benefits of Melatonin **B.** The Science of Sleeping Pills

C. Understanding of the Body Clock **D.** The Impact of Technology on Sleep

Question 30: What does the word "**regulates**" in the passage mostly mean?

A. disrupts **B.** controls **C.** ignores **D.** influences

Question 31: What does the word "**it**" in paragraph 2 refer to?

A. work **B.** melatonin **C.** disruption **D.** circadian rhythm

Question 32: Which of the following is NOT mentioned as a factor affecting global health?

A. income **B.** education **C.** pollution levels **D.** lifestyle

Question 33: According to the passage, what is recommended for optimal health regarding meal times?

A. Eating meals at the same times every day **B.** Eating whenever you feel hungry

C. Skipping breakfast regularly **D.** Eating large meals late at night

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 34 to 40.

Individuals make decisions about their physical and mental health because serious illnesses can significantly impact them and their families. Just as family health is tied to individual members, a nation's health is connected to **its** people. A country's economic strength relies on a healthy workforce. Hence, governments monitor the health of their populations, examining connections between health and lifestyle. The World Health Organization (WHO) uses this data to answer: How healthy is the world?

The WHO **assesses** large populations' health using life expectancy and mortality rates. Life expectancy measures the average age people are expected to live. Since the 20th century, life expectancy has significantly increased worldwide. For example, the average global citizen now lives 27 years longer than a century ago. Japan shows even more dramatic increases, with people living 38 years longer on average than 100 years ago. These improvements indicate that the world is healthier now than in the past century.

Mortality rates, the second indicator, measure deaths in specific regions, focusing on **premature** deaths. WHO emphasizes child mortality, which makes up over 20 percent of all premature deaths. Though global child mortality has decreased by 30 percent since 1990, significant disparities exist between nations and within countries. Mortality rates fall faster in wealthier nations and among higher-income individuals, highlighting ongoing health inequalities.

Governments aim to reduce mortality rates by targeting premature death causes. While infectious diseases still cause millions of deaths, particularly in developing countries, there has been progress. HIV/AIDS, once stigmatized and ignored, has seen a 16 percent decline in new infections globally between 2000 and 2008 due to prevention efforts and new drugs.

Lifestyle choices significantly affect life expectancy and mortality rates. Obesity and smoking are major health risks, with obesity reducing life expectancy by up to 20 years and smoking causing millions of deaths annually. The CDC estimates a billion smokers worldwide, with 80 percent in developing countries. Lifestyle choices thus pose health risks for individuals and nations alike.

By examining life expectancy, mortality rates, and lifestyle, we get a mixed view of global health. While people live longer due to improved life expectancy, infectious diseases and poor lifestyle choices still cause millions of deaths. Improving global health requires continued efforts in health education, job provision, and income increase, highlighting the link between education, income, and health. Better-educated individuals make healthier lifestyle choices, benefit from improved job prospects, and pass these advantages to their children, ultimately enhancing global health.

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Reference:

https://www.samhsa.gov/

Question 34: What would be the best title for the passage?

A. The Importance of Health Education

B. The Role of WHO in Global Health

C. Assessing Global Health: Indicators and Challenges

D. Lifestyle Choices and Their Impact on Health

Question 35: The word "**assesses**" in paragraph 2 is closest in meaning to _____.

A. ignores **B.** evaluates **C.** dismisses **D.** overlooks

Question 36: What does the word "**its**" in paragraph 1 refer to?

A. nation **B.** health **C.** decision **D.** strength

Question 37: The word "**premature**" in paragraph 3 is opposite in meaning to _____.

A. timely **B.** early **C.** delayed **D.** expected

Question 38: According to the passage, what is a significant achievement in reducing global mortality rates?

A. The complete eradication of HIV/AIDS

B. A decrease in new HIV/AIDS infections

C. A 50 percent reduction in child mortality

D. The eradication of tobacco-related diseases

Question 39: Which of the following is NOT true according to the passage?

A. Obesity can reduce life expectancy by up to 20 years.

B. The CDC estimates there are a billion smokers worldwide.

C. Infectious diseases have been eliminated in developing countries.

D. Lifestyle choices pose health risks for individuals and nations.

Question 40: It can be inferred from the passage that _____.

A. Health education has no impact on life expectancy.

B. Governments play a role in reducing mortality rates.

C. All countries have equal health outcomes.

D. Life expectancy is not linked to economic factors.

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