

Exercise 2. Find the word which has a different sound in the underlined part. Say the words aloud.

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|------------------------|--------------------|---------------------|--------------------|
| 1. A. <u>my</u> th | B. <u>cy</u> cling | C. <u>it</u> chy | D. <u>all</u> ergy |
| 2. A. <u>head</u> ache | B. <u>sp</u> read | C. <u>he</u> alth | D. <u>we</u> ak |
| 3. A. <u>f</u> at | B. <u>le</u> af | C. <u>o</u> f | D. <u>s</u> afe |
| 4. A. <u>f</u> lu | B. <u>s</u> unburn | C. <u>j</u> unk | D. <u>m</u> uch |
| 5. A. <u>w</u> ash | B. <u>w</u> ear | C. <u>w</u> ake | D. <u>w</u> rap |
| 6. A. <u>th</u> ousand | B. <u>th</u> ick | C. <u>mon</u> th | D. <u>th</u> en |
| 7. A. <u>t</u> utor | B. <u>d</u> uck | C. <u>c</u> ube | D. <u>m</u> usic |
| 8. A. <u>t</u> iny | B. <u>l</u> ight | C. <u>con</u> tinue | D. <u>bl</u> ind |
| 9. A. <u>i</u> sland | B. <u>ar</u> tist | C. <u>s</u> ilent | D. <u>hou</u> se |
| 10. A. <u>h</u> ealthy | B. <u>s</u> ystem | C. <u>e</u> asy | D. <u>u</u> gly |

Exercise 1. Odd one out A, B, C or D.

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|------------------|-------------|------------------|-------------|
| 1. A. running | B. coughing | C. cycling | D. swimming |
| 2. A. vegetables | B. fish | C. fried chicken | D. fruits |
| 3. A. cold | B. cough | C. stuffy nose | D. sunburn |
| 4. A. soda | B. milk | C. fruit juice | D. water |
| 5. A. fever | B. health | C. obesity | D. headache |

Exercise 3. Put the verbs in brackets in the correct tense form.

1. Nick looks brown. He was on holiday last week. He (get) _____ sunburn.
2. Getting plenty of rest is very good. It (help) _____ you to avoid depression.
3. The Japanese (eat) _____ a lot of fish, so they are very intelligent.
4. If you wash your hands more, you (have) _____ less chance of catching flu.
5. Eating carrots regularly (help) _____ you see better.
6. It is very hot outside. Please (wear) _____ a sun hat when you go out.
7. Do more exercise and you (feel) _____ healthier.
8. I don't want (be) _____ tired tomorrow so I go to bed early.
9. Nowadays, Lan doesn't feel well. She often (feel) _____ sick and weak.
10. People who (smile) _____ more are happier and they live longer.

Exercise 4. Fill each blank with a word/ phrase in the box.

dry

stay

weight

physical

swimming

flu

health

getting

exercise

provide

1. We should eat a lot of fruits and vegetables because they _____ vitamin A, which is good for our eyes.
2. If you want to be fit, stay outdoors more and do more _____ activities.
3. Eat less fast food to keep you from _____ fat.
4. My parents go _____ outside even when it's cold.
5. To prevent _____, you should eat a lot of garlic and keep your body warm.
6. In order to have good _____, you should eat lightly and laugh cheerfully.
7. My mother does morning _____ every day.
8. Do you want to know how you can _____ healthy?
9. He plays computer games and watches TV a lot so his eyes are often _____.
10. Justin eats a lot of burger and chips, so he's putting on _____.

Exercise 5. Write the correct form or tense of the verbs in brackets.

1. _____ (you/ eat) fried chicken last night?
2. I often _____ (drink) coca cola when it is hot.
3. James _____ (wash) her face regularly to prevent spots.
4. I think she _____ (not pass) the exam. She hasn't studied at all.
5. She _____ (have) a sore throat, and she is coughing terribly now.
6. People should try _____ (exercise) a couple times a week.
7. What _____ (you/ do) tomorrow evening?
8. My mother doesn't like _____ (eat) fast food.

Exercise 8. Write the correct form of the word given.

1. My father decided to quit _____ many times but he wasn't successful. (smoke)
2. Some young people have a bad habit of _____ in public places. (litter)
3. If you want to have a good _____ you should do exercise regularly. (healthy)
4. The _____ in my village drink fish sauce before they get down to the sea. (fish)
5. The more you laugh the _____ you are. (happy)
6. Please wash these clothes immediately. They are so _____. (dirt)
7. People in this area have a problem with _____ (obese)
8. I hate winter because I like _____ climate. (warmth)

Exercise 9. Fill in each blank with a suitable preposition.

1. Would you like to go out? – No, thanks. I'd rather stay _____ home.
2. She's put _____ 2 kg in the last month.
3. Sitting too close _____ the TV hurts our eyes.
4. Be careful _____ what you eat and drink.
5. My sister runs six miles every day to help keep herself _____ shape.
6. Watching TV too much isn't good _____ your eyes.

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LUYỆN THI- READING 3

