



# PHIẾU BÀI TẬP DÀNH CHO HỌC SINH-starter level

Chủ đề: Health and Healthy Lifestyle

Name: \_\_\_\_\_ Class: \_\_\_\_\_

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## ✓ Part 1: Multiple Choice (Choose the best answer)

Click on the correct answer.

1. Which of the following is a healthy carbohydrate?  
 A. White rice  
 B. Brown rice  
 C. Soda  
 D. Fried chicken
2. Processed meats:  
 A. Are good for health  
 B. Are a good source of protein  
 C. Should be limited  
 D. Contain healthy fats
3. What does yogurt belong to?  
 A. Protein  
 B. Dairy products  
 C. Carbohydrates  
 D. Processed foods
4. Which verb is a linking verb?  
 A. Eat  
 B. Look  
 C. Run  
 D. Write
5. Which of these is **not** a processed food?  
 A. Sausages  
 B. Fresh vegetables  
 C. Instant noodles  
 D. Soft drinks
6. "This dish \_\_\_ delicious!"  
 A. Tastes  
 B. Eats  
 C. Smells  
 D. Feels

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 **Part 2: Unscramble the Sentences (Arrange the words in the correct order)**

Type the correct sentence in each box.

1. menu/healthy./really/This/looks

 .....

2. rice/is/Brown/rice/a/healthy/carbohydrate.

 .....

3. yogurt/a/dairy?/good/Is/of/source

 .....

4. best?/Which/dish/tastes/the

 .....