BÀI KIỂM TRA

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

Question 1: A. suffered B. balanced C. examined D. received

Question 2: A. examine B. bacteria C. replace D. vaccine

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

Question 3: A. disease B. nutrient C. treatment D. diet

Question 4: A. energy B. fitness C. organism D. ingredient

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

Question 5: We _____ to have a checkup 2 days ago. Thankfully there was nothing wrong.

A. have gone B. go C. went D. will go

Question 6: Our life _____ has increased over the last few decades. Our living conditions have developed and helped make people live longer.

A. expect B. expectation C. expectancy D. expectational

Question 7: Students should not _____ late as they need enough sleep to have enough energy to start the day.

A. give up B. make up C. getup D. stay up

Question 8 The COVID-19 _____ is especially dangerous with people who have background diseases.

A. germ B. bacteria C. virus D. antibiotic

Question 9: A _____ diet is a factor which contributes to a healthy life.

A. balanced B. balance C. balancing D. balances

Question 10: I _____ often ill when I was young. But now I am healthy and full of energy.

A. were B. was C. have been D. am

Question 11: Phuong _____ more vegetables since her parents _____ her to.

A. has eaten/forced B. ate/forced

C. has eaten/has forced D. ate/has forced

Question 12: You need to _____ more often in order for your muscles to be strengthened.

A. work in B. work through C. work from D. work out

Question 13: Doing these exercises _____ can become a healthy habit for you instead of sitting and playing video games.

A. repeat B. repetition C. repetitive D. repetitively

Question 14: I _____ here twice. I think the equipment in this gym is very modern.

A. was B. have been C. am D. will be

Question 15: He is suffering _____ tuberculosis. I hope he will get better soon.

A. from B. of C. for D. to

Question 16: The nutritionists _____ to this kind of diet since the 1990s. This diet is extreme and is not good for your health.

A. opposed B. oppose C. have opposed D. am opposing

Question 17: I _____ on the amount of fat I eat to lose some weight.

A. cut out B. cut down C. cutted out D. cutted down

Question 18: You should usually _____ exercises as they are good for your health.

A. make B. lead C. take D. set

Question 19: Yoghurt has a lot of _____ bacteria which are good for your digestive system.

A. harmful B. infectious C. nutritious D. beneficial

Mark the letter A, B, C or D to indicate the sentence that best completes each of the following exchanges.

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Question 20: Two friends are talking about homework.
Minh: "This exercise is quite difficult. Let me help you with it." - Nam: "_____."

A. Sure. Wait a minute, please.
B. Thanks for your help.
C. Don't mention it.
D. You're welcome.

Question 21: Two people are in the kitchen.
A: "Can I help you make some healthy salad for lunch?" - B: "_____."

A. You're right.
B. I don't feel like it.
C. That's very kind of you.
D. No pressure

Mark the letter A, B, C, D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

Question 22: **Adequate** sleep is important for proper physical and mental function.

A. Limited B. Sufficient C. Scarce D. Unnecessary

Question 23: Stress can have **negative** effects on both physical and mental health so you cannot ignore this issue.

A. invalid B. astonishing C. detrimental D. advantageous

Mark the letter A, B, C, D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

Question 24: Regular exercise is essential for maintaining good health. Therefore, it should be a **crucial** routine in our daily life.

A. unimportant B. inevitable C. consistent D. imperative

Question 25: Consuming a balanced diet is also crucial for overall well-being apart from **enough** sleep and exercise.

A. adequate B. decent C. lavish D. insufficient

Mark the letter A, B, C or D to indicate the underlined part that needs correction in each of the following questions.

Question 26: Even though exercising regular is essential for a healthy lifestyle, maintaining a balanced diet is equally important.

A. Even though B. regular C. for D. a

Question 27: I have eaten a balanced diet last week and it has improved my energy level a lot since then. You should try it out.

A. have eaten B. has improved C. a lot D. try it out

Question 28: Despite being aware of the negative effects of fast food, Sarah has frequently enjoyed them.

A. being B. of C. frequently D. them

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

Regular routines can help people feel like they have control over their daily lives and that they can take positive steps **(29)** _____ managing their health. For example, making time for exercise within routines can help meet recommended daily activity levels. This is especially relevant now, **(30)** _____ research shows that people who reduced their activity levels during the pandemic could experience enduring health effects. As people increase activity outside their homes, they might **(31)** _____ taking transit to school and work, returning to organised fitness activities and the gym and opportunities to include movement throughout the day. **(32)** _____ ways that routines can support health include regular meal preparation and getting enough sleep, activities **(33)** _____ seem simple but can give positive results in healthy ageing over a lifetime.

Adapted from https://theconversation.com/what-you-do-every-day-matters-the-power-of- routines-178592

Question 29: A. on B. in C. of D. from

Question 30: A. but B. yet C. since D. despite

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Question 31: A. consider	B. use	C. need	D. open
Question 32: A. other	B. another	C. lot of	D. few
Question 33: A. when	B. where	C. who	D. which

Read the following passage and mark the letter A, B, C or D to indicate the correct answer to each of the questions.

Mental health issues such as anxiety and depression were a leading cause of global health problems even before the spread of COVID-19; however, **they**'ve gotten worse. Since the first year of the COVID-19 pandemic, anxiety and depression rates worldwide have increased by an overwhelming 25%. In the U.S, 4 in 10 adults have reported symptoms of anxiety or depression during the pandemic, compared with 1 in 10 from January to June 2019.

Among the most affected are young adults and women. The **surge** in people struggling with mental illnesses has coincided with gaps in mental care services as well.

Research suggests that the pandemic has exacerbated the impacts of loneliness. Additionally, people's fear of missing out, also known as FOMO, hasn't decreased even since in-person social gatherings became less frequent. But small daily actions - such as a short walk, break from social media or even a catnap - can add up to have an impact on mental health. Separately, counselling, therapy and medication prescribed by health care providers are effective treatments for those experiencing mental illness.

Adapted from: https://theconversation.com/the-power-of-short-breahs-movement-and-other practices-on-improving-mental-health-4-essential-reads-187413

Question 34: Which of the following can be the best title for the passage?

A. How to Handle Mental Illness B. Mental Health - an Alarming Issue

C. The Effect of Covid-19 D. Fomo

Question 35: The word **"they"** in paragraph 1 refers to _____.

A. global health problems B. symptoms C. mental health issues D. adults

Question 36: The word **"surge"** in paragraph 2 is closest in meaning to _____.

A. growth B. decline C. view D. situation

Question 37: According to paragraph 1, which of the following is TRUE?

A. Mental illness is not a worldwide problem.

B. The rates of anxiety and depression experienced an increase by 25% in the first year of COVID-19.

C. 4 in 10 adults in the US show symptoms of depression and anxiety before June 2019.

D. Mental health issues have not changed since COVID-19.

Question 38: Which of the following is NOT true according to the passage?

A. The influences of loneliness got worse during the pandemic.

B. There are many kinds of treatments to tackle mental health issues.

C. Even though now there are fewer in-person social meetings, the number of people having FOMO has not reduced.

D. Young adults and men are the highest number of people suffering from mental illnesses.

Read the following passage and mark the letter A, B, C or D to indicate the correct answer to each of the questions.

The average daily time spent online by adults increased by nearly an hour during the UK's spring lockdown when compared to the previous year, according to communications regulator Ofcom, with numerous countries back under severe pandemic restrictions, many of us once again find ourselves questioning whether our heavy reliance on technology is impacting our health.

It's true that digital devices have provided new means of work, education, connection, and entertainment during lockdown. But the perceived pressure to be online, the tendency to **procrastinate** to avoid undertaking tasks, and the use of digital platforms as a way to escape stress all have the potential to

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turn healthy behaviours into habits. This repetitive use can develop into addictive patterns, which can in turn affect a user's wellbeing.

Digital addiction refers to the addictive and excessive use of digital devices. The design of digital platforms themselves contributes to this addictive use. Notifications, news feeds, likes and comments have all been shown to contribute towards a battle for your attention, which leads users to increase the time **they** spend looking at screens.

Screen time is an obvious measure of digital addiction, although researchers have noted that there is no simple way to determine how much screen time one can experience before it becomes problematic. As such, there is a continued lack of **consensus** on how we should think about and measure digital addiction.

During a global pandemic, when there often feels like no alternative to using Netflix, or video conferencing with friends and family, screen time as an indicator of digital addiction is clearly ineffective. Nonetheless, research conducted on preventing digital addiction does provide insights on how we can all engage with our digital technologies in a healthier way during a lockdown.

Adapted from: https://theconversation.com/five-ways-to-manage-your-screen-time-in-a- lochdown-according-to-tech-experts-152715

Question 39: Which of the following can be the best title for the passage?

A. Digital Addiction During Pandemic Lockdown
B. The Effect of Covid-19 Lockdown
C. Forms of Digital Entertainment
D. Research about Digital Addiction

Question 40: The word **"procrastinate"** in paragraph 2 is closest in meaning to _____.

A. complete B. push C. delay D. extend

Question 41: The word **"they"** in paragraph 3 refers to _____.

A. notifications B. users C. digital platforms D. researchers

Question 42: The word **"consensus"** in paragraph 3 is closest in meaning to _____.

A. research B. repetition C. discord D. agreement

Question 43: Which of the following can be inferred from the passage?

A. The way to measure digital addiction needs to be studied more.
B. Digital addiction happens when people use digital devices moderately.
C. The design of social platforms is not related to overuse of digital devices.
D. It is not hard to decide the problematic amount of screen time.

Question 44: Which of the following is NOT TRUE according to the passage?

A. During the spring lockdown, the daily amount of time people spend online increased by nearly one hour compared to the previous year.
B. Digital devices create a new means of entertainment.
C. The use of digital platforms cannot become addictive.
D. People use digital platforms to escape from anxiety.

Question 45: Which of the following is TRUE according to the passage?

A. Overuse of digital devices can have a negative health effect.
B. Notifications and news feeds do not distract you from other things.
C. People cannot connect with their family during lockdown.
D. People have to completely get rid of digital devices to be healthy.

Mark the letter A, B, C or D to indicate the sentence that is closest in meaning to each of the following questions.

Question 46: The last time I went bowling was 6 years ago.

A. The next time I go bowling will be in 6 years.
B. I won't go bowling for 6 years.
C. I haven't gone bowling for 6 years.
D. I went bowling for 6 years.

Question 47: It is compulsory for parents to pay attention to their children's diet.

A. Parents must pay attention to their children's diet.
B. Parents are not required to pay attention to their children's diet.

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C. Paying attention to their children's diet may be necessary for parents.
D. It is optional for parents to pay attention to their children's diet.

Question 48: Vaccines are used to prevent people from getting infected with a disease caused by viruses.
A. Vaccines are only given after recovering from diseases caused by viruses.
B. Vaccines are used as a cure for diseases caused by viruses.
C. Vaccines are ineffective against diseases caused by viruses.
D. Vaccines are necessary to prevent people from a disease caused by viruses.

Mark the letter A, B, C or D to indicate the sentence that best combines each pair of sentences in the following questions.

Question 49: Tri is committed to maintaining a healthy lifestyle. He avoids processed foods and prioritises nutritious meals.
A. Tri is committed to maintaining a healthy lifestyle, so he avoids processed foods and prioritises nutritious meals.
B. Tri is committed to maintaining a healthy lifestyle, but he avoids processed foods and prioritises nutritious meals.
C. Tri is committed to maintaining a healthy lifestyle; however, he avoids processed foods and prioritises nutritious meals.
D. Tri is committed to maintaining a healthy lifestyle, so he didn't avoid processed foods and prioritise nutritious meals.

Question 50: Lan is having difficulties finding a suitable sport to play. You should help her.
A. Lan is having difficulties finding a suitable sport to play, but she needs your help.
B. Lan can find a suitable sport to play without your help.
C. Unless you help her, Lan will not be able to find a suitable sport to play.
D. But for your help, Lan can find a suitable sport to play.

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