UNIT 1: A LONG AND HEALTHY LIFE- LISTENING

Task 1: Nghe và nối các vấn đề sức khỏe và nhóm thực phẩm phù hợp.

A	B

Task 2. Chọn đáp án đúng

1. What do many teenagers buy when they have skin problems?
A. Expensive skincare products
B. Sports equipment
C. Healthy vegetables

2. Which of the following is NOT good for your skin?
A. Yogurt
B. Sugary drinks
C. Brown rice

3. Which food helps improve brain health and memory?
A. Green vegetables
B. Fish
C. Sweet potatoes

4. Which foods can help teenagers grow taller and stronger?
A. Ice cream and desserts
B. Eggs, fish, carrots, sweet potatoes
C. Watermelon and yogurt

5. What is the expert's final advice?
A. Exercise is not important if you eat well.
B. A balanced diet helps improve health and muscle strength.
C. Teenagers should only eat vegetables.

LIVEWORKSHEETS