

TỔNG HỢP NGỮ PHÁP UNIT 1 – A LONG AND HEALTHY LIFE

1. Thì Hiện Tại Hoàn Thành (Present Perfect)

☑ Cấu trúc

S + have/has + V3/ed

Cách dùng chính

Diễn tả hành động xảy ra trong quá khứ nhưng còn kết quả ở hiện tại.

I have received treatment recently.

Diễn tả kinh nghiệm (từng làm).

She has tried yoga before.

Hành động bắt đầu trong quá khứ và kéo dài đến hiện tại.

He has lived here for 10 years.

Hành động mới xảy ra (just).

I have just taken my medicine.

☑ Dấu hiệu nhận biết

already, just, recently, lately, so far, up to now, until now

for + khoảng thời gian

since + mốc thời gian

ever, never

yet (câu hỏi / phủ định)

2. Thì Quá Khứ Đơn (Past Simple)

☑ Cấu trúc

S + V2/ed

Cách dùng

Hành động xảy ra và đã kết thúc trong quá khứ.

He stayed late at work last month.

☑ Dấu hiệu nhận biết

yesterday

last week / last month / last year

in 2010

ago

3. Phân biệt Since – For

Từ Dùng cho Ví dụ

since Mốc thời gian (2010, last year, Monday)

I have lived here since 2020.

for Khoảng thời gian (2 years, 5 hours)

I have lived here for 3 years.

4. Cấu trúc "How long...?"

☑ Dùng để hỏi một hành động kéo dài bao lâu và vẫn còn tiếp tục

How long have/has + S + V3/ed...?

How long have you had a headache?

5. Thì Quá Khứ Hoàn Thành (Past Perfect)

☑ Cấu trúc

S + had + V3/ed

Cách dùng

Dùng trong câu có 2 hành động trong quá khứ, hành động xảy ra trước dùng QKHT.

After he had taken antibiotics, his sore throat got better.

☑ Dấu hiệu

after

before

by the time

when + QKĐ

6. Các trạng từ đặc biệt trong bài

☑ just ☑ vừa mới

☑ recently / lately ☑ gần đây

☑ already ☑ đã (sớm hơn mong đợi)

☑ yet ☑ chưa (trong câu phủ định / nghi vấn)

☑ so far / up to now ☑ cho đến giờ

BÀI 1 – Choose the best answers to complete the sentences.

Many of the diseases that can be cured today _____ likely to cause death in the past.
A. are B. were C. have been D. will be

My father _____ late at work this month. He feels exhausted.
A. is staying B. stayed C. has stayed D. will stay

My father _____ late at work last month. He felt exhausted.
A. stay B. stayed C. has stayed D. will stay

The doctors have discussed his treatment _____ hours, but haven't made a final decision.
A. for B. in C. since D. ago

Life expectancy _____ greatly over the past 200 years.
A. will increase B. increases C. increased D. has increased

I have received treatment for my health problem _____.
A. just B. ago C. since D. recently

I haven't heard from him _____. Is he getting better?
A. just B. ever C. last month D. so far

How long _____ a headache? I think you should see a doctor.
A. have you had B. did you have C. will you have D. do you have

BÀI 2 – Complete the sentences using the correct forms of the verbs.

_____ scientists (discover) _____ a new cancer drug yet?

They (not find) _____ a cure for cancer yet.

After he (take) _____ antibiotics for five days, his sore throat (get) _____ better.

Nam (build) _____ muscles since he (start) _____ working out at the gym.

I (buy) _____ all the ingredients. Can you help me cook the dish now?

The virus (spread) _____ very quickly in the last few weeks.

Bài 1

Choose the best answers to complete the following sentences.

(Chọn đáp án đúng nhất để hoàn thành các câu sau.)

5. After catching the virus, she became weaker and didn't have the _____ to do any exercise.

- A. strength
- B. muscle
- C. treatment
- D. ingredient

6. The doctor _____ her carefully, but could find nothing wrong.

- A. hired
- B. examined
- C. experimented
- D. taught

7. A _____ diet that includes different kinds of food can help improve your health.

- A. fresh
- B. traditional
- C. balanced
- D. vegetarian

8. To stay healthy, you need to _____ for at least 30 minutes a day.

- A. run out
- B. run on
- C. work on
- D. work out

9. The government needs to improve _____ transport in big cities to reduce car use.

- A. public
- B. private
- C. national
- D. rural

10. Smart _____ are often installed in modern buildings to turn on and off appliances automatically and save energy.

- A. phones
- B. sensors
- C. objects
- D. cards

11. Living in the city has many benefits; however, _____ face high costs of living.

- A. farmers
- B. doctors
- C. city dwellers
- D. old generations

12. Too many _____ on the road is one of the causes of air pollution in big cities.
A. high-rise buildings
B. skyscrapers
C. roof gardens
D. private vehicles
13. I live with my _____ family consisting of three generations: my grandparents, my parents, my sister, and I.
A. extended
B. nuclear
C. single
D. one-parent
14. In a(n) _____ family of only parents and children, conflicts may also happen because of lack of understanding.
A. generational
B. nuclear
C. extended
D. childless
15. The best way to _____ the generation gap in the workplace is to respect generational differences.
A. bring
B. shut
C. bridge
D. accept
16. Older generations who have _____ many difficulties can give us valuable life lessons.
A. lived
B. earned
C. spent
D. experienced
- Xem thêm tại: <https://loigiaihay.com/vocabulary-test-yourself-1-sbt-tieng-anh-11-global-success-a148047.html>