

UNIT 1

Complete the sentences with the correct form of the verbs in brackets

1. Sally and her family love (go) _____ to the park in the summer.
2. Her mum likes (lie) _____ on the blanket and loves (read) _____ her favorite magazines.
3. I enjoy (collect) _____ dolls and it becomes my pleasure.
4. We love (watch) _____ new films, and we (go) _____ to watch a new Hollywood film next weekend.

Complete the second sentence so that it has the same meaning as the first one.

1. What is your hobby?
What hobby _____
2. We all find painting interesting because it's a creative activity.
We all think _____
3. My father likes to do gardening at the weekend.
My father enjoys _____

Supply the correct form of the words in bold.

1. A hobby is an _____ that you do for pleasure. (ACT)
2. My uncle usually takes a lot of _____ photos. (BEAUTY)
3. Nick's hobby is collecting stamps. He is a stamp _____. (COLLECT)
4. _____ egg shells are unique gifts for family and friends. (CARVE)
5. I find woodcarving _____ because it's a creative activity. (INTEREST)

UNIT 2

Choose the word which best fits each gap.

Breakfast is the (1) _____ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) _____ and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (3) _____ to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4) _____ weight if you eat in the morning rather than later in the day. Dividing the day's calories (5) _____ three meals helps take-off weight more efficiently than (6) _____ breakfast and having two larger meals a day does.

1. A. healthy B. tasty C. main D. most
2. A. strength B. power C. energy D. effort
3. A. able B. enable C. unable D. capable
4. A. lose B. put C. gain D. drop

5. A. In B. into C. up D. for

6. A. skipping B. making C. buying D. serving

A FOUR-STEP PLAN FOR HEALTHY LIVING

Step 1: Try to eat a wide variety of different foods. You can do this easily by increasing the amount of fruit, vegetables, whole grains and freshly - squeezed juice in your diet. These foods will protect you against disease and ageing.

Step 2: Reduce the quantity of sugary and high-fat food in your diet. Because this kind of food tastes so good, it's easy to eat too much of it. Remember, for long-lasting benefits, you should make these changes permanent.

Step 3: Do more exercise. Exercise needn't be boring. Challenge yourself to a five-kilometer run or to learn an unusual sport. Don't worry if you can't afford to join a gym-there are plenty of low-cost options, such as jogging, and you'll feel relaxed afterwards.

Step 4: Be kind to yourself! Don't get too tired and make sure you have enough sleep. This is the key to a healthy, stress-free life.

1. What does the writer want to do in the text?

- A. Complain of his lifestyle.
- B. Suggest some ways to live healthily.
- C. Challenge himself to have a good health.
- D. Describe his living condition.

2. From the text, the role of vegetable and fruit is

- A. making human become older
- B. helping people more beautiful
- C. helping human avoid getting old.
- D. nothing

3. Sugary and fat food

- A. tastes very awful.
- B. should be restricted for a long time.
- C. should not be used in your diet.
- D. gives us many benefits.

4. Exercise

- A. will cost us a lot of money.
- B. makes you feel exhausted.
- C. is very boring.
- D. is not only joining a gym.

5. People should try to avoid

- A. stressful life.
- B. enough sleep.

C. exercise.

D. fruit juice.

UNIT 3:

Choose the word whose underlined part is pronounced differently from the others

1. A. stop <u>pe</u> d	B. liv <u>e</u> d	C. play <u>e</u> d
2. A. invit <u>e</u> d	B. want <u>e</u> d	C. end <u>e</u> d
3. A. stop <u>pe</u> d	B. agre <u>e</u> d	C. list <u>e</u> ned
4. A. work <u>e</u> d	B. want <u>e</u> d	C. stop <u>pe</u> d

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

1. Last summer, my father (teach) _____ me to drive.
2. I (start) _____ doing charity when I (be) _____ a first year student.
3. _____ (you/ go) to see the concert yesterday?
4. Yesterday, I (see) _____ Jim at a bookstore.
5. How long _____ (they/ live) here?~They _____ (move) here two years ago.
6. They _____ (establish) the Viet Nam Red Cross Society in 1916.

Look at the sign or the notice. Choose the best answer (A, B, C or D) for these questions.

	1. What does the notice say? A. It's not dangerous to swim here. B. Swimming is prohibited here. C. Beach closed for swimming. D. You can swim here but it may be dangerous.
	2. What does the sign say? A. You must put the trash in the bin. B. You pick the trash. C. You can throw the trash away. D. You bring the trash to your home.

Put the words in brackets into the correct forms to complete the sentences

1. After the party, I _____ twenty bottles from various parts of the house yesterday. (collect)
2. He's well-known in the local _____. (commune)
3. All our profits are re-invested in research and _____ (develop)

4. Even a small _____ can do a lot of good. (donate)
5. They were given food and shelter in _____ for work. (exchange)
6. The people in _____ area are very poor. (mountain)