

- A. give up B. give off C. take in D. take up
24. I don't cook well, so I just whip up some easy Vietnamese _____, such as: spring rolls or fried rice
- A. minerals B. nutritions C. recipes D. ingredients
25. I usually cook some simple Vietnamese dishes, whose _____ are meat, onion, pepper, salt and sugar.
- A. minerals B. nutritions C. recipes D. ingredients
26. I think we need to eat a balanced diet because junk food has a lot of fat, which is harmful _____ our health.
- A. for B. with C. to D. by
27. The last century's advances such as the discovery of _____ and vaccines have contributed to longer life.
- A. antibiotics B. natural remedies C. traditional therapies D. acupressure
28. While smoking and fast food consumption can increase the risk of obesity, doing regular _____ activity can help people have a good shape.
- A. mental B. physical C. daily D. extracurricular
29. Sneezing is the most common way of spreading an _____.
- A. ignorance B. ache C. injury D. infection
30. All food products should carry a list of _____ on the packet.
- A. areas B. parts C. ingredients D. chemicals
31. The supermarket chain has promised to _____ on packaging.
- A. cut down B. cut off C. cut into D. cut by
32. The coronavirus is so _____ that all citizens in this city contract it.
- A. infection B. infected C. infectious D. infect
33. It's not easy to give up _____. My uncle has tried _____ it lots of times without success.
- A. smoke/ to do B. to smoke/ doing C. smoking/ to do D. smoking/ doing

Ex 12. Circle A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s)

1. Old people have an active lifestyle and are cared for by their families
- A. independent B. simple C. energetic D. passive
2. You will become unhealthy if you eat too many snacks.
- A. harmful B. nutritious C. sick D. injured
3. Men often gather in the street and laugh with each other. This reduces their stress and risk of heart diseases.
- A. cut down on B. go down C. go up D. give up
4. The balance between work and life helps people to protect themselves from the negative effects of stress
- A. reasons B. impacts C. causes D. symptoms
5. Eating more fruits and vegetables, but less fatty foods can reduce the risk of serious diseases
- A. symptoms B. problems C. treatments D. ailments
6. Research shows that the food we eat can affect longevity.
- A. health B. protection C. length D. life span
7. We should consume healthy food such as brown rice, fresh fruit and vegetables. We should also eat more fish and less red meat.
- A. use B. eat C. purchase D. sell