

Diễn từ

tired meal skipping unable control dividing maintain energy
health provides

Breakfast is the most important (1)...of the day. It (2)...the nutrients your body needs for good(3)..., the calories it needs for (4) ...and helps to (5)...your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, (6)..., hungry and (7) ...to concentrate. Surprisingly, breakfast actually plays a part in weight(8)... It's easier to lose weight if you eat in the morning rather than later in the day. (9)...the day's calories into three meals helps take-off weight more efficiently than (10) ...breakfast and having two larger meals a day does.

Chia động từ

1. Peter _____ very hard. He never gets high scores. (not study)
2. I like oranges and she _____ apples. (like)
3. My mom and my sister _____ lunch every day. (cook)
4. They _____ breakfast together every morning. (have)
5. They _____ out once a week. (eat)
6. Many rich people (donate) _____ money for this volunteer program.
7. My friend (ring) _____ me yesterday and (invite) _____ me to his party.
8. What (you/ watch) _____ on TV last night?
9. When my father (be) _____ young, he (use to) _____ be the most handsome boy in the village.
10. _____ (you/ go) to see the concert yesterday?

Choose the word or phrase (A, B, C or D) that best fits the blank space in each sentence.

1. We ____ lots of vegetables in the school garden. A. plant B. tutor
C. donate D. help
2. Volunteer activities often include _____ money for people in need, cooking and giving food.
A. rising B. raising C. taking D. getting
3. Lan _____ half her salary to the poor children in her hometown.
A. gets B. receives C. donates D. steals
4. Mai's classmates are _____ old books and clothes for street children.
A. helping B. cleaning C. doing D. collecting
5. She wants to work in a _____ to care for old people.
A. theater B. museum C. supermarket D. nursing home
6. Mike is an _____. His parents died when he was a baby.
A. engineer B. astronaut C. orphan D. actress
7. He works as a _____. He doesn't get salary. A. volunteer B. singer
C. farmer D. nurse
8. Children collected _____ for recycling. A. new books B. plastic bottles
C. rural areas D. shelters
9. I like _____ activities such as planting trees and cleaning in the park.
A. sport B. indoor C. tutor D. community

Viết lại câu

There are four people in my family.

→ My family _____

My father doesn't like listening to music.

→ My father hates

My mother rides to work every day

→ My mother goes

I like watching TV best.

→ My favourite hobby

I find collecting glass bottles interesting.

→ My hobby is _____

Van's brother usually goes to work by motorbike.

→ Van's brother usually rides

Linh finds playing board games boring.

→ Linh doesn't like

My sister enjoys arranging flowers. (interesting)

→ My sister finds

My father likes doing gardening at the weekend.

→ My father enjoys
