ôn - Bài trắc nghiệm Tiếng Anh - Everyone wants to live a long and healthy life. It

Câu 1 **Everyone wants to live a long and healthy life. It's important to take care of ourselves and make choices that promote good health. By making simple lifestyle changes, we can increase our chances of living a long and fulfilling life. Exercise is important for staying healthy. Doing activities like walking, jogging, or dancing makes our hearts strong, muscles toned, and bones healthy. It also makes us feel happy and lowers the chances of getting sick, like heart disease and diabetes.**

Câu 2 **Which of the following can be the best title for the passage?**

A. The Importance of Daily Exercise

B. Tips for a Long and Healthy Life

C. How to Get Enough Sleep Every Night

D. The Dangers of Processed Foods

Câu 3 **Which of the following is NOT true according to the passage?**

A. Sleeping 7 to 9 hours a night helps our brain work well.

B. Consuming excessive sugary drinks and fatty snacks promotes good health.

C. Eating fruits, vegetables, and whole grains provides essential vitamins.

D. Exercise helps reduce the risk of heart disease and diabetes.

Câu 4 **The word "crucial" in paragraph 3 is closest in meaning to _____.**

A. extremely important

B. unnecessary

C. difficult

D. repetitive

Câu 5 **The word "It" in paragraph 4 refers to _____.**

A. sleep

B. brain

C. body

D. disease

Câu 6 **According to paragraph 2, how does regular exercise contribute to staying healthy?**

A. It makes our hearts strong and muscles toned.

B. It completely eliminates the need for proper sleep.

C. It allows us to eat unlimited sugary snacks.

D. It causes muscle fatigue and stress.

Câu 7 **Trường hợp 2: Question 1: What is the main idea of the passage?**

A. Why exercise is the only way to stay healthy

B. How simple lifestyle changes like exercise and healthy eating contribute to a long, healthy life

C. The dangers of eating processed foods and sugary drinks

D. How to cure heart disease and diabetes

Câu 8 **Question 2: Which of the following is NOT mentioned as a benefit of healthy eating?**

A. Keeping our bodies strong

B. Maintaining a good weight

C. Guaranteeing a life over 100 years

D. Reducing the chance of getting sick

Câu 9 **Question 3: The word "crucial" in the passage is closest in meaning to:**

A. Difficult

B. Unimportant

C. Important

D. Optional

Câu 10 **Question 4: The word "These foods" in the passage refers to:**

A. Sugary drinks and snacks

B. Fruits, vegetables, whole grains, and lean meats

C. Processed foods and fat

D. Muscles and bones

Câu 11 **Question 5: According to the passage, what should we try to avoid?**

A. Walking and jogging

B. Lean meats and whole grains

C. Too many sugary drinks, processed foods, or high-fat snacks

D. Fruits and vegetables

Câu 12 **==> đáp án: 1B, 2C, 3C, 4B, 5C**

A. SustainB. sustainabilityC. sustainableD. sustainably

Câu 13 **Question 2: (Preposition)**

A. ForB. toC. withD. in

Câu 14 **Question 3: (Collocations)**

A. ImproveB. makeC. doD. take

Câu 15 **Question 4: (Grammar - Unit 1, 2, 3 / Linking words)**

A. HoweverB. For example C. AlthoughD. Because

Câu 16 **Question 5: (Word meaning)**

A. LiveableB. crowdedC. pollutedD. narrow

Muốn tự tạo bài trắc nghiệm như thế này?

Quét QR hoặc truy cập: **baitracnghiem.app/tao-bai-trac-nghiem**

Luyện thêm cùng khóa học:

IELTS BREAKER: 89 bài từ vựng IELTS Speaking, học thử miễn phí, trọn bộ 199.000đ — diemdanh.app/khoa-hoc/ielts-breaker

Luyện nghe cơ bản (Basic level): 103 bài luyện nghe, học thử miễn phí, trọn bộ 99.000đ — diemdanh.app/khoa-hoc/luyen-nghe-basic-level-59

diemdanh.app