

A. VOCABULARY - TỪ VỰNG

Câu 1 Regular exercise can help prevent many _____ diseases, such as heart disease and diabetes.

- A. chronic
- B. harmful
- C. elderly
- D. balanced

Câu 2 Eating a _____ diet is important for maintaining good health.

- A. balanced
- B. stressful
- C. harmful
- D. infectious

Câu 3 You should eat more fresh fruit and vegetables because they are rich in _____.

- A. nutrients
- B. habits
- C. pressure
- D. treatments

Câu 4 Drinking enough water is essential for keeping your body _____.

- A. hydrated
- B. stressful
- C. harmful
- D. elderly

Câu 5 Too much sugar and salt can have a negative _____ on your health.

- A. impact
- B. habit
- C. lifestyle
- D. nutrient

Câu 6 My grandmother is 85, but she is still very _____ and enjoys gardening every day.

- A. active
- B. harmful
- C. chronic
- D. balanced

Câu 7 Lack of sleep may lead to health _____ such as obesity and heart problems.

- A. problems
- B. nutrients
- C. habits
- D. benefits

Câu 8 A healthy _____ includes regular exercise, a balanced diet, and enough sleep.

- A. lifestyle
- B. pressure
- C. disease
- D. treatment

Câu 9 Smoking is a _____ habit that can cause serious health problems.

A. harmful

B. nutritious

C. balanced

D. active

Câu 10 Walking for thirty minutes every day can improve your physical _____.

A. fitness

B. pressure

C. treatment

D. disease

Câu 11 People who have high blood _____ should avoid eating too much salt.

A. pressure

B. balance

C. fitness

D. habit

Câu 12 Regular physical activity can help _____ the risk of developing heart disease.

A. reduce

B. increase

C. suffer

D. prevent from

Câu 13 Getting enough sleep is one of the best ways to _____ stress.

A. reduce

B. cause

C. increase

D. suffer

Câu 14 Eating vegetables provides the body with essential _____ such as vitamins and minerals.

A. nutrients

B. pressures

C. lifestyles

D. diseases

Câu 15 It is important to develop healthy _____ from a young age.

A. habits

B. diseases

C. pressures

D. treatments

Câu 16 Spending too much time sitting can increase the risk of becoming _____.

A. obese

B. nutritious

C. active

D. balanced

Câu 17 Doctors often advise patients to maintain a healthy weight and _____ regularly.

A. exercise

B. pressure

C. treatment

D. disease

Câu 18 Meditation and yoga can help people _____ stress and anxiety.

A. cope with

B. suffer from

C. take after

D. look after

Câu 19 My father has given up _____ because he wants to live a healthier life.

A. smoking

B. smoke

C. to smoke

D. smoked

Câu 20 A good night's sleep can improve your memory and mental _____.

A. health

B. pressure

C. disease

D. habit

Câu 21 My sister usually _____ to school by bike.

A. go

B. goes

C. is going

D. went

Câu 22 Look! The children _____ exercise in the school yard.

A. do

B. does

C. are doing

D. did

Câu 23 My father _____ coffee every morning.

A. drinks

B. is drinking

C. drink

D. drinking

Câu 24 We _____ a healthy diet this month because we want to lose weight.

A. follow

B. follows

C. are following

D. followed

Câu 25 Water _____ about 60% of the human body.

A. make up

B. makes up

C. is making up

D. made up

Câu 26 Why _____ you _____ so much exercise today?

A. do / do

B. are / doing

C. do / doing

D. are / do

Câu 27 She usually _____ eight hours a night, but this week she _____ less because of her exams.

A. sleeps / is sleeping

B. is sleeping / sleeps

C. sleep / is sleeping

D. sleeps / sleeps

Câu 28 Doctors _____ that regular exercise is good for our health.

A. believe

B. are believing

C. believed

D. believing

Câu 29 I _____ three glasses of water today.

A. drink

B. drank

C. have drunk

D. am drinking

Câu 30 She _____ smoking since January.

A. gives up

B. gave up

C. has given up

D. is giving up

Câu 31 They _____ regular exercise for five years.

A. have done

B. did

C. do

D. are doing

Câu 32 My grandfather _____ never _____ fast food.

A. has / eaten

B. have / eaten

C. did / eat

D. is / eating

Câu 33 _____ you ever _____ yoga?

A. Did / practise

B. Have / practised

C. Do / practise

D. Are / practising

Câu 34 He _____ his unhealthy lifestyle yet.

A. hasn't changed

B. didn't change

C. doesn't change

D. isn't changing

Câu 35 We _____ a lot about healthy eating since we started this course.

A. learn

B. learned

C. have learned

D. are learning

Câu 36 How long _____ you _____ this healthy diet?

A. do / follow

B. have / followed

C. did / follow

D. are / following

Câu 37 My mother _____ just _____ preparing a healthy meal.

A. has / finished

B. did / finish

C. is / finishing

D. does / finish

Câu 38 They _____ in this fitness club since 2023.

- A. exercise
- B. exercised
- C. have exercised
- D. are exercising

Câu 39 My doctor advised me _____ more vegetables.

- A. eat
- B. eating
- C. to eat
- D. ate

Câu 40 I enjoy _____ in the park every morning.

- A. walk
- B. walking
- C. to walk
- D. walked

Câu 41 She decided _____ smoking to improve her health.

- A. giving up
- B. give up
- C. to give up
- D. gave up

Câu 42 My parents avoid _____ too much processed food.

- A. eat
- B. eating
- C. to eat
- D. ate

Câu 43 He hopes _____ a healthier lifestyle in the future.

A. adopt

B. adopting

C. to adopt

D. adopted

Câu 44 Would you mind _____ the window? It's very hot in here.

A. open

B. to open

C. opening

D. opened

Câu 45 We should stop _____ unhealthy snacks between meals.

A. eat

B. eating

C. to eat

D. eaten

Câu 46 She wants _____ more time exercising every day.

A. spend

B. spending

C. to spend

D. spent

Câu 47 Since she _____ eating healthy food, she _____ much better.

A. starts / feels

B. started / has felt

C. has started / felt

D. started / feels

Câu 48 Tom _____ exercise every day, but he _____ today because he is ill.

A. usually does / isn't exercising

B. is usually doing / doesn't exercise

C. usually does / doesn't exercise

D. usually is doing / isn't exercising

Câu 49 My doctor recommends _____ at least 30 minutes a day.

A. exercise

B. to exercise

C. exercising

D. exercised

Câu 50 Lan _____ a healthy lifestyle since she _____ university.

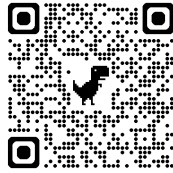
A. has followed / entered

B. followed / has entered

C. follows / enters

D. is following / entered

Muốn tự tạo bài trắc nghiệm như thế này?



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