Bài trắc nghiệm Tiếng Anh - UNIT 1: A LONG AND HEALTHY LIFE

Câu 1 **A. treat B. great C. meat D. lead**

A. treat

B. great

C. meat

D. lead

Câu 2 **A. regular B. general C. vegetable D. energy**

A. regular

B. general

C. vegetable

D. energy

Câu 3 **A. virus B. habit C. fitness D. illness**

A. virus

B. habit

C. fitness

D. illness

Câu 4 **A. germ B. grow C. gone D. gap**

A. germ

B. grow

C. gone

D. gap

Câu 5 **A. tiny B. diameter C. nutrient D. antibiotic**

A. tiny

B. diameter

C. nutrient

D. antibiotic

Câu 6 **In the stressed short answer “Yes, we could”, the strong form of “could” is _____.**

A. /kəd/

B. /kʊ:d/

C. /kʊd/

D. /kəd/

Câu 7 **When “does” is unstressed in “Does she exercise?”, its usual weak form is _____.**

A. /dɪs/

B. /du:z/

C. /dʌz/

D. /dəz/

Câu 8 **When “can” is unstressed in “Can you swim?”, what is its usual weak form?**

A. /si:n/

B. /kən/

C. /kʌn/

D. /kæn/

Câu 9 **A. balanced B. active C. healthy D. mature**

A. balanced

B. active

C. healthy

D. mature

Câu 10 **A. important B. wonderful C. suitable D. serious**

A. important

B. wonderful

C. suitable

D. serious

Câu 11 **A. disease B. homework C. muscle D. treatment**

A. disease

B. homework

C. muscle

D. treatment

Câu 12 **A. recipe B. energy C. poisoning D. infection**

A. recipe

B. energy

C. poisoning

D. infection

Câu 13 **A. regular B. infectious C. positive D. interesting**

A. regular

B. infectious

C. positive

D. interesting

Câu 14 **The doctor will _____ the patient thoroughly to determine the cause of the symptoms.**

A. spread

B. examine

C. suffer

D. cure

Câu 15 **Advances in medical science have significantly increased the average life _____ in many countries.**

A. expectancy

B. expectation

C. expect

D. expectant

Câu 16 **To achieve a long and healthy life, it's important to _____ attention to your diet and nutrition.**

A. take

B. put

C. pay

D. make

Câu 17 **Electronic devices such as smartphones and computers _____ blue light, which can disrupt your sleep.**

A. give off

B. take in

C. use up

D. get over

Câu 18 **In recent years, he _____ smoking to improve his lung health.**

A. stopped

B. stops

C. has stopped

D. had stopped

Câu 19 **Many people find that they need to _____ sugary drinks and sodas to better manage their weight.**

A. turn down

B. get over

C. work out

D. give up

Câu 20 **People who _____ from high levels of stress are more likely to experience mental health issues.**

A. prevent

B. suffer

C. expect

D. deny

Câu 21 **A balanced diet rich in essential _____ is key to maintaining a long and healthy life.**

A. labels

B. tools

C. nutrients

D. organisms

Câu 22 **She _____ a variety of fruits and vegetables in her diet for five years.**

A. includes

B. has included

C. will include

D. had included

Câu 23 **Consuming fresh and clean ingredients is essential to avoid food _____ and maintain good health.**

A. poisonously

B. poisonous

C. poison

D. poisoning

Câu 24 **_____ regularly can improve your sleep quality.**

A. Giving up

B. Working out

C. Taking up

D. Standing out

Câu 25 **In 2018, the government _____ a national campaign to encourage citizens to adopt healthier lifestyles.**

A. launched

B. has launched

C. had launched

D. launches

Câu 26 **Vaccination is a key strategy in preventing the _____ of infectious diseases.**

A. treatment

B. spread

C. recipe

D. illness

Câu 27 **You should eat a _____ diet if you want to stay healthy and avoid illness.**

A. balanced

B. balance

C. to balance

D. balancing

Câu 28 **I started eating more vegetables last week, but I _____ down on sugary drinks yet.**

A. haven’t cut

B. cut

C. don’t cut

D. didn’t cut

Câu 29 **She _____ a healthy routine last year, but this year, she has been making healthier choices every day.**

A. doesn’t follow

B. has followed

C. hasn’t followed

D. didn’t follow

Câu 30 **To stay fit, you _____ soft drinks and eat more vegetables.**

A. turned down

B. cut down on

C. took over

D. gave back

Câu 31 **Ella felt full of _____ after eating a big breakfast and getting enough sleep.**

A. food

B. life

C. strength

D. energy

Câu 32 **A healthy _____ helps you focus better at school and feel happier every day.**

A. sleep

B. value

C. lesson

D. lifestyle

Câu 33 **They _____ out regularly since last January, which has helped them to improve their fitness.**

A. has been working

B. had worked

C. have worked

D. worked

Câu 34 **Some bacteria in our bodies are helpful, but some can cause infectious diseases such as _____ or food poisoning.**

A. cancer

B. tuberculosis

C. asthma

D. diabetes

Câu 35 **a. Ethan: Try cutting down on sugary snacks and soda. They cause cavities. b. Sophie: Ethan, I'm trying to take better care of my teeth. Any advice? c. Sophie: Good idea! I'll eat more fruits and drink water instead.**

A. a-b-c

B. a-c-b

C. b-c-a

D. b-a-c

Câu 36 **a. Oliver: I should start doing that too. I always forget! b. Oliver: Mia, do you go to the dentist regularly? c. Mia: Yes, I have a dental check-up every six months. It helps prevent problems.**

A. a-b-c

B. a-c-b

C. b-c-a

D. c-b-c

Câu 37 **a. An: That's fine. Let me know if you need a hand. b. Son: Not now, but I may need help later. c. An: Do you need help with your meal plan?**

A. a-b-c

B. c-b-a

C. c-a-b

D. b-a-c

Câu 38 **A: “Doctor, can you give me some suggestions on how to stay healthy?” B: “_____.”**

A. Well, first of all, you need to make sure that you eat the right foods.

B. It is very confusing to know what to eat.

C. As long as you don’t overdo it, a glass of wine a day should be OK.

D. If you smoke, you need to stop.

Câu 39 **Nam: Do you want me to help with your homework? Lan: _____**

A. Homework? I don’t like homework.

B. Thank you. It’s very kind of you!

C. Why do we need homework?

D. If you like, you can do it every day.

Câu 40 **Laura and Mitchell are talking about people’s health. Laura: “People should take better care of their health to avoid some fatal diseases.” Mitchell: “_____. Being in good health helps us enjoy life better.”**

A. You are wrong

B. It doesn’t matter

C. I can’t agree with you more

D. That can’t be true

Muốn tự tạo bài trắc nghiệm như thế này?

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