

30 câu trắc nghiệm Tiếng Anh a long and heatl...

Câu 1 The main goal of a healthy lifestyle is to improve your overall _____.

- A. wealth
- B. well-being
- C. appearance
- D. popularity

Câu 2 A _____ diet includes a variety of foods in the right amounts.

- A. balanced
- B. harmful
- C. strict
- D. fast

Câu 3 Regular exercise can help you _____ your immune system.

- A. weaken
- B. strengthen
- C. damage
- D. ignore

Câu 4 People who live to be 100 or more are often called _____.

- A. centenarians
- B. teenagers
- C. patients
- D. customers

Câu 5 _____ is the length of time a person is expected to live.

A. Life expectancy

B. Life story

C. Life style

D. Life guard

Câu 6 Eating too much fast food can lead to _____.

A. obesity

B. fitness

C. energy

D. longevity

Câu 7 You should cut down _____ sugary drinks if you want to lose weight.

A. on

B. in

C. at

D. for

Câu 8 My brother has _____ yoga for two years to reduce stress.

A. taken up

B. given up

C. put on

D. cut down

Câu 9 Don't _____ up. You can still improve your health.

A. give

B. take

C. put

D. work

Câu 10 A _____ lifestyle with little physical activity is bad for your health.

A. sedentary

B. active

C. balanced

D. nutritious

Câu 11 I _____ to the gym three times a week.

A. go

B. am going

C. have gone

D. went

Câu 12 She _____ a healthy diet since last year.

A. follows

B. followed

C. has followed

D. is following

Câu 13 We _____ any fast food last week.

A. didn't eat

B. haven't eaten

C. don't eat

D. aren't eating

Câu 14 How long _____ you _____ in this fitness center?

A. do / train

B. have / trained

C. did / train

D. are / training

Câu 15 He _____ his homework yet, so he can't go out.

A. doesn't finish

B. didn't finish

C. hasn't finished

D. isn't finishing

Câu 16 When I was young, I _____ a lot of sweets.

A. eat

B. ate

C. have eaten

D. am eating

Câu 17 They _____ to Australia for a health conference in 2020.

A. have gone

B. went

C. go

D. are going

Câu 18 I _____ this book about longevity twice.

A. read

B. have read

C. am reading

D. was reading

Câu 19 You look tired. _____ you _____ enough sleep lately?

A. Do / get

B. Did / get

C. Have / got

D. Are / getting

Câu 20 My mother _____ breakfast for us every morning.

A. prepares

B. prepared

C. has prepared

D. is preparing

Câu 21 To _____ fit, you should exercise regularly and eat well.

A. stay

B. make

C. do

D. take

Câu 22 You should _____ down on salt to protect your heart.

A. cut

B. give

C. take

D. put

Câu 23 He has _____ weight because he eats too much fast food.

A. put on

B. lost

C. taken up

D. given up

Câu 24 Doing meditation can help you _____ stress.

A. reduce

B. increase

C. create

D. cause

Câu 25 A good way to _____ your health is to walk 10,000 steps a day.

A. improve

B. harm

C. ignore

D. damage

Câu 26 She is _____ a healthy lifestyle by eating more vegetables.

A. leading

B. making

C. doing

D. taking

Câu 27 You should have a medical _____ twice a year.

- A. check-up
- B. check-in
- C. check-out
- D. check-point

Câu 28 _____ food contains a lot of vitamins and minerals.

- A. Nutritious
- B. Junk
- C. Processed
- D. Fatty

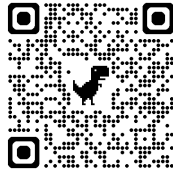
Câu 29 Too much stress can have a negative _____ on your mental health.

- A. effect
- B. affect
- C. effective
- D. effectively

Câu 30 The doctor advised him to _____ smoking to improve his lung health.

- A. give up
- B. take up
- C. put on
- D. cut down

Muốn tự tạo bài trắc nghiệm như thế này?



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