

UNIT 1. A LONG AND HEALTHY LIFE

A. LÝ THUYẾT

I. VOCABULARY

1. VOCABULARY

No.	Word	Part of speech	Pronunciation	Meaning
1.	AIDS	(n)	/eɪdz/	bệnh AIDS (một hội chứng suy giảm miễn dịch do virus HIV gây ra)
2.	antibiotic	(n)	/ˌæntɪbaɪˈɒtɪk/	thuốc kháng sinh
3.	bacteria	(n)	/bækˈtɪəriə/	vi khuẩn
4.	diameter	(n)	/daɪˈæmɪtə/	đường kính
5.	disease	(n)	/dɪˈziːz/	bệnh
6.	energy drink	(n)	/ˈenədʒi/ /drɪŋk/	nước uống tăng lực
7.	enthusiasm	(n)	/ɪnˈθjuːzɪæzm/	sự hăng hái, nhiệt tình
8.	examine	(v)	/ɪɡˈzæmɪn/	kiểm tra, khám (sức khỏe)
9.	fast food	(n)	/fɑːst/ /fuːd/	thức ăn nhanh
10.	fitness	(n)	/ˈfɪtnɪs/	sự khỏe khoắn
11.	germ	(n)	/dʒɜːm/	vi trùng
12.	habit	(n)	/ˈhæbɪt/	thói quen
13.	illness	(n)	/ˈɪlnɪs/	sự ốm đau
14.	ingredient	(n)	/ɪnˈɡriːdiənt/	nguyên liệu
15.	mental	(adj)	/ˈmentl/	(thuộc) tinh thần, tâm thần
16.	micron	(n)	/ˈmaɪkrən/	Micron (1 micron = 0,001 mm)
17.	mineral	(n)	/ˈmɪnərəl/	chất khoáng
18.	muscle	(n)	/ˈmʌsl/	cơ bắp
19.	nutrient	(n)	/ˈnjuːtriənt/	chất dinh dưỡng
20.	organism	(n)	/ˈɔːɡənɪzəm/	sinh vật, thực thể sống
21.	physical	(adj)	/ˈfɪzɪkəl/	(thuộc) thể chất
22.	press-up	(n)	/pres-/ /ʌp/	động tác chống đẩy
23.	properly	(adv)	/ˈprɒpəli/	một cách điều độ, hợp lý
24.	recipe	(n)	/ˈresɪpi/	công thức
25.	regular	(adj)	/ˈregjʊlə/	thường xuyên
26.	repetitive	(adj)	/rɪˈpetɪtɪv/	lặp đi lặp lại
27.	replace	(v)	/rɪˈpleɪs/	thay thế
28.	spread	(n)	/sprɛd/	sự lây lan
29.	squat	(n)	/skwɒt/	bài tập thể dục đứng lên ngồi xuống
30.	strength	(n)	/streŋθ/	sức mạnh
31.	suffer	(v)	/ˈsʌfə/	chịu đựng
32.	treatment	(n)	/ˈtriːtmənt/	cách điều trị
33.	tuberculosis	(n)	/tjuːˈbɜːkjəˈləʊsɪs/	bệnh lao
34.	vaccine	(n)	/ˈvæksɪn/	vắc xin
35.	virus	(n)	/ˈvaɪərəs/	vi rút
36.	yoghurt	(n)	/ˈjɒɡət/	sữa chua

2. COLLOCATIONS/ PHRASES

No.	Word	Part of speech	Pronunciation	Meaning
37.	be full of energy	(phrase)	/fʊl/ /ɒv/ /ˈenədʒi/	đầy năng lượng
38.	cut down on	(vp)	/kʌt/ /daʊn/ /ɒn/	cắt giảm

39.	develop healthy habits	(v-n)	/diˈveləp/ /ˈhelθi/ /ˈhæbɪts/	xây dựng các thói quen lành mạnh
40.	do squats	(v-n)	/duː/ /skwɒts/	tập bài tập hạ thấp hông
41.	do star jumps	(v-n)	/duː/ /stɑː/ /dʒʌmps/	nhảy dăng tay chân
42.	fall asleep	(vp)	/fɔːl/ /əˈsliːp/	buồn ngủ
43.	get rid of	(vp)	/ɡet/ /rɪd/ /ɒv/	loại bỏ
44.	give off	(vp)	/ɡɪv/ /ɒf/	toả ra, phát ra
45.	give up	(vp)	/ɡɪv/ /ʌp/	từ bỏ, bỏ cuộc
46.	have a balanced diet	(v-n)	/hæv/ /eɪ/ /ˈbælənst/ /ˈdaɪət/	có chế độ ăn uống cân bằng
47.	pay attention to	(vp)	/peɪ/ /əˈtɛnʃən/ /tuː/	chú ý tới
48.	run on the spot	(vp)	/rʌn/ /ɒn/ /dɔː/ /spɒt/	chạy tại chỗ
49.	stay up late	(vp)	/steɪ/ /ʌp/ /leɪt/	thức khuya
50.	suffer from	(vp)	/ˈsʌfə/ /frɒm/	chịu đựng
51.	take regular exercise	(vp)	/teɪk/ /ˈregjələ/ /ˈeksəsaɪz/	tập thể dục thường xuyên
52.	work out	(vp)	/wɜːk/ /aʊt/	tập thể dục
53.	food label	(np)	/fuːd/ /ˈleɪbl/	nhãn thực phẩm
54.	food poisoning	(np)	/fuːd/ /ˈpɔɪzənɪŋ/	ngộ độc thực phẩm
55.	infectious diseases	(adj-n)	/ɪnˈfekʃəs/ /dɪˈziːzɪz/	bệnh truyền nhiễm
56.	life expectancy	(np)	/laɪf/ /ɪksˈpektənsi/	tuổi thọ
57.	living organism	(np)	/ˈlɪvɪŋ/ /ˈɔːɡənɪzəm/	sinh vật sống

3. WORD FORMATION

No.	Word	Part of speech	Pronunciation	Meaning
58.	expect	(v)	/ɪksˈpekt/	kỳ vọng
59.	expectancy	(n)	/ɪksˈpektənsi/	tình trạng trông mong, triển vọng
60.	health	(n)	/helθ/	sức khỏe
61.	healthily	(adv)	/ˈhelθɪli/	khỏe mạnh, lành mạnh
62.	healthy	(adj)	/ˈhelθi/	khỏe mạnh, lành mạnh
63.	unhealthy	(adj)	/ʌnˈhelθi/	không khỏe mạnh, lành mạnh
64.	infection	(n)	/ɪnˈfekʃən/	sự lây nhiễm
65.	infectious	(adj)	/ɪnˈfekʃəs/	truyền nhiễm
66.	repeat	(v)	/rɪˈpiːt/	lặp lại
67.	repetitive	(adj)	/rɪˈpetɪtɪv/	có tính chất lặp lại
68.	strength	(n)	/streŋθ/	sức mạnh
69.	strong	(adj)	/strɒŋ/	khỏe mạnh
70.	treat	(v)	/triːt/	điều trị, chữa trị
71.	treatment	(n)	/ˈtriːtmənt/	sự điều trị, cách trị bệnh

II. PRONUNCIATION

Cách phát âm dạng mạnh và yếu của trợ động từ.

- Trong câu hỏi Yes/No, trợ động từ ở đầu câu hỏi không nhận trọng âm nên được phát âm ở dạng yếu.
- Ở cuối câu trả lời ngắn, chúng được nhấn trọng âm nên được phát âm ở dạng mạnh.

Ví dụ:

- Is he hungry? /əz/ /hiː/ /ˈhʌŋɡri/?
Yes, he is. /jes/, /hiː/ /ɪz/.
- Do you know this answer? /dɔː/ /juː/ /nəʊ/ /ðɪs/ /ˈɑːnsə/?
Yes, I do. /jes/, /aɪ/ /duː/.

III. GRAMMAR

1. PAST SIMPLE TENSE (THÌ QUÁ KHỨ ĐƠN)

a. Cách dùng

STT	Cách dùng	Ví dụ
1.	Diễn tả một hành động đã xảy ra và kết thúc trong quá khứ	I visited my grandparents in the countryside last summer. <i>Tôi đã đến thăm ông bà của tôi ở nông thôn vào mùa hè năm ngoái.</i>
2.	Diễn tả các hành động liên tiếp xảy ra trong quá khứ	Yesterday I got up , did some physical exercise and had breakfast. <i>Hôm qua tôi thức dậy, tập thể dục và ăn sáng.</i>
3.	Diễn tả một hành động xen vào một hành động đang diễn ra trong quá khứ	Yesterday my friend came to see me when my family were having dinner. <i>Hôm qua bạn tôi đến thăm tôi khi gia đình tôi đang ăn tối.</i>

b. Công thức

Thể	Dại từ	To be	Động từ
Khẳng định	I/ He/ She/ It	WAS	LEARNED
	You/ We/ They	WERE	MET
Phủ định	I/ He/ She/ It	WAS NOT = WASN 'T	DID NOT(=DIDN'T)
	You/ We/ They	WERE NOT = WEREN 'T	LEARN
Nghi vấn		WAS I/ HE/ SHE/ IT...?	DID + S + LEARN...?
		WERE YOU/ WE/ THEY...?	

c. Dấu hiệu nhận biết

Trạng từ chỉ thời gian trong quá khứ:

- Yesterday, yesterday morning
- Last night/week/month/year...
- A period + ago: two weeks ago, two days ago
- In January, in 1999, in the 1990s...
- On February 14th, May 5th 2000
- When + S + V: When I was a child
- For + a period: for a week, for two months

d. Regular verbs (Động từ có quy tắc)

Động từ có quy tắc là động từ tuân theo nguyên tắc thêm -ed vào đuôi động từ để tạo thành động từ thì quá khứ và quá khứ phân từ.

Một số nguyên tắc thêm -ed

Động từ tận cùng là "e" chỉ cần thêm "d". VD: prepares -> prepared

- Nếu một động từ 1 âm tiết kết thúc bằng 1 phụ âm (trừ w, x, y), trước đó là 1 nguyên âm thì nhân đôi phụ âm cuối rồi thêm -ed. VD: stop -> stopped

- Nếu động từ 2 âm tiết kết thúc bằng phụ âm, trước đó là 1 nguyên âm, trọng âm của từ vào âm tiết thứ 2 thì nhân đôi phụ âm cuối rồi thêm -ed. VD: submit -> submitted

- Nếu động từ kết thúc bằng một nguyên âm + "y" thì đổi thành "i" rồi thêm -ed. VD: study -> studied

2. THÌ HIỆN TẠI HOÀN THÀNH

a. Cách dùng

STT	Cách dùng	Ví dụ
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1.	Diễn tả một hành động xảy ra trong quá khứ và kết quả ở hiện tại	I have lost my keys and now I can't get inside my house. <i>Tôi đã làm mất</i> chìa khóa và bây giờ tôi không thể vào nhà.
2.	Diễn tả hành động đã hoàn thành cho tới thời điểm hiện tại mà không đề cập tới nó xảy ra khi nào.	I have spoken to her. <i>Tôi đã nói chuyện</i> với cô ấy.
3.	Diễn tả một kinh nghiệm, trải nghiệm chung chung	I have never been to the USA. <i>Tôi chưa bao giờ đến</i> Mỹ.

b. Công thức

Thể	Đại từ	Động từ
Khẳng định	I/ He/ She/ It	HAS LEARNED
	You/ We/ They	HAVE LEARNED
Phủ định	I/ He/ She/ It	HAS NOT (= HASN'T) LEARNED
	You/ We/ They	HAVE NOT (= HAVEN'T) LEARNED
Nghị vấn		HAS HE/ SHE/ IT LEARNED...?
		HAVE I/ YOU/ WE/ THEY LEARNED ...?

c. Dấu hiệu nhận biết

Thì hiện tại hoàn thành thường đi kèm với một số trạng từ sau

STT	Cách dùng	Ví dụ
1.	Just	I have just had lunch. <i>Tôi vừa mới</i> ăn trưa.
2.	Ever, never	Have you ever been to Ho Chi Minh city? <i>Bạn đã bao giờ đến</i> Thành phố Hồ Chí Minh chưa? I have never travelled abroad. <i>Tôi chưa bao giờ đi du lịch nước ngoài.</i>
3.	Already, yet	I have already finished my homework. <i>Tôi đã hoàn thành bài tập về nhà rồi.</i> I haven't eaten dinner yet . <i>Tôi vẫn chưa ăn tối.</i>
4.	For, since	I have learned English for 8 years. <i>Tôi đã học tiếng Anh được 8 năm.</i> I have lived here since I was born. <i>Tôi đã sống ở đây kể từ khi</i> tôi được sinh ra.

Lưu ý: Thì hiện tại hoàn thành cũng thường đi kèm với những cụm từ sau đây để diễn tả khoảng thời gian chưa kết thúc: *today, this morning, this month, this year, so far, over the last few weeks, up to now, recently...*

3. PHÂN BIỆT THÌ HIỆN TẠI HOÀN THÀNH VÀ QUÁ KHỨ ĐƠN

Thì hiện tại hoàn thành	Thì quá khứ đơn
Thời gian không cụ thể I have spoken to my cousin. <i>Tôi đã nói chuyện</i> với anh họ của tôi.	Thời gian cụ thể I spoke to my cousin yesterday . <i>Tôi đã nói chuyện</i> với anh họ của tôi ngày hôm qua .
Kết quả còn kéo dài đến hiện tại - "how long"	Hành động đã kết thúc ở trong quá khứ, không liên quan đến hiện tại - "when"

How long have you stayed in Paris?

Bạn đã ở Paris bao lâu rồi?

I **have stayed** there for a week.

Tôi **đã ở đó** trong một tuần.

When did you stay in Paris?

*Bạn đã ở lại Paris **khi nào**?*

I **stayed** there a week ago.

Tôi **đã ở đó** một tuần trước.

B. THỰC HÀNH

I. PRONUNCIATION

Task 1. Find the word whose underlined part differs from the other three in pronunciation in each of the following questions.

- | | | | |
|--------------------------|-----------------------|-----------------------|---------------------------------|
| 1. A. <u>h</u> abit | B. <u>b</u> alance | C. <u>e</u> xamine | D. <u>l</u> abel |
| 2. A. <u>m</u> icron | B. <u>d</u> iet | C. <u>g</u> ive | D. <u>d</u> iameter |
| 3. A. <u>f</u> ull | B. <u>c</u> ut | C. <u>s</u> uffer | D. <u>m</u> uscle |
| 4. A. <u>e</u> nergy | B. <u>t</u> reatment | C. <u>s</u> trength | D. <u>n</u> utrient |
| 5. A. <u>e</u> xpectancy | B. <u>r</u> epetitive | C. <u>f</u> itness | D. <u>g</u> erm |
| 6. A. <u>t</u> ake | B. <u>s</u> quat | C. <u>s</u> tay | D. <u>r</u> ep e ace |
| 7. A. <u>s</u> pot | B. <u>w</u> ork | C. <u>f</u> rom | D. <u>a</u> ntibiotic |
| 8. A. <u>i</u> ngredient | B. <u>s</u> trength | C. <u>i</u> nfectious | D. <u>e</u> xercise |
| 9. A. <u>y</u> oghurt | B. <u>h</u> ealthy | C. <u>h</u> oliday | D. <u>h</u> uman |
| 10. A. <u>a</u> nimal | B. <u>b</u> acteria | C. <u>r</u> ange | D. <u>a</u> ctive |

Task 2. Find the word that differs from the other three in the position of stress in each of the following questions.

- | | | | |
|------------------|---------------|-----------------|---------------|
| 1. A. examine | B. diet | C. energy | D. active |
| 2. A. balanced | B. habit | C. treatment | D. expectancy |
| 3. A. muscle | B. ingredient | C. suffer | D. nutrient |
| 4. A. fitness | B. yoghurt | C. repetitive | D. organism |
| 5. A. replace | B. micron | C. healthy | D. lifestyle |
| 6. A. vaccine | B. organism | C. bacteria | D. virus |
| 7. A. infectious | B. disease | C. poisoning | D. illness |
| 8. A. burger | B. exercise | C. tuberculosis | D. regular |
| 9. A. label | B. vegetable | C. physical | D. antibiotic |
| 10. A. frequent | B. amount | C. mental | D. quality |

II. VOCABULARY

Task 1. Write the words/phrases below the pictures

yoghurt

recipe

squat

vaccine

muscle

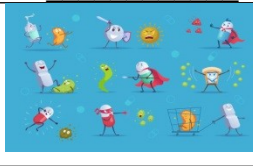
energy drink

antibiotic

fast food

press-up

diet

				
1. _____	2. _____	3. _____	4. _____	5. _____
				
6. _____	7. _____	8. _____	9. _____	10. _____

Task 2. Fill in the blanks with one suitable word or phrase.

recipe(s)	ingredient(s)	yoghurt	fast food
food label(s)	food poisoning	diet(s)	replace

1. You can _____ butter with coconut oil when baking this cake, so do not worry when you run out of butter.
2. Always make sure to read the _____ before buying a product. It can show the origin of the product.
3. I got _____ from eating sushi that wasn't fresh. I had to go to hospital that day to get examined by the doctor.
4. I'm trying to stick to a low-carb _____ to lose weight. I think it is working as I have lost 5 kilos over the last 2 months.
5. Did you bring all the _____ that I asked so that we can make spaghetti? I already bought the noodles and tomatoes.
6. I like to eat plain _____ with fresh fruit for breakfast. It is a healthy meal to start the day.
7. I try to avoid eating _____ because it's not very healthy. It can make you get diabetes.
8. I found a great _____ for chocolate chip cookies online. I tried to follow it and the cookies were very delicious.

Task 3. Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

1. Having a/an _____ diet is really crucial to maintain good health. You should eat a variety of nutrients and avoid harmful food.
A. similar B. organised C. balanced D. arranged
2. According to the news, the _____ of COVID-19 is under control as the number of new cases have gradually decreased for the last few weeks.
A. shaking B. disease C. germ D. spread
3. Ebola was a deadly _____, which caused an epidemic in 2014. Many people who died were from Africa.
A. germ B. virus C. bacteria D. organism
4. Although my grandfather is 90, he is still full of _____. He regularly goes jogging and plays badminton.
A. nutrient B. energy C. exercise D. muscle
5. He is interested in _____ out. He goes to the sports centre about 4 or 5 times a week. I cannot keep up with him.
A. working B. passing C. keeping D. doing
6. They are studying about the new flu _____ using the latest technology. I hope it will be successful in the near future.
A. micron B. diameter C. vaccine D. AIDS
7. We need to _____ down on fast food if we do not want to have heart diseases in the future.
A. move B. reduce C. get D. cut
8. You can spend 10 minutes _____ squats every day to improve your physical health.
A. making B. taking C. doing D. going
9. _____ regular exercise is important for teenagers as it helps them maintain physical fitness.
A. Taking B. Playing C. Making D. Going
10. People should _____ smoking because it is harmful to their health.
A. give off B. workout C. get rid of D. stay up

Task 4. Choose the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

1. You should not totally believe in traditional **remedies** when you get sick. They lack scientific evidence to be proven safe.
A. treatments B. revolutions C. activities D. movements
2. Exercise can help you have better sleep but **avoid** exercising right before bedtime.
A. postpone B. prevent C. generate D. cancel
3. Our living **conditions** have improved over the last few decades.
A. qualities B. orders C. diseases D. strength
4. **Developing** healthy habits is one of the best ways to live longer.
A. Causing B. Cutting C. starting D. Ruining
5. If you have not been very active, start exercising slowly but **regularly**.
A. unsteady B. tidily C. increasingly D. frequently

Task 5. Complete the sentences using the correct form of the word in brackets.

1. I am working out to be _____. This year I have gotten sick several times.
(HEALTH)
2. Taking exercises can help you improve your muscle _____. Therefore, you should go to the gym more often. (STRONG)
3. Doctors will _____ patients thoroughly and give them the best treatments.
(EXAMINATION)
4. Having coffee in the morning is a _____ routine of mine. It helps wake me up.
(REPEAT)
5. Be careful when you eat something unfamiliar. You may get food _____.
(POISON)
6. My uncle just opened a _____ centre recently. You can come to work out.
(FIT)
7. COVID-19 is an _____ disease. It can easily transfer from one person to another. (INFECT)
8. Some bacteria in our bodies are _____ while others are harmful, so we shouldn't try to kill all of them (HELP)
9. You should avoid having _____ drinks before going to bed. You cannot sleep after drinking that. (ENERGETIC)
10. I am receiving _____ for my severe headaches. I have suffered from it for a week. (TREAT)

Task 6. Fill in each blank with one suitable phrase.

have a balanced diet	develop healthy habits	give up
stay up late	full of energy	gives off
fall asleep	get rid of	pay attention to
food label		

1. Eating nutritious foods can help keep you _____ throughout the day. You will not feel hungry or tired.
2. In order to improve one's health, it may be necessary to _____ unhealthy habits.
3. You shouldn't use your mobile phone before bedtime because it _____ blue light that makes it difficult for you to sleep well.
4. To lead a healthy lifestyle, it is important to _____ such as regular exercise and proper sleep.
5. Yoga can help _____ stress and improve overall fitness.

6. When going shopping for grocery, it is important to _____ the expiry date.
7. It is essential to _____. For example, you should have more vegetables, fruits and eat less red meat.
8. When you _____, you will feel tired the next day.
9. It's important to read the _____ carefully to understand the ingredients of the product.
10. After a long day of work, I usually _____ quickly without using digital devices.

III. GRAMMAR

Task 1. Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

1. Yesterday, I _____ salad for lunch as it was said to be good for my health.
A. have eaten B. ate C. eat D. was eating
2. I _____ to bed early last night to get enough sleep for a healthy lifestyle.
A. go B. have gone C. went D. was going
3. Last weekend, I _____ hiking with friends. It _____ such a nice outdoor activity.
A. go/is B. have gone/has been C. went/was D. went/has been
4. Up to now they _____ to get enough sleep every night to promote good mental and physical health.
A. tried B. am trying C. try D. have tried
5. Minh _____ this supplement before. It is bitter to him.
A. never takes B. has never taken C. never took D. is never taking
6. My dad _____ from serious headaches when he _____ young.
A. has suffered/has been B. has suffered/was
C. suffered/has been D. suffered/was
7. She _____ up boxing 2 months ago so her muscle strength could be improved.
A. gave B. took C. made D. put
8. The doctor _____ her. Fortunately, the treatment is working.
A. has just examined B. just examined C. just examines D. is just examining

Task 2. Complete the sentences with the correct form of the verbs (past simple or present perfect) in brackets.

1. The gym **(be)** _____ open since 2007. We enjoy working out in this gym as it has modern equipment.
2. I **(jog)** _____ for 30 minutes last night to improve my fitness level.
3. My mom **(practise)** _____ yoga for years to improve her flexibility and health.
4. We **(cook)** _____ at home more often for the past 2 years so we had healthy meals.
5. He **(quit)** _____ smoking 4 years ago in order to reduce the risk of developing lung cancer and other health issues.
6. I **(take)** _____ meditation lessons for 2 months to reduce stress and improve my mental health. Now I feel much better.
7. I **(cut)** _____ down on the amount of sugar last week to maintain a balanced diet.
8. I **(walk)** _____ to work instead of driving last Monday to get some exercise.

Task 3. Mark the letter A, B, C or D to indicate the mistake in each of the following sentences and correct it.

1. Last year, my grandpa quit smoking and start exercising regularly. He has got much stronger now.
A. quit B. start C. regularly D. has got
2. He usually drank a protein shake after his workout to build up his muscles.

- A. drank B. workout C. up D. muscles
3. He gave in cycling 5 years ago when he got into an accident and broke his leg. It was such a pity as he was a potential cyclist.
- A. in B. ago C. got into D. broke
4. You should not always use antibiotic when you get sick. It will cause antibiotic resistance in the future, which is harmful to your body.
- A. always B. antibiotic C. which D. to
5. People now are healthier and can live longer and life expectancy has been increased over the last few decades.
- A. healthier B. and C. been increased D. over
6. People started using this kind of diet for 10 years ago because this helped them to lose weight.
- A. started B. for C. ago D. helped
7. My grandmother is still very flexible now even though she is 75 as she has been taking in aerobics for years.
- A. still B. even though C. has been taking D. in
8. If you want to maintain a healthy weight, you should have snacks between meals.
- A. maintain B. a C. should D. between

IV. READING

Task 1. Read the following passage and choose the correct answer to each of the following questions.

In today's fast-paced world, maintaining a healthy lifestyle has become more important than ever before. A healthy lifestyle involves making conscious choices about what we eat, how much we exercise and how we prioritise sleep. By adopting healthy habits, we can prevent chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life.

A balanced diet is the foundation of a healthy lifestyle. Eating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can provide the essential nutrients needed to maintain good health. Processed foods, sugary drinks, and saturated fats should be avoided as they can lead to obesity, heart disease, and other chronic illnesses.

Regular exercises are also crucial for a healthy lifestyle. They help in strengthening muscles and bones, improving cardiovascular health, and reducing the risk of chronic diseases. Exercises also release endorphins, which are natural mood boosters and can help reduce stress levels. Experts recommend at least 30 minutes of moderate intensity exercises per day for adults.

Adequate sleep is another important aspect of a healthy lifestyle. Getting 7-8 hours of sleep per night can improve cognitive function, enhance memory, and promote physical and emotional health. A regular sleep routine, avoiding caffeine and electronics before bedtime, and creating a relaxing sleep environment can help improve sleep quality.

In conclusion, a healthy lifestyle requires a balanced diet, regular exercises and adequate sleep. By making small changes to our lifestyle, we can significantly reduce the risk of chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life. It is essential to prioritise healthy habits and make **them** a part of our daily routine.

- Which of the following can be the best title for the passage?

A. How to Have a Healthy Lifestyle B. The Importance of Exercises

C. Our Daily Routine D. The Well-being of the Brain
- According to the passage, people should avoid _____ before bedtime to have a good sleep.

A. processed food B. caffeine C. whole grains D. endorphins
- The word "**them**" in the last paragraph is referred to _____.

A. regular exercises B. chronic diseases C. small changes D. healthy habits
- The word "**adequate**" in paragraph 4 is closest in meaning to _____.

A. enough B. poor C. amiable D. exceptional
- Which of the following is NOT true according to the passage?

A. Adults are advised to exercise moderately for 30 minutes every day.

- B. Adequate sleep can help enhance memory.
- C. People should avoid all kinds of fats to maintain good health.
- D. Endorphins help reduce stress.

Task 2. Read the passage and decide whether the following statements are true (T), false (F) or not given (NG).

A balanced diet is a crucial factor in maintaining a healthy life. It refers to a diet that contains all the essential nutrients in the right proportion to support proper bodily functions. The effects of a balanced diet are numerous, and it plays a significant role in promoting overall health and well-being.

Firstly, a balanced diet can help maintain a healthy weight. Consuming foods that are high in fibre, such as whole grains and fruits, can help promote feelings of fullness and prevent overeating. A balanced diet can also help regulate blood sugar levels, reducing the risk of developing diabetes.

In addition, a balanced diet can improve mental health and cognitive function. Eating foods that are rich in omega-3 fatty acids, such as fatty fish, can improve brain function and reduce the risk of depression and anxiety.

Furthermore, a balanced diet can enhance physical performance and energy levels. Consuming foods that are rich in complex carbohydrates, such as whole grains and fruits, can provide the necessary energy to support physical activity and exercise.

In conclusion, a balanced diet is essential to promoting a healthy life. It provides the necessary nutrients to support bodily functions, reduce the risk of chronic diseases, maintain a healthy weight, improve mental health and cognitive function, and enhance physical performance and energy levels. Incorporating a balanced diet into one's lifestyle can have a significant impact on overall health and quality of life.

1. Eating fruits can help you feel full faster. _____
2. A balanced diet cannot contribute to controlling blood sugar levels. _____
3. All fish is rich in omega-3 fatty acids. _____
4. Fruits are the most recommended food for people who exercise. _____
5. A balanced diet can affect the body both physically and mentally. _____

Task 3. Read the following passage and mark the letter A, B, C or D to indicate the correct word that best fits each of the numbered blanks.

Yoga is a practice that has been around for thousands of years and has (1) _____ popularity in recent years (2) _____ its numerous health benefits. Yoga involves a combination of physical postures, breathing techniques, and meditation to promote overall health and well-being.

(3) _____ of the key benefits of yoga is its ability (4) _____ stress and anxiety. Yoga postures and breathing techniques can help calm the mind and reduce stress levels, (5) _____ can have a positive impact on mental health.

In addition, yoga can improve flexibility and balance. The physical postures, or *asanas*, (6) _____ yoga can help stretch and strengthen muscles, improve range of motion, and enhance balance and coordination.

Yoga can also help improve cardiovascular health by reducing blood pressure and improving circulation. Studies have shown that regular (7) _____ of yoga can help lower cholesterol levels and reduce the risk (8) _____ heart diseases.

Moreover, yoga can improve respiratory function by promoting deep (9) _____ and increasing lung capacity. This can be especially beneficial for individuals with respiratory (10) _____ such as asthma.

- | | | | |
|----------------|--------------|-----------|----------------|
| 1. A. gained | B. taken | C. set | D. received |
| 2. A. of | B. in | C. for | D. from |
| 3. A. One | B. Each | C. Every | D. Any |
| 4. A. reducing | B. to reduce | C. reduce | D. to reducing |

Task 1. Reorder the given words and phrases to form meaningful sentences.

1. improved / decades. / living / have / Our / the / over / few / conditions / last (10 words)

2. fat / simple / by / You / this /burn / exercise. / can / doing (9 words)

3. are / by / bacteria. / to / Antibiotics / treat / caused / infections / often / used (10 words)

4. exercise / your / can / strength. / Regular / help / muscle / improve / you (9 words)

5. have / habits / I / for / better / given / bad / a / up / lifestyle. (10 words)

Task 2. Rewrite each sentence using the given word in brackets as long as its meaning stays the same as the original one.

1. He gave up playing basketball 3 years ago. **(FOR)**

2. We need to reduce the amount of fast food if we don't want to get heart diseases in the future. (CUT)

3. He has cooked for the family for 10 years. **(STARTED)**

4. Having a good sleep at night is really important. **(IT)**

5. Why don't you go to the gym with me next week? (**HOW**)

Task 3. Write an email (100-150 words) to reply to your friend's invitation to her party on Sunday.

In the email, you should:

- thank for and accept the invitation
- ask for the specific time
- ask if you need to buy or bring something beforehand

VI. SPEAKING

Task 1. Answer the following questions.

1. How often do you exercise?

2. What do you do to keep yourself healthy?

[illegible]

Task 2. Describe an activity that is good for your health in 2-3 minutes.

[illegible]

VII. LISTENING

Task 1. Listen to the talk about a healthy diet and choose the correct answers. You can listen to each recording TWICE.

1. According to the speaker, what should you do if you lack vitamins?

- A. Rush off and take vitamin pills
B. Change your eating habits
C. Seek medical help
D. Get some help from dieticians

2. What are fat soluble vitamins?

- A. Vitamins that can be stored for a longtime in the body
- B. Vitamins that are removed rapidly from the body
- C. vitamins that require daily intake
- D. Vitamins that are essential in large quantities

3. How often should you eat fruits and vegetables according to the speaker?

- A. Once a week
B. Three times a week
C. Four servings daily
D. At every meal

4. What is one way to ensure your diet contains enough vitamins?

- ### A. Eating different kinds of food

- B. Shopping for fresh fruits and vegetables once a week
 C. Storing vegetables in a warm and bright place
 D. Eating chips at the uni canteen
5. Where should you store your vegetables to keep them fresh?
 A. In the fridge
 B. In a cool, dark place
 C. On the dining table
 D. In the fridge or in a cool, dark place

Task 2. Listen to the second part of the listening about a healthy diet and complete the Healthy Diet Pyramid. You can listen to each recording TWICE.

Food that we need to (1) _____	sugar, (2) _____, butter
Food that we eat in moderation	milk, lean meat, fish, nuts, (3) _____
Food that we eat a lot	(4) _____, vegetables, fruit

C. BÀI KIỂM TRA

Mark the letter A, B, C or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

- Question 1:** A. suffereded B. balanceded C. examined D. received
Question 2: A. examine B. bacteria C. replace D. vaccine

Mark the letter A, B, C or D to indicate the word that differs from the other three on the position of the primary stress in each of the following questions.

- Question 3:** A. disease B. nutritent C. treatment D. diet
Question 4: A. energy B. fitness C. organism D. ingredient

Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

- Question 5:** We _____ to have a checkup 2 days ago. Thankfully there was nothing wrong.
 A. have gone B. go C. went D. will go
- Question 6:** Our life _____ has increased over the last few decades. Our living conditions have developed and helped make people live longer.
 A. expect B. expectation C. expectancy D. expectational
- Question 7:** Students should not _____ late as they need enough sleep to have enough energy to start the day.
 A. give up B. make up C. getup D. stay up
- Question 8:** The COVID-19 _____ is especially dangerous with people who have background diseases.
 A. germ B. bacteria C. virus D. antibiotic
- Question 9:** A _____ diet is a factor which contributes to a healthy life.
 A. balanced B. balance C. balancing D. balances
- Question 10:** I _____ often ill when I was young. But now I am healthy and full of energy.
 A. were B. was C. have been D. am
- Question 11:** Phuong _____ more vegetables since her parents _____ her to.
 A. has eaten/forced B. ate/forced
 C. has eaten/has forced D. ate/has forced
- Question 12:** You need to _____ more often in order for your muscles to be strengthened.
 A. work in B. work through C. work from D. work out
- Question 13:** Doing these exercises _____ can become a healthy habit for you instead of sitting and playing video games.
 A. repeat B. repetition C. repetitive D. repetitively
- Question 14:** I _____ here twice. I think the equipment in this gym is very modern.
 A. was B. have been C. am D. will be
- Question 15:** He is suffering _____ tuberculosis. I hope he will get better soon.

- A. from B. of C. for D. to

Question 16: The nutritionists _____ to this kind of diet since the 1990s. This diet is extreme and is not good for your health.

- A. opposed B. oppose C. have opposed D. am opposing

Question 17: I _____ on the amount of fat I eat to lose some weight.

- A. cut out B. cut down C. cutted out D. cutted down

Question 18: You should usually _____ exercises as they are good for your health.

- A. make B. lead C. take D. set

Question 19: Yoghurt has a lot of _____ bacteria which are good for your digestive system.

- A. harmful B. infectious C. nutritious D. beneficial

Mark the letter A, B, C or D to indicate the sentence that best completes each of the following exchanges.

Question 20: Two friends are talking about homework.

Minh: "This exercise is quite difficult. Let me help you with it." - Nam: "_____."

- A. Sure. Wait a minute, please. B. Thanks for your help.
C. Don't mention it. D. You're welcome.

Question 21: Two people are in the kitchen.

A: "Can I help you make some healthy salad for lunch?" - B: "_____."

- A. You're right. B. I don't feel like it.
C. That's very kind of you. D. No pressure

Mark the letter A, B, C, D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

Question 22: Adequate sleep is important for proper physical and mental function.

- A. Limited B. Sufficient C. Scarce D. Unnecessary

Question 23: Stress can have negative effects on both physical and mental health so you cannot ignore this issue.

- A. invalid B. astonishing C. detrimental D. advantageous

Mark the letter A, B, C, D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

Question 24: Regular exercise is essential for maintaining good health. Therefore, it should be a crucial routine in our daily life.

- A. unimportant B. inevitable C. consistent D. imperative

Question 25: Consuming a balanced diet is also crucial for overall well-being apart from enough sleep and exercise.

- A. adequate B. decent C. lavish D. insufficient

Mark the letter A, B, C or D to indicate the underlined part that needs correction in each of the following questions.

Question 26: Even though exercising regular is essential for a healthy lifestyle, maintaining a balanced diet is equally important.

- A. Even though B. regular C. for D. a

Question 27: I have eaten a balanced diet last week and it has improved my energy level a lot since then. You should try it out.

- A. have eaten B. has improved C. a lot D. try it out

Question 28: Despite being aware of the negative effects of fast food, Sarah has frequently enjoyed them.

- A. being B. of C. frequently D. them

Read the following passage and mark the letter A, B, C, or D to indicate the correct word or phrase that best fits each of the numbered blanks.

Regular routines can help people feel like they have control over their daily lives and that they can take positive steps (29) _____ managing their health. For example, making time for exercise within routines can help meet recommended daily activity levels. This is especially relevant now, (30) _____ research shows that people who reduced their activity levels during the pandemic could experience enduring health effects. As people increase activity outside their homes, they might (31) _____ taking transit to school and work, returning to organised fitness activities and the gym and opportunities to include movement throughout the day. (32) _____ ways that routines can support health include regular meal preparation and getting enough sleep, activities (33) _____ seem simple but can give positive results in healthy ageing over a lifetime.

Adapted from <https://theconversation.com/what-you-do-every-day-matters-the-power-of-routines-178592>

- Question 29:** A. on B. in C. of D. from
Question 30: A. but B. yet C. since D. despite
Question 31: A. consider B. use C. need D. open
Question 32: A. other B. another C. lot of D. few
Question 33: A. when B. where C. who D. which

Read the following passage and mark the letter A, B, C or D to indicate the correct answer to each of the questions.

Mental health issues such as anxiety and depression were a leading cause of global health problems even before the spread of COVID-19; however, **they**'ve gotten worse. Since the first year of the COVID-19 pandemic, anxiety and depression rates worldwide have increased by an overwhelming 25%. In the U.S, 4 in 10 adults have reported symptoms of anxiety or depression during the pandemic, compared with 1 in 10 from January to June 2019.

Among the most affected are young adults and women. The **surge** in people struggling with mental illnesses has coincided with gaps in mental care services as well.

Research suggests that the pandemic has exacerbated the impacts of loneliness. Additionally, people's fear of missing out, also known as FOMO, hasn't decreased even since in-person social gatherings became less frequent. But small daily actions - such as a short walk, break from social media or even a catnap - can add up to have an impact on mental health. Separately, counselling, therapy and medication prescribed by health care providers are effective treatments for those experiencing mental illness.

Adapted from: <https://theconversation.com/the-power-of-short-breaks-movement-and-other-practices-on-improving-mental-health-4-essential-reads-187413>

Question 34: Which of the following can be the best title for the passage?

- A. How to Handle Mental Illness B. Mental Health - an Alarming Issue
 C. The Effect of Covid-19 D. Fomo

Question 35: The word "**they**" in paragraph 1 refers to _____.

- A. global health problems B. symptoms C. mental health issues D. adults

Question 36: The word "**surge**" in paragraph 2 is closest in meaning to _____.

- A. growth B. decline C. view D. situation

Question 37: According to paragraph 1, which of the following is TRUE?

- A. Mental illness is not a worldwide problem.
 B. The rates of anxiety and depression experienced an increase by 25% in the first year of COVID-19.
 C. 4 in 10 adults in the US show symptoms of depression and anxiety before June 2019.
 D. Mental health issues have not changed since COVID-19.

Question 38: Which of the following is NOT true according to the passage?

- A. The influences of loneliness got worse during the pandemic.
 B. There are many kinds of treatments to tackle mental health issues.
 C. Even though now there are fewer in-person social meetings, the number of people having FOMO has not reduced.
 D. Young adults and men are the highest number of people suffering from mental illnesses.

Read the following passage and mark the letter A, B, C or D to indicate the correct answer to each of the questions.

The average daily time spent online by adults increased by nearly an hour during the UK's spring lockdown when compared to the previous year, according to communications regulator Ofcom, with numerous countries back under severe pandemic restrictions, many of us once again find ourselves questioning whether our heavy reliance on technology is impacting our health.

It's true that digital devices have provided new means of work, education, connection, and entertainment during lockdown. But the perceived pressure to be online, the tendency to **procrastinate** to avoid undertaking tasks, and the use of digital platforms as a way to escape stress all have the potential to turn healthy behaviours into habits. This repetitive use can develop into addictive patterns, which can in turn affect a user's wellbeing.

Digital addiction refers to the addictive and excessive use of digital devices. The design of digital platforms themselves contributes to this addictive use. Notifications, news feeds, likes and comments have all been shown to contribute towards a battle for your attention, which leads users to increase the time **they** spend looking at screens.

Screen time is an obvious measure of digital addiction, although researchers have noted that there is no simple way to determine how much screen time one can experience before it becomes problematic. As such, there is a continued lack of **consensus** on how we should think about and measure digital addiction.

During a global pandemic, when there often feels like no alternative to using Netflix, or video conferencing with friends and family, screen time as an indicator of digital addiction is clearly ineffective. Nonetheless, research conducted on preventing digital addiction does provide insights on how we can all engage with our digital technologies in a healthier way during a lockdown.

Adapted from: <https://theconversation.com/five-ways-to-manage-your-screen-time-in-a-lockdown-according-to-tech-experts-152715>

Question 39: Which of the following can be the best title for the passage?

- | | |
|---|-------------------------------------|
| A. Digital Addiction During Pandemic Lockdown | B. The Effect of Covid-19 Lockdown |
| C. Forms of Digital Entertainment | D. Research about Digital Addiction |

Question 40: The word "**procrastinate**" in paragraph 2 is closest in meaning to _____.

- | | | | |
|-------------|---------|----------|-----------|
| A. complete | B. push | C. delay | D. extend |
|-------------|---------|----------|-----------|

Question 41: The word "**they**" in paragraph 3 refers to _____.

- | | | | |
|------------------|----------|----------------------|----------------|
| A. notifications | B. users | C. digital platforms | D. researchers |
|------------------|----------|----------------------|----------------|

Question 42: The word "**consensus**" in paragraph 3 is closest in meaning to _____.

- | | | | |
|-------------|---------------|------------|--------------|
| A. research | B. repetition | C. discord | D. agreement |
|-------------|---------------|------------|--------------|

Question 43: Which of the following can be inferred from the passage?

- A. The way to measure digital addiction needs to be studied more.
- B. Digital addiction happens when people use digital devices moderately.
- C. The design of social platforms is not related to overuse of digital devices.
- D. It is not hard to decide the problematic amount of screen time.

Question 44: Which of the following is NOT TRUE according to the passage?

- A. During the spring lockdown, the daily amount of time people spend online increased by nearly one hour compared to the previous year.
- B. Digital devices create a new means of entertainment.
- C. The use of digital platforms cannot become addictive.
- D. People use digital platforms to escape from anxiety.

Question 45: Which of the following is TRUE according to the passage?

- A. Overuse of digital devices can have a negative health effect.
- B. Notifications and news feeds do not distract you from other things.
- C. People cannot connect with their family during lockdown.
- D. People have to completely get rid of digital devices to be healthy.

Mark the letter A, B, C or D to indicate the sentence that is closest in meaning to each of the following questions.

Question 46: The last time I went bowling was 6 years ago.

- A. The next time I go bowling will be in 6 years. B. I won't go bowling for 6 years.
C. I haven't gone bowling for 6 years. D. I went bowling for 6 years.

Question 47: It is compulsory for parents to pay attention to their children's diet.

- A. Parents must pay attention to their children's diet.
B. Parents are not required to pay attention to their children's diet.
C. Paying attention to their children's diet may be necessary for parents.
D. It is optional for parents to pay attention to their children's diet.

Question 48: Vaccines are used to prevent people from getting infected with a disease caused by viruses.

- A. Vaccines are only given after recovering from diseases caused by viruses.
B. Vaccines are used as a cure for diseases caused by viruses.
C. Vaccines are ineffective against diseases caused by viruses.
D. Vaccines are necessary to prevent people from a disease caused by viruses.

Mark the letter A, B, C or D to indicate the sentence that best combines each pair of sentences in the following questions.

Question 49: Tri is committed to maintaining a healthy lifestyle. He avoids processed foods and prioritises nutritious meals.

- A. Tri is committed to maintaining a healthy lifestyle, so he avoids processed foods and prioritises nutritious meals.
B. Tri is committed to maintaining a healthy lifestyle, but he avoids processed foods and prioritises nutritious meals.
C. Tri is committed to maintaining a healthy lifestyle; however, he avoids processed foods and prioritises nutritious meals.
D. Tri is committed to maintaining a healthy lifestyle, so he didn't avoid processed foods and prioritise nutritious meals.

Question 50: Lan is having difficulties finding a suitable sport to play. You should help her.

- A. Lan is having difficulties finding a suitable sport to play, but she needs your help.
B. Lan can find a suitable sport to play without your help.
C. Unless you help her, Lan will not be able to find a suitable sport to play.
D. But for your help, Lan can find a suitable sport to play.

ĐÁP ÁN

A. LÝ THUYẾT

I. VOCABULARY

1. VOCABULARY

No.	Word	Part of speech	Pronunciation	Meaning
72.	AIDS	(n)	/eɪdz/	bệnh AIDS (một hội chứng suy giảm miễn dịch do virus HIV gây ra)
73.	antibiotic	(n)	/ˌæntɪbaɪˈɒtɪk/	thuốc kháng sinh
74.	bacteria	(n)	/bækˈtɪəriə/	vi khuẩn
75.	diameter	(n)	/daɪˈæmɪtə/	đường kính
76.	disease	(n)	/dɪˈziːz/	bệnh
77.	energy drink	(n)	/ˈɛnədʒi/ /drɪŋk/	nước uống tăng lực
78.	enthusiasm	(n)	/ɪnˈθjuːzɪæzm/	sự hăng hái, nhiệt tình
79.	examine	(v)	/ɪɡˈzæmɪn/	kiểm tra, khám (sức khỏe)
80.	fast food	(n)	/fɑːst/ /fuːd/	thức ăn nhanh

81.	fitness	(n)	/ˈfɪtnɪs/	sự khỏe khoắn
82.	germ	(n)	/dʒɜ:m/	vì trùng
83.	habit	(n)	/ˈhæbɪt/	thói quen
84.	illness	(n)	/ˈɪlnɪs/	sự ốm đau
85.	ingredient	(n)	/ɪnˈɡri:diənt/	nguyên liệu
86.	mental	(adj)	/ˈmentl/	(thuộc) tinh thần, tâm thần
87.	micron	(n)	/ˈmaɪkrən/	Micron (1 micron = 0,001 mm)
88.	mineral	(n)	/ˈmɪnərəl/	chất khoáng
89.	muscle	(n)	/ˈmʌsl/	cơ bắp
90.	nutrient	(n)	/ˈnju:triənt/	chất dinh dưỡng
91.	organism	(n)	/ˈɔ:gənɪzəm/	sinh vật, thực thể sống
92.	physical	(adj)	/ˈfɪzɪkəl/	(thuộc) thể chất
93.	press-up	(n)	/pres-/ʌp/	động tác chống đẩy
94.	properly	(adv)	/ˈprɒpəli/	một cách điều độ, hợp lý
95.	recipe	(n)	/ˈresɪpi/	công thức
96.	regular	(adj)	/ˈregjələ/	thường xuyên
97.	repetitive	(adj)	/rɪˈpetɪtɪv/	lặp đi lặp lại
98.	replace	(v)	/rɪˈpleɪs/	thay thế
99.	spread	(n)	/sprɛd/	sự lây lan
100.	squat	(n)	/skwɒt/	bài tập thể dục đứng lên ngồi xuống
101.	strength	(n)	/streŋθ/	sức mạnh
102.	suffer	(v)	/ˈsʌfə/	chịu đựng
103.	treatment	(n)	/ˈtri:tmənt/	cách điều trị
104.	tuberculosis	(n)	/tju:ˌbɜ:kjəˈləʊsɪs/	bệnh lao
105.	vaccine	(n)	/ˈvæksi:n/	vắc xin
106.	virus	(n)	/ˈvaɪərəs/	vì rút
107.	yoghurt	(n)	/ˈjɒgət/	sữa chua

2. COLLOCATIONS/ PHRASES

No.	Word	Part of speech	Pronunciation	Meaning
108.	be full of energy	(phrase)	/fʊl/ ɒv/ ˈenədʒi/	đầy năng lượng
109.	cut down on	(vp)	/kʌt/ ɔːn/ ɒn/	cắt giảm
110.	develop healthy habits	(v-n)	/dɪˈveləp/ ˈheɪθi/ ˈhæbɪts/	xây dựng các thói quen lành mạnh
111.	do squats	(v-n)	/du:/ ˈskwɒts/	tập bài tập hạ thấp hông
112.	do star jumps	(v-n)	/du:/ ˈstɑː/ ˈdʒʌmps/	nhảy dang tay chân
113.	fall asleep	(vp)	/fɔ:l/ əˈsli:p/	buồn ngủ
114.	get rid of	(vp)	/ɡet/ ɪd/ ɒv/	loại bỏ
115.	give off	(vp)	/ɡɪv/ ɒf/	toả ra, phát ra
116.	give up	(vp)	/ɡɪv/ ʌp/	từ bỏ, bỏ cuộc
117.	have a balanced diet	(v-n)	/hæv/ eɪ/ ˈbælənst/ ˈdaɪət/	có chế độ ăn uống cân bằng
118.	pay attention to	(vp)	/peɪ/ əˈtenʃən/ tu:/	chú ý tới
119.	run on the spot	(vp)	/rʌn/ ɒn/ ɒn/ ˈspɒt/	chạy tại chỗ
120.	stay up late	(vp)	/steɪ/ ʌp/ leɪt/	thức khuya
121.	suffer from	(vp)	/ˈsʌfə/ frɒm/	chịu đựng
122.	take regular exercise	(vp)	/teɪk/ ˈregjələ/ ˈeksəsaɪz/	tập thể dục thường xuyên
123.	work out	(vp)	/wɜ:k/ ʌʊt/	tập thể dục

124.	food label	(np)	/fu:d/ /'leɪbl/	nhãn thực phẩm
125.	food poisoning	(np)	/fu:d/ /'pɔɪznɪŋ/	ngộ độc thực phẩm
126.	infectious diseases	(adj-n)	/ɪn'fekʃəs/ /dɪ'zi:zɪz/	bệnh truyền nhiễm
127.	life expectancy	(np)	/laɪf/ /ɪks'pektənsi/	tuổi thọ
128.	living organism	(np)	/'lɪvɪŋ/ /'ɔ:ɡənɪzəm/	sinh vật sống

3. WORD FORMATION

No.	Word	Part of speech	Pronunciation	Meaning
129.	expect	(v)	/ɪks'pekt/	kỳ vọng
130.	expectancy	(n)	/ɪks'pektənsi/	tình trạng trông mong, triển vọng
131.	health	(n)	/helθ/	sức khỏe
132.	healthily	(adv)	/'helθɪli/	khỏe mạnh, lành mạnh
133.	healthy	(adj)	/'helθi/	khỏe mạnh, lành mạnh
134.	unhealthy	(adj)	/ʌn'helθi/	không khỏe mạnh, lành mạnh
135.	infection	(n)	/ɪn'fekʃən/	sự lây nhiễm
136.	infectious	(adj)	/ɪn'fekʃəs/	truyền nhiễm
137.	repeat	(v)	/rɪ'pi:t/	lặp lại
138.	repetitive	(adj)	/rɪ'petɪtɪv/	có tính chất lặp lại
139.	strength	(n)	/streŋθ/	sức mạnh
140.	strong	(adj)	/strɒŋ/	khỏe mạnh
141.	treat	(v)	/tri:t/	điều trị, chữa trị
142.	treatment	(n)	/'tri:tmənt/	sự điều trị, cách trị bệnh

II. PRONUNCIATION

Cách phát âm dạng mạnh và yếu của trợ động từ.

- Trong câu hỏi Yes/No, trợ động từ ở đầu câu hỏi không nhận trọng âm nên được phát âm ở dạng yếu.
- Ở cuối câu trả lời ngắn, chúng được nhấn trọng âm nên được phát âm ở dạng mạnh.

Ví dụ:

- Is he hungry? /əz/ /hi:/ /'hʌŋɡri/?
Yes, he is. /jes/, /hi:/ /ɪz/.
- Do you know this answer? /də/ /ju:/ /nəʊ/ /ðɪs/ /'ɑ:nsə/?
Yes, I do. /jes/, /aɪ/ /du:z/.

III. GRAMMAR

1. PAST SIMPLE TENSE (THÌ QUÁ KHỨ ĐƠN)

a. Cách dùng

STT	Cách dùng	Ví dụ
1.	Diễn tả một hành động đã xảy ra và kết thúc trong quá khứ	I visited my grandparents in the countryside last summer. <i>Tôi đã đến thăm ông bà của tôi ở nông thôn vào mùa hè năm ngoái.</i>
2.	Diễn tả các hành động liên tiếp xảy ra trong quá khứ	Yesterday I got up , did some physical exercise and had breakfast. <i>Hôm qua tôi thức dậy, tập thể dục và ăn sáng.</i>
3.	Diễn tả một hành động xen vào một hành động đang diễn ra trong quá khứ	Yesterday my friend came to see me when my family were having dinner. <i>Hôm qua bạn tôi đến thăm tôi khi gia đình tôi đang ăn tối.</i>

b. Công thức

Thể	Đại từ	To be	Động từ
-----	--------	-------	---------

Khẳng định	I/ He/ She/ It	WAS	LEARNED MET
	You/ We/ They	WERE	
Phủ định	I/ He/ She/ It	WAS NOT = WASN 'T	DID NOT(=DIDN'T) LEARN
	You/ We/ They	WERE NOT = WEREN 'T	
Nghị vấn		WAS I/ HE/ SHE/ IT...?	DID + S + LEARN...?
		WERE YOU/ WE/ THEY...?	

c. Dấu hiệu nhận biết

Trạng từ chỉ thời gian trong quá khứ:

- Yesterday, yesterday morning
- Last night/week/month/year...
- A period + ago: two weeks ago, two days ago
- In January, in 1999, in the 1990s...
- On February 14th, May 5th 2000
- When + S + V: When I was a child
- For + a period: for a week, for two months

d. Regular verbs (Động từ có quy tắc)

Động từ có quy tắc là động từ tuân theo nguyên tắc thêm -ed vào đuôi động từ để tạo thành động từ thì quá khứ và quá khứ phân từ.

Một số nguyên tắc thêm -ed

Động từ tận cùng là "e" chỉ cần thêm "d". VD: prepares -> prepared

- Nếu một động từ 1 âm tiết kết thúc bằng 1 phụ âm (trừ w, x, y), trước đó là 1 nguyên âm thì nhân đôi phụ âm cuối rồi thêm -ed. VD: stop -> stopped
- Nếu động từ 2 âm tiết kết thúc bằng phụ âm, trước đó là 1 nguyên âm, trọng âm của từ vào âm tiết thứ 2 thì nhân đôi phụ âm cuối rồi thêm -ed. VD: submit -> submitted
- Nếu động từ kết thúc bằng một nguyên âm + "y" thì đổi thành "i" rồi thêm -ed. VD: study -> studied

2. THÌ HIỆN TẠI HOÀN THÀNH

a. Cách dùng

STT	Cách dùng	Ví dụ
1.	Diễn tả một hành động xảy ra trong quá khứ và kết quả ở hiện tại	I have lost my keys and now I can't get inside my house. <i>Tôi đã làm mất chìa khóa và bây giờ tôi không thể vào nhà.</i>
2.	Diễn tả hành động đã hoàn thành cho tới thời điểm hiện tại mà không đề cập tới nó xảy ra khi nào.	I have spoken to her. <i>Tôi đã nói chuyện với cô ấy.</i>
3.	Diễn tả một kinh nghiệm, trải nghiệm chung chung	I have never been to the USA. <i>Tôi chưa bao giờ đến Mỹ.</i>

b. Công thức

Thể	Đại từ	Động từ
Khẳng định	I/ He/ She/ It	HAS LEARNED
	You/ We/ They	HAVE LEARNED
Phủ định	I/ He/ She/ It	HAS NOT (= HASN'T) LEARNED
	You/ We/ They	HAVE NOT (= HAVEN'T) LEARNED
Nghị vấn		HAS HE/ SHE/ IT LEARNED...?

c. Dấu hiệu nhận biết

Thì hiện tại hoàn thành thường đi kèm với một số trạng từ sau

STT	Cách dùng	Ví dụ
1.	Just	I have just had lunch. <i>Tôi vừa mới ăn trưa.</i>
2.	Ever, never	Have you ever been to Ho Chi Minh city? <i>Bạn đã bao giờ đến Thành phố Hồ Chí Minh chưa?</i> I have never travelled abroad. <i>Tôi chưa bao giờ đi du lịch nước ngoài.</i>
3.	Already, yet	I have already finished my homework. <i>Tôi đã hoàn thành bài tập về nhà rồi.</i> I haven't eaten dinner yet . <i>Tôi vẫn chưa ăn tối.</i>
4.	For, since	I have learned English for 8 years. <i>Tôi đã học tiếng Anh được 8 năm.</i> I have lived here since I was born. <i>Tôi đã sống ở đây kể từ khi tôi được sinh ra.</i>

Lưu ý: Thì hiện tại hoàn thành cũng thường đi kèm với những cụm từ sau đây để diễn tả khoảng thời gian chưa kết thúc: *today, this morning, this month, this year, so far, over the last few weeks, up to now, recently...*

3. PHÂN BIỆT THÌ HIỆN TẠI HOÀN THÀNH VÀ QUÁ KHỨ ĐƠN

Thì hiện tại hoàn thành	Thì quá khứ đơn
Thời gian không cụ thể I have spoken to my cousin. <i>Tôi đã nói chuyện với anh họ của tôi.</i>	Thời gian cụ thể I spoke to my cousin yesterday . <i>Tôi đã nói chuyện với anh họ của tôi ngày hôm qua.</i>
Kết quả còn kéo dài đến hiện tại - "how long" How long have you stayed in Paris? <i>Bạn đã ở Paris bao lâu rồi?</i> I have stayed there for a week. <i>Tôi đã ở đó trong một tuần.</i>	Hành động đã kết thúc ở trong quá khứ, không liên quan đến hiện tại - "when" When did you stay in Paris? <i>Bạn đã ở lại Paris khi nào?</i> I stayed there a week ago. <i>Tôi đã ở đó một tuần trước.</i>

B. THỰC HÀNH**I. PRONUNCIATION**

Task 1. Find the word whose underlined part differs from the other three in pronunciation in each of the following questions.

- | | | | |
|--------------------------|-----------------------|-----------------------|-----------------------|
| 1. A. <u>h</u> abit | B. <u>b</u> alance | C. <u>e</u> xamine | D. <u>l</u> abel |
| 2. A. <u>m</u> icron | B. <u>d</u> iet | C. <u>g</u> ive | D. <u>d</u> iameter |
| 3. A. <u>f</u> ull | B. <u>c</u> ut | C. <u>s</u> uffer | D. <u>m</u> uscle |
| 4. A. <u>e</u> nergy | B. <u>t</u> reatment | C. <u>s</u> trength | D. <u>n</u> utrient |
| 5. A. <u>e</u> xpectancy | B. <u>r</u> epetitive | C. <u>f</u> itness | D. <u>g</u> erm |
| 6. A. <u>t</u> ake | B. <u>s</u> quat | C. <u>s</u> tay | D. <u>r</u> eplace |
| 7. A. <u>s</u> pot | B. <u>w</u> ork | C. <u>f</u> rom | D. <u>a</u> ntibiotic |
| 8. A. <u>i</u> ngredient | B. <u>s</u> trength | C. <u>i</u> nfectious | D. <u>e</u> xercise |
| 9. A. <u>y</u> oghurt | B. <u>h</u> ealthy | C. <u>h</u> oliday | D. <u>h</u> uman |

10. A. animal B. bacteria C. range D. active

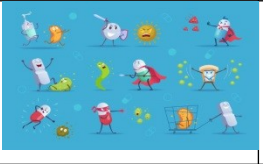
Task 2. Find the word that differs from the other three in the position of stress in each of the following questions.

1. A. examine B. diet C. energy D. active
2. A. balanced B. habit C. treatment D. expectancy
3. A. muscle B. ingredient C. suffer D. nutrient
4. A. fitness B. yoghurt C. repetitive D. organism
5. A. replace B. micron C. healthy D. lifestyle
6. A. vaccine B. organism C. bacteria D. virus
7. A. infectious B. disease C. poisoning D. illness
8. A. burger B. exercise C. tuberculosis D. regular
9. A. label B. vegetable C. physical D. antibiotic
10. A. frequent B. amount C. mental D. quality

II. VOCABULARY

Task 1. Write the words/phrases below the pictures

yoghurt *recipe* *squat* *vaccine* *muscle*
energy drink *antibiotic* *fast food* *press-up* *diet*

				
1. <u>muscle</u>	2. <u>squat</u>	3. <u>fast food</u>	4. <u>diet</u>	5. <u>recipe</u>
				
6. <u>energy drink</u>	7. <u>antibiotic</u>	8. <u>yoghurt</u>	9. <u>press-up</u>	10. <u>vaccine</u>

Task 2. Fill in the blanks with one suitable word or phrase.

recipe(s)	ingredient(s)	yoghurt	fast food
food label(s)	food poisoning	diet(s)	replace

9. You can replace butter with coconut oil when baking this cake, so do not worry when you run out of butter.
10. Always make sure to read the food label before buying a product. It can show the origin of the product.
11. I got food poisoning from eating sushi that wasn't fresh. I had to go to hospital that day to get examined by the doctor.
12. I'm trying to stick to a low-carb diet to lose weight. I think it is working as I have lost 5 kilos over the last 2 months.
13. Did you bring all the ingredients that I asked so that we can make spaghetti? I already bought the noodles and tomatoes.
14. I like to eat plain yoghurt with fresh fruit for breakfast. It is a healthy meal to start the day.
15. I try to avoid eating fast food because it's not very healthy. It can make you get diabetes.

16. I found a great recipe for chocolate chip cookies online. I tried to follow it and the cookies were very delicious.

Task 3. Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

- Having a/an _____ diet is really crucial to maintain good health. You should eat a variety of nutrients and avoid harmful food.
A. similar B. organised **C. balanced** D. arranged
- According to the news, the _____ of COVID-19 is under control as the number of new cases have gradually decreased for the last few weeks.
A. shaking B. disease C. germ **D. spread**
- Ebola was a deadly _____, which caused an epidemic in 2014. Many people who died were from Africa.
A. germ **B. virus** C. bacteria D. organism
- Although my grandfather is 90, he is still full of _____. He regularly goes jogging and plays badminton.
A. nutrient **B. energy** C. exercise D. muscle
- He is interested in _____ out. He goes to the sports centre about 4 or 5 times a week. I cannot keep up with him.
A. working B. passing C. keeping D. doing
- They are studying about the new flu _____ using the latest technology. I hope it will be successful in the near future.
A. micron B. diameter **C. vaccine** D. AIDS
- We need to _____ down on fast food if we do not want to have heart diseases in the future.
A. move B. reduce C. get **D. cut**
- You can spend 10 minutes _____ squats every day to improve your physical health.
A. making B. taking **C. doing** D. going
- _____ regular exercise is important for teenagers as it helps them maintain physical fitness.
A. Taking B. Playing C. Making D. Going
- People should _____ smoking because it is harmful to their health.
A. give off B. workout **C. get rid of** D. stay up

Task 4. Choose the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

- You should not totally believe in traditional remedies when you get sick. They lack scientific evidence to be proven safe.
A. treatments B. revolutions C. activities D. movements
- Exercise can help you have better sleep but avoid exercising right before bedtime.
A. postpone **B. prevent** C. generate D. cancel
- Our living conditions have improved over the last few decades.
A. qualities B. orders C. diseases D. strength
- Developing healthy habits is one of the best ways to live longer.
A. Causing B. Cutting **C. starting** D. Ruining
- If you have not been very active, start exercising slowly but regularly.
A. unsteady B. tidily C. increasingly **D. frequently**

Task 5. Complete the sentences using the correct form of the word in brackets.

- I am working out to be healthy. This year I have gotten sick several times.
(HEALTH)
- Taking exercises can help you improve your muscle strength. Therefore, you should go to the gym more often. (STRONG)
- Doctors will examine patients thoroughly and give them the best treatments.
(EXAMINATION)

14. Having coffee in the morning is a repetitive routine of mine. It helps wake me up. **(REPEAT)**
15. Be careful when you eat something unfamiliar. You may get food poisoning. **(POISON)**
16. My uncle just opened a fitness centre recently. You can come to work out. **(FIT)**
17. COVID-19 is an infectious disease. It can easily transfer from one person to another. **(INFECT)**
18. Some bacteria in our bodies are helpful while others are harmful, so we shouldn't try to kill all of them **(HELP)**
19. You should avoid having energy drinks before going to bed. You cannot sleep after drinking that. **(ENERGETIC)**
20. I am receiving treatment for my severe headaches. I have suffered from it for a week. **(TREAT)**

Task 6. Fill in each blank with one suitable phrase.

have a balanced diet	develop healthy habits	give up
stay up late	full of energy	gives off
fall asleep	get rid of	pay attention to
food label		

11. Eating nutritious foods can help keep you full of energy throughout the day. You will not feel hungry or tired.
12. In order to improve one's health, it may be necessary to give up unhealthy habits.
13. You shouldn't use your mobile phone before bedtime because it gives off blue light that makes it difficult for you to sleep well.
14. To lead a healthy lifestyle, it is important to develop healthy habits such as regular exercise and proper sleep.
15. Yoga can help get rid of stress and improve overall fitness.
16. When going shopping for grocery, it is important to pay attention to the expiry date.
17. It is essential to have a balanced diet. For example, you should have more vegetables, fruits and eat less red meat.
18. When you stay up late, you will feel tired the next day.
19. It's important to read the food label carefully to understand the ingredients of the product.
20. After a long day of work, I usually fall asleep quickly without using digital devices.

III. GRAMMAR

Task 1. Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

1. Yesterday, I _____ salad for lunch as it was said to be good for my health.
A. have eaten **B. ate** C. eat D. was eating
2. I _____ to bed early last night to get enough sleep for a healthy lifestyle.
A. go B. have gone **C. went** D. was going
3. Last weekend, I _____ hiking with friends. It _____ such a nice outdoor activity.
A. go/is B. have gone/has been **C. went/was** D. went/has been
4. Up to now they _____ to get enough sleep every night to promote good mental and physical health.
A. tried B. am trying C. try **D. have tried**
5. Minh _____ this supplement before. It is bitter to him.

- A. never takes **B. has never taken** C. never took D. is never taking
6. My dad _____ from serious headaches when he _____ young.
A. has suffered/has been B. has suffered/was
C. suffered/has been **D. suffered/was**
7. She _____ up boxing 2 months ago so her muscle strength could be improved.
A. gave **B. took** C. made D. put
8. The doctor _____ her. Fortunately, the treatment is working.
A. has just examined B. just examined C. just examines D. is just examining

Task 2. Complete the sentences with the correct form of the verbs (past simple or present perfect) in brackets.

9. The gym (be) _____ **has been** _____ open since 2007. We enjoy working out in this gym as it has modern equipment.
10. I (jog) _____ **jogged** _____ for 30 minutes last night to improve my fitness level.
11. My mom (practise) _____ **has practised** _____ yoga for years to improve her flexibility and health.
12. We (cook) _____ **have cooked** _____ at home more often for the past 2 years so we had healthy meals.
13. He (quit) _____ **quit** _____ smoking 4 years ago in order to reduce the risk of developing lung cancer and other health issues.
14. I (take) _____ **have taken** _____ meditation lessons for 2 months to reduce stress and improve my mental health. Now I feel much better.
15. I (cut) _____ **cut** _____ down on the amount of sugar last week to maintain a balanced diet.
16. I (walk) _____ **walked** _____ to work instead of driving last Monday to get some exercise.

Task 3. Mark the letter A, B, C or D to indicate the mistake in each of the following sentences and correct it.

1. Last year, my grandpa quit smoking and start exercising regularly. He has got much stronger now.
A. quit **B. start** -> started C. regularly D. has got
2. He usually drank a protein shake after his workout to build up his muscles.
A. drank -> drinks B. workout C. up D. muscles
3. He gave in cycling 5 years ago when he got into an accident and broke his leg. It was such a pity as he was a potential cyclist.
A. in -> up B. ago C. got into D. broke
4. You should not always use antibiotic when you get sick. It will cause antibiotic resistance in the future, which is harmful to your body.
A. always **B. antibiotic** -> antibiotics C. which D. to
5. People now are healthier and can live longer and life expectancy has been increased over the last few decades.
A. healthier B. and **C. been increased** -> increased D. over
6. People started using this kind of diet for 10 years ago because this helped them to lose weight.
A. started **B. for** -> bỏ "for" C. ago D. helped
7. My grandmother is still very flexible now even though she is 75 as she has been taking in aerobics for years.
A. still B. even though C. has been taking **D. in** -> up
8. If you want to maintain a healthy weight, you should have snacks between meals.
A. maintain B. a **C. should** -> should not D. between

IV. READING

Task 1. Read the following passage and choose the correct answer to each of the following questions.

In today's fast-paced world, maintaining a healthy lifestyle has become more important than ever before. A healthy lifestyle involves making conscious choices about what we eat, how much we exercise and how we prioritise sleep. By adopting healthy habits, we can prevent chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life.

A balanced diet is the foundation of a healthy lifestyle. Eating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can provide the essential nutrients needed to maintain good health. Processed foods, sugary drinks, and saturated fats should be avoided as they can lead to obesity, heart disease, and other chronic illnesses.

Regular exercises are also crucial for a healthy lifestyle. They help in strengthening muscles and bones, improving cardiovascular health, and reducing the risk of chronic diseases. Exercises also release endorphins, which are natural mood boosters and can help reduce stress levels. Experts recommend at least 30 minutes of moderate intensity exercises per day for adults.

Adequate sleep is another important aspect of a healthy lifestyle. Getting 7-8 hours of sleep per night can improve cognitive function, enhance memory, and promote physical and emotional health. A regular sleep routine, avoiding caffeine and electronics before bedtime, and creating a relaxing sleep environment can help improve sleep quality.

In conclusion, a healthy lifestyle requires a balanced diet, regular exercises and adequate sleep. By making small changes to our lifestyle, we can significantly reduce the risk of chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life. It is essential to prioritise healthy habits and make **them** a part of our daily routine.

- Which of the following can be the best title for the passage?
 A. How to Have a Healthy Lifestyle B. The Importance of Exercises
 C. Our Daily Routine D. The Well-being of the Brain
- According to the passage, people should avoid _____ before bedtime to have a good sleep.
 A. processed food B. caffeine C. whole grains D. endorphins
- The word "**them**" in the last paragraph is referred to _____.
 A. regular exercises B. chronic diseases C. small changes D. healthy habits
- The word "**adequate**" in paragraph 4 is closest in meaning to _____.
 A. enough B. poor C. amiable D. exceptional
- Which of the following is NOT true according to the passage?
 A. Adults are advised to exercise moderately for 30 minutes every day.
 B. Adequate sleep can help enhance memory.
 C. People should avoid all kinds of fats to maintain good health.
 D. Endorphins help reduce stress.

Task 2. Read the passage and decide whether the following statements are true (T), false (F) or not given (NG).

A balanced diet is a crucial factor in maintaining a healthy life. It refers to a diet that contains all the essential nutrients in the right proportion to support proper bodily functions. The effects of a balanced diet are numerous, and it plays a significant role in promoting overall health and well-being.

Firstly, a balanced diet can help maintain a healthy weight. Consuming foods that are high in fibre, such as whole grains and fruits, can help promote feelings of fullness and prevent overeating. A balanced diet can also help regulate blood sugar levels, reducing the risk of developing diabetes.

In addition, a balanced diet can improve mental health and cognitive function. Eating foods that are rich in omega-3 fatty acids, such as fatty fish, can improve brain function and reduce the risk of depression and anxiety.

Furthermore, a balanced diet can enhance physical performance and energy levels. Consuming foods that are rich in complex carbohydrates, such as whole grains and fruits, can provide the necessary energy to support physical activity and exercise.

In conclusion, a balanced diet is essential to promoting a healthy life. It provides the necessary nutrients to support bodily functions, reduce the risk of chronic diseases, maintain a healthy weight, improve mental health and cognitive function, and enhance physical performance and energy levels.

Incorporating a balanced diet into one's lifestyle can have a significant impact on overall health and quality of life.

- | | |
|---|-------------------|
| 1. Eating fruits can help you feel full faster. | ___ T ___ |
| 2. A balanced diet cannot contribute to controlling blood sugar levels. | ___ F ___ |
| 3. All fish is rich in omega-3 fatty acids. | ___ F ___ |
| 4. Fruits are the most recommended food for people who exercise. | ___ NG ___ |
| 5. A balanced diet can affect the body both physically and mentally. | ___ T ___ |

Task 3. Read the following passage and mark the letter A, B, C or D to indicate the correct word that best fits each of the numbered blanks.

Yoga is a practice that has been around for thousands of years and has (1) _____ popularity in recent years (2) _____ its numerous health benefits. Yoga involves a combination of physical postures, breathing techniques, and meditation to promote overall health and well-being.

(3) _____ of the key benefits of yoga is its ability (4) _____ stress and anxiety. Yoga postures and breathing techniques can help calm the mind and reduce stress levels, (5) _____ can have a positive impact on mental health.

In addition, yoga can improve flexibility and balance. The physical postures, or *asanas*, (6) _____ yoga can help stretch and strengthen muscles, improve range of motion, and enhance balance and coordination.

Yoga can also help improve cardiovascular health by reducing blood pressure and improving circulation. Studies have shown that regular (7) _____ of yoga can help lower cholesterol levels and reduce the risk (8) _____ heart diseases.

Moreover, yoga can improve respiratory function by promoting deep (9) _____ and increasing lung capacity. This can be especially beneficial for individuals with respiratory (10) _____ such as asthma.

- | | | | |
|------------------------|----------------------|---------------|-----------------|
| 1. A. gained | B. taken | C. set | D. received |
| 2. A. of | B. in | C. for | D. from |
| 3. A. One | B. Each | C. Every | D. Any |
| 4. A. reducing | B. to reduce | C. reduce | D. to reducing |
| 5. A. when | B. where | C. that | D. which |
| 6. A. for | B. by | C. in | D. on |
| 7. A. doing | B. practice | C. dose | D. proportion |
| 8. A. in | B. on | C. from | D. of |
| 9. A. breathing | B. breaths | C. breathe | D. breathable |
| 10. A. illness | B. conditions | C. disease | D. problem |

V. WRITING

Task 1. Reorder the given words and phrases to form meaningful sentences.

1. improved / decades. / living / have / Our / the / over / few / conditions / last (10 words)

Our living conditions have improved over the last few decades.

2. fat / simple / by / You / this / burn / exercise. / can / doing (9 words)

You can burn fat by doing this simple exercise.

3. are / by / bacteria. / to / Antibiotics / treat / caused / infections / often / used (10 words)

Antibiotics are often used to treat infections caused by bacteria.

4. exercise / your / can / strength. / Regular / help / muscle / improve / you (9 words)

Regular exercise can help you improve your muscle strength.

5. have / habits / I / for / better / given / bad / a / up / lifestyle. (10 words)

I have given up bad habits for a better lifestyle.

Task 2. Rewrite each sentence using the given word in brackets as long as its meaning stays the same as the original one.

1. He gave up playing basketball 3 years ago. (**FOR**)

He has not played basketball for 3 years.

2. We need to reduce the amount of fast food if we don't want to get heart diseases in the future. **(CUT)**

We need to cut down on the amount of fast food if we don't want to get heart diseases in the future.

3. He has cooked for the family for 10 years. **(STARTED)**

He started cooking for the family 10 years ago.

4. Having a good sleep at night is really important. **(IT)**

It is really important to have a good sleep at night.

5. Why don't you go to the gym with me next week? **(HOW)**

How about going to the gym with me next week?

Task 3. Write an email (100-150 words) to reply to your friend's invitation to her party on Sunday.

In the email, you should:

- thank for and accept the invitation
- ask for the specific time
- ask if you need to buy or bring something beforehand

Dear Minh,

Thank you so much for inviting me to your party on Sunday. I'm very excited to come and join your party!

Could you kindly let me know the specific time the party will begin? I want to make sure I'm there on time to celebrate with you and our friends.

Additionally, please let me know if there's anything I should bring or if you'd like me to contribute something beforehand. I'd be happy to help out and bring along a dish, snacks, or drinks to make the gathering even more enjoyable.

I'm really looking forward to catching up with everyone and having a great time. Thanks again for inviting me to your special celebration!

Best regards,

Minh thân mến,

Cảm ơn bạn rất nhiều vì đã mời mình đến dự bữa tiệc của bạn vào Chủ nhật. Mình rất vui mừng được đến và tham gia bữa tiệc của bạn!

Bạn có thể vui lòng cho mình biết thời gian cụ thể bữa tiệc sẽ bắt đầu không? Mình muốn chắc chắn rằng mình có mặt đúng giờ để tham gia với bạn và bạn bè của chúng ta.

Ngoài ra, vui lòng cho mình biết nếu có bất kỳ thứ gì mình nên mang theo hoặc nếu bạn muốn mình đóng góp gì đó trước bữa tiệc. Mình rất sẵn lòng giúp đỡ và mang theo một món ăn, đồ ăn nhẹ hoặc đồ uống để khiến cho buổi họp mặt trở nên thú vị hơn.

Mình thực sự mong được gặp mọi người và có một khoảng thời gian tuyệt vời. Cảm ơn một lần nữa vì đã mời mình tới buổi tiệc đặc biệt của bạn!

Thân ái,

VI. SPEAKING

Task 1. Answer the following questions.

1. How often do you exercise?

I try to exercise at least three times a week. I like to jog around my neighbourhood, do some bodyweight exercises like push-ups and squats, and sometimes I go swimming for a change. A variety of exercises help comprehensively develop my physical health.

Tôi cố gắng tập thể dục ít nhất ba lần một tuần. Tôi thích chạy bộ quanh khu phố của mình, thực hiện một số bài tập thể hình như chống đẩy và tập bài tập thể dục đứng lên ngồi xuống, và đôi khi tôi đi bơi để thay đổi không khí. Các bài tập đa dạng giúp tôi phát triển toàn diện sức khỏe thể chất.

2. What do you do to keep yourself healthy?

To keep myself healthy, I try to eat a balanced diet with lots of fruits and vegetables, and lean protein sources. I also make sure to get enough sleep each night and manage my stress levels through

activities like reading, listening to music, and spending time with friends and family. Finally, I try to limit my screen time and stay active throughout the day.

Để giữ cho mình khỏe mạnh, tôi cố gắng ăn một chế độ ăn uống cân bằng với nhiều trái cây và rau quả, và các nguồn protein nạc. Tôi cũng đảm bảo ngủ đủ giấc mỗi đêm và kiểm soát mức độ căng thẳng của mình thông qua các hoạt động như đọc sách, nghe nhạc và dành thời gian cho bạn bè và gia đình. Cuối cùng, tôi cố gắng hạn chế thời gian sử dụng thiết bị điện tử của mình và duy trì hoạt động suốt cả ngày.

Task 2. Describe an activity that is good for your health in 2-3 minutes.

One beneficial activity for health is walking. It is an easy form of exercise that can be done by people of all ages and fitness levels. It can help me maintain a healthy weight, reduce the risk of serious diseases, and improve my mental health.

Firstly, walking has many benefits for physical health. It can strengthen my muscles and bones, improve my balance, and reduce my risk of heart diseases. Walking can also help me maintain a healthy weight by burning calories. Moreover, walking can also have positive effects on mental health. It can reduce stress, anxiety and improve mood. Walking outdoors can also help me get sunlight, which can boost vitamin D levels and improve overall health.

To benefit from walking, it is recommended to walk for at least 30 minutes every day. Walking with a friend or joining a walking group can also provide social benefits and help me stay motivated.

In short, walking is a simple and effective way to improve physical and mental health and can be easily done in my daily life.

Một hoạt động có lợi cho sức khỏe là đi bộ. Đây là một hình thức tập thể dục dễ dàng có thể được thực hiện bởi mọi người ở mọi lứa tuổi và trình độ thể chất. Nó có thể giúp tôi duy trì cân nặng hợp lý, giảm nguy cơ mắc các bệnh nghiêm trọng và cải thiện sức khỏe tinh thần của tôi.

Thứ nhất, đi bộ có nhiều lợi ích cho sức khỏe thể chất. Nó có thể tăng cường cơ bắp và xương của tôi, cải thiện khả năng giữ thăng bằng và giảm nguy cơ mắc bệnh tim. Đi bộ cũng có thể giúp tôi duy trì cân nặng khỏe mạnh bằng cách đốt cháy calo. Hơn nữa, đi bộ cũng có thể có những tác động tích cực đến sức khỏe tinh thần. Nó có thể làm giảm căng thẳng, lo lắng và cải thiện tâm trạng. Đi bộ ngoài trời cũng có thể giúp tôi nhận được ánh sáng mặt trời, có thể tăng mức vitamin D và cải thiện sức khỏe tổng thể.

Để đạt được lợi ích từ việc đi bộ, nên đi bộ ít nhất 30 phút mỗi ngày. Đi bộ với một người bạn hoặc tham gia một nhóm đi bộ cũng có thể mang lại lợi ích xã hội và giúp tôi duy trì động lực. Tóm lại, đi bộ là một cách nâng cao sức khỏe thể chất và tinh thần đơn giản, hiệu quả và tôi có thể dễ dàng thực hiện trong cuộc sống hàng ngày.

VII. LISTENING

Task 1. Listen to the talk about a healthy diet and choose the correct answers. You can listen to each recording TWICE.

- According to the speaker, what should you do if you lack vitamins?
 - Rush off and take vitamin pills
 - Change your eating habits**
 - Seek medical help
 - Get some help from dieticians
- What are fat soluble vitamins?
 - Vitamins that can be stored for a longtime in the body**
 - Vitamins that are removed rapidly from the body
 - vitamins that require daily intake
 - Vitamins that are essential in large quantities
- How often should you eat fruits and vegetables according to the speaker?
 - Once a week
 - Three times a week
 - Four servings daily**
 - At every meal
- What is one way to ensure your diet contains enough vitamins?
 - Eating different kinds of food**
 - Shopping for fresh fruits and vegetables once a week

- C. Storing vegetables in a warm and bright place
 D. Eating chips at the uni canteen
5. Where should you store your vegetables to keep them fresh?
- A. In the fridge
 B. In a cool, dark place
 C. On the dining table
 D. In the fridge or in a cool, dark place

SCRIPT:

If you have a well-balanced diet, then you should be getting all the vitamins that you need for normal daily living. However sometimes we think we're eating the right foods but the vitamins are escaping, perhaps as a result of cooking and anyway we're not getting the full benefit of them. Now, if you lack vitamins in any way the solution isn't to rush off and take vitamin pills though they can sometimes help. No, it's far better to look at your diet and how you prepare your food.

So what are vitamins? Well, the dictionary tells us they are food factors essential in small quantities to maintain life. Now, there are fat soluble vitamins which can be stored for quite some time by the body and there are water soluble vitamins which are removed more rapidly from the body and so a regular daily intake of these ones is needed.

OK, so how can you ensure that your diet contains enough of the vitamins you need? Well, first of all, you may have to establish some new eating habits! No more chips at the uni canteen, I'm afraid! Now, firstly, you must eat a variety of foods. Then you need to ensure that you eat at least four servings of fruit and vegetables daily. Now you'll need to shop two or three times a week to make sure that they're fresh, and store your vegetables in the fridge or in a cool dark place.

Task 2. Listen to the second part of the listening about a healthy diet and complete the Healthy Diet Pyramid. You can listen to each recording TWICE.

Food that we need to (1) avoid	sugar, (2) salt , butter
Food that we eat in moderation	milk, lean meat, fish, nuts, (3) eggs
Food that we eat a lot	(4) bread , vegetables, fruit

SCRIPT:

Now let's just refresh our memories by looking at the Healthy Diet Pyramid. OK, can you all see that? Good. Well, now, as you see we've got three levels to our pyramid. At the top in the smallest area are the things which we should really be trying to avoid as much as possible. Things like... *Example* yes, sugar, salt, butter... all that sort of thing. Next, in the middle of our pyramid we find the things that we can eat in moderation. Not too much though! And that's where we find milk, lean meat, fish, nuts, eggs. And then at the bottom of the pyramid are the things that you can eat lots of! Because they're the things that are really good for you. And here we have bread, vegetables and fruit. So don't lose sight of your healthy diet pyramid when you do your shopping.

C. BÀI KIỂM TRA

Mark the letter A, B, C or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

- Question 1:** A. suffered ed B. balanced C. examined D. received
Question 2: A. examine B. bacteria C. replace D. vaccine

Mark the letter A, B, C or D to indicate the word that differs from the other three on the position of the primary stress in each of the following questions.

- Question 3:** A. disease B. nutritent C. treatment D. diet
Question 4: A. energy B. fitness C. organism D. ingredient

Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.

- Question 5:** We _____ to have a checkup 2 days ago. Thankfully there was nothing wrong.

- A. have gone B. go C. went D. will go

Question 6: Our life _____ has increased over the last few decades. Our living conditions have developed and helped make people live longer.

- A. expect B. expectation C. expectancy D. expectational

Question 7: Students should not _____ late as they need enough sleep to have enough energy to start the day.

- A. give up B. make up C. get up D. stay up

Question 8 The COVID-19 _____ is especially dangerous with people who have background diseases.

- A. germ B. bacteria C. virus D. antibiotic

Question 9: A _____ diet is a factor which contributes to a healthy life.

- A. balanced B. balance C. balancing D. balances

Question 10: I _____ often ill when I was young. But now I am healthy and full of energy.

- A. were B. was C. have been D. am

Question 11: Phuong _____ more vegetables since her parents _____ her to.

- A. has eaten/forced B. ate/forced
C. has eaten/has forced D. ate/has forced

Question 12: You need to _____ more often in order for your muscles to be strengthened.

- A. work in B. work through C. work from D. work out

Question 13: Doing these exercises _____ can become a healthy habit for you instead of sitting and playing video games.

- A. repeat B. repetition C. repetitive D. repetitively

Question 14: I _____ here twice. I think the equipment in this gym is very modern.

- A. was B. have been C. am D. will be

Question 15: He is suffering _____ tuberculosis. I hope he will get better soon.

- A. from B. of C. for D. to

Question 16: The nutritionists _____ to this kind of diet since the 1990s. This diet is extreme and is not good for your health.

- A. opposed B. oppose C. have opposed D. am opposing

Question 17: I _____ on the amount of fat I eat to lose some weight.

- A. cut out B. cut down C. cutted out D. cutted down

Question 18: You should usually _____ exercises as they are good for your health.

- A. make B. lead C. take D. set

Question 19: Yoghurt has a lot of _____ bacteria which are good for your digestive system.

- A. harmful B. infectious C. nutritious D. beneficial

Mark the letter A, B, C or D to indicate the sentence that best completes each of the following exchanges.

Question 20: Two friends are talking about homework.

Minh: "This exercise is quite difficult. Let me help you with it." - Nam: "_____."

- A. Sure. Wait a minute, please. B. Thanks for your help.
C. Don't mention it. D. You're welcome.

Question 21: Two people are in the kitchen.

A: "Can I help you make some healthy salad for lunch?" - B: "_____."

- A. You're right. B. I don't feel like it.
C. That's very kind of you. D. No pressure

Mark the letter A, B, C, D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

Question 22: Adequate sleep is important for proper physical and mental function.

- A. Limited B. Sufficient C. Scarce D. Unnecessary

Question 23: Stress can have negative effects on both physical and mental health so you cannot ignore this issue.

A. invalid

B. astonishing

C. detrimental

D. advantageous

Mark the letter A, B, C, D to indicate the word(s) **OPPOSITE** in meaning to the underlined word(s) in each of the following questions.

Question 24: Regular exercise is essential for maintaining good health. Therefore, it should be a **crucial** routine in our daily life.

A. unimportant

B. inevitable

C. consistent

D. imperative

Question 25: Consuming a balanced diet is also crucial for overall well-being apart from **enough** sleep and exercise.

A. adequate

B. decent

C. lavish

D. insufficient

Mark the letter A, B, C or D to indicate the underlined part that needs correction in each of the following questions.

Question 26: Even though exercising regular is essential for a healthy lifestyle, maintaining a balanced diet is equally important.

A. Even though

B. regular

C. for

D. a

Question 27: I have eaten a balanced diet last week and it has improved my energy level a lot since then. You should try it out.

A. have eaten

B. has improved

C. a lot

D. try it out

Question 28: Despite being aware of the negative effects of fast food, Sarah has frequently enjoyed them.

A. being

B. of

C. frequently

D. them

Read the following passage and mark the letter A, B, C, or D to indicate the correct word or phrase that best fits each of the numbered blanks.

Regular routines can help people feel like they have control over their daily lives and that they can take positive steps (29) _____ managing their health. For example, making time for exercise within routines can help meet recommended daily activity levels. This is especially relevant now, (30) _____ research shows that people who reduced their activity levels during the pandemic could experience enduring health effects. As people increase activity outside their homes, they might (31) _____ taking transit to school and work, returning to organised fitness activities and the gym and opportunities to include movement throughout the day. (32) _____ ways that routines can support health include regular meal preparation and getting enough sleep, activities (33) _____ seem simple but can give positive results in healthy ageing over a lifetime.

Adapted from <https://theconversation.com/what-you-do-every-day-matters-the-power-of-routines-178592>

Question 29: A. on

B. in

C. of

D. from

Question 30: A. but

B. yet

C. since

D. despite

Question 31: A. consider

B. use

C. need

D. open

Question 32: A. other

B. another

C. lot of

D. few

Question 33: A. when

B. where

C. who

D. which

Read the following passage and mark the letter A, B, C or D to indicate the correct answer to each of the questions.

Mental health issues such as anxiety and depression were a leading cause of global health problems even before the spread of COVID-19; however, **they**'ve gotten worse. Since the first year of the COVID-19 pandemic, anxiety and depression rates worldwide have increased by an overwhelming 25%. In the U.S, 4 in 10 adults have reported symptoms of anxiety or depression during the pandemic, compared with 1 in 10 from January to June 2019.

Among the most affected are young adults and women. The **surge** in people struggling with mental illnesses has coincided with gaps in mental care services as well.

Research suggests that the pandemic has exacerbated the impacts of loneliness. Additionally, people's fear of missing out, also known as FOMO, hasn't decreased even since in-person social gatherings became less frequent. But small daily actions - such as a short walk, break from social media

or even a catnap - can add up to have an impact on mental health. Separately, counselling, therapy and medication prescribed by health care providers are effective treatments for those experiencing mental illness.

Adapted from: <https://theconversation.com/the-power-of-short-breaks-movement-and-other-practices-on-improving-mental-health-4-essential-reads-187413>

Question 34: Which of the following can be the best title for the passage?

- A. How to Handle Mental Illness
- B. Mental Health - an Alarming Issue
- C. The Effect of Covid-19
- D. Fomo

Question 35: The word “**they**” in paragraph 1 refers to _____.

- A. global health problems
- B. symptoms
- C. mental health issues
- D. adults

Question 36: The word “**surge**” in paragraph 2 is closest in meaning to _____.

- A. growth
- B. decline
- C. view
- D. situation

Question 37: According to paragraph 1, which of the following is TRUE?

- A. Mental illness is not a worldwide problem.
- B. The rates of anxiety and depression experienced an increase by 25% in the first year of COVID-19.
- C. 4 in 10 adults in the US show symptoms of depression and anxiety before June 2019.
- D. Mental health issues have not changed since COVID-19.

Question 38: Which of the following is NOT true according to the passage?

- A. The influences of loneliness got worse during the pandemic.
- B. There are many kinds of treatments to tackle mental health issues.
- C. Even though now there are fewer in-person social meetings, the number of people having FOMO has not reduced.
- D. Young adults and men are the highest number of people suffering from mental illnesses.

Read the following passage and mark the letter A, B, C or D to indicate the correct answer to each of the questions.

The average daily time spent online by adults increased by nearly an hour during the UK’s spring lockdown when compared to the previous year, according to communications regulator Ofcom, with numerous countries back under severe pandemic restrictions, many of us once again find ourselves questioning whether our heavy reliance on technology is impacting our health.

It’s true that digital devices have provided new means of work, education, connection, and entertainment during lockdown. But the perceived pressure to be online, the tendency to **procrastinate** to avoid undertaking tasks, and the use of digital platforms as a way to escape stress all have the potential to turn healthy behaviours into habits. This repetitive use can develop into addictive patterns, which can in turn affect a user’s wellbeing.

Digital addiction refers to the addictive and excessive use of digital devices. The design of digital platforms themselves contributes to this addictive use. Notifications, news feeds, likes and comments have all been shown to contribute towards a battle for your attention, which leads users to increase the time **they** spend looking at screens.

Screen time is an obvious measure of digital addiction, although researchers have noted that there is no simple way to determine how much screen time one can experience before it becomes problematic. As such, there is a continued lack of **consensus** on how we should think about and measure digital addiction.

During a global pandemic, when there often feels like no alternative to using Netflix, or video conferencing with friends and family, screen time as an indicator of digital addiction is clearly ineffective. Nonetheless, research conducted on preventing digital addiction does provide insights on how we can all engage with our digital technologies in a healthier way during a lockdown.

Adapted from: <https://theconversation.com/five-ways-to-manage-your-screen-time-in-a-lockdown-according-to-tech-experts-152715>

Question 39: Which of the following can be the best title for the passage?

A. Digital Addiction During Pandemic Lockdown

B. The Effect of Covid-19 Lockdown

C. Forms of Digital Entertainment

D. Research about Digital Addiction

Question 40: The word “**procrastinate**” in paragraph 2 is closest in meaning to _____.

A. complete

B. push

C. delay

D. extend

Question 41: The word “**they**” in paragraph 3 refers to _____.

A. notifications

B. users

C. digital platforms

D. researchers

Question 42: The word “**consensus**” in paragraph 3 is closest in meaning to _____.

A. research

B. repetition

C. discord

D. agreement

Question 43: Which of the following can be inferred from the passage?

A. The way to measure digital addiction needs to be studied more.

B. Digital addiction happens when people use digital devices moderately.

C. The design of social platforms is not related to overuse of digital devices.

D. It is not hard to decide the problematic amount of screen time.

Question 44: Which of the following is NOT TRUE according to the passage?

A. During the spring lockdown, the daily amount of time people spend online increased by nearly one hour compared to the previous year.

B. Digital devices create a new means of entertainment.

C. The use of digital platforms cannot become addictive.

D. People use digital platforms to escape from anxiety.

Question 45: Which of the following is TRUE according to the passage?

A. Overuse of digital devices can have a negative health effect.

B. Notifications and news feeds do not distract you from other things.

C. People cannot connect with their family during lockdown.

D. People have to completely get rid of digital devices to be healthy.

Mark the letter A, B, C or D to indicate the sentence that is closest in meaning to each of the following questions.

Question 46: The last time I went bowling was 6 years ago.

A. The next time I go bowling will be in 6 years.

B. I won't go bowling for 6 years.

C. I haven't gone bowling for 6 years.

D. I went bowling for 6 years.

Question 47: It is compulsory for parents to pay attention to their children's diet.

A. Parents must pay attention to their children's diet.

B. Parents are not required to pay attention to their children's diet.

C. Paying attention to their children's diet may be necessary for parents.

D. It is optional for parents to pay attention to their children's diet.

Question 48: Vaccines are used to prevent people from getting infected with a disease caused by viruses.

A. Vaccines are only given after recovering from diseases caused by viruses.

B. Vaccines are used as a cure for diseases caused by viruses.

C. Vaccines are ineffective against diseases caused by viruses.

D. Vaccines are necessary to prevent people from a disease caused by viruses.

Mark the letter A, B, C or D to indicate the sentence that best combines each pair of sentences in the following questions.

Question 49: Tri is committed to maintaining a healthy lifestyle. He avoids processed foods and prioritises nutritious meals.

A. Tri is committed to maintaining a healthy lifestyle, so he avoids processed foods and prioritises nutritious meals.

B. Tri is committed to maintaining a healthy lifestyle, but he avoids processed foods and prioritises nutritious meals.

C. Tri is committed to maintaining a healthy lifestyle; however, he avoids processed foods and prioritises nutritious meals.

D. Tri is committed to maintaining a healthy lifestyle, so he didn't avoid processed foods and prioritise nutritious meals.

Question 50: Lan is having difficulties finding a suitable sport to play. You should help her.

A. Lan is having difficulties finding a suitable sport to play, but she needs your help.

B. Lan can find a suitable sport to play without your help.

C. Unless you help her, Lan will not be able to find a suitable sport to play.

D. But for your help, Lan can find a suitable sport to play.