

## UNIT 1: A LONG AND HEALTHY LIFE

### A. PRONUNCIATION

*I. Choose a word that has the underlined part pronounced differently from others.*

- |                       |                         |                       |                       |
|-----------------------|-------------------------|-----------------------|-----------------------|
| 1. A. <u>ch</u> ip    | B. <u>d</u> iet         | C. exam <u>i</u> ne   | D. <u>m</u> ineral    |
| 2. A. <u>h</u> ealthy | B. <u>r</u> egular      | C. <u>r</u> epetitive | D. <u>i</u> nfectious |
| 3. A. <u>v</u> irus   | B. <u>t</u> uberculosis | C. <u>f</u> lu        | D. <u>s</u> ugar      |
| 4. A. <u>b</u> alance | B. <u>l</u> abel        | C. <u>b</u> acteria   | D. <u>a</u> ntibiotic |
| 5. A. <u>w</u> ork    | B. <u>a</u> fford       | C. <u>f</u> orce      | D. <u>o</u> rganism   |

*II. Choose a word that has different stressed syllable from others.*

- |                       |                    |                   |                      |
|-----------------------|--------------------|-------------------|----------------------|
| 1. A. <u>pre</u> vent | B. injure          | C. balance        | D. suffer            |
| 2. A. fitness         | B. <u>d</u> isease | C. treatment      | D. headache          |
| 3. A. longer          | B. fatal           | C. <u>i</u> mmune | D. careful           |
| 4. A. infectious      | B. essential       | C. resistant      | D. <u>pro</u> perly  |
| 5. A. nutrient        | B. vitamin         | C. mineral        | D. <u>i</u> nfection |

### B. VOCABULARY:

*I. Give the Vietnamese meaning of the words in the list.*

1. **fit** /fit/ (adj) cân đối
2. **healthy** /'helθi/ (adj) khỏe mạnh
3. **work out** /wɜ:k aʊt/ (v.phr) tập thể dục
4. **fast food** /fɑ:st fu:d/ (n) đồ ăn nhanh
5. **give up** /gɪv ʌp/ (v.phr) từ bỏ
6. **bad habit** /bæd 'hæb.ɪt/ (n) thói quen xấu
7. **burger** /'bɜ:gə(r)/ (n) bánh mì kẹp thịt
8. **chip** /tʃɪp/ (n) khoai tây chiên
9. **full of** /fʊl əv/ (adj) đầy
10. **energy** /'enədʒi/ (n) năng lượng
11. **active** /'æktɪv/ (adj) tích cực
12. **life lesson** /laɪf 'les.ən/ (n) bài học cuộc sống
13. **regular** /'regjələ(r)/ (adj) thường xuyên
14. **balance diet** /'bæl.ənst 'daɪ.ət/ (n) chế độ ăn uống cân bằng
15. **physical** /'fɪzɪkl/ (adj) thuộc về thể chất
16. **mental** /'mentl/ (adj) thuộc về tinh thần
17. **treatment** /'tri:tmənt/ (n) điều trị
18. **strength** /streŋkθ/ (n) sức mạnh
- from strength to strength**: thành công ngày càng tăng
19. **muscle** /'mʌsl/ (n) cơ bắp
20. **suffer (from)** /'sʌfə(r)/ (v) chịu đựng
21. **examine** /ɪg'zæmɪn/ (v) kiểm tra

22. **headache** /'hedeɪk/ (n) đau đầu
23. **life expectancy** /'laɪf ɪkspektənsi/(n) (n) tuổi thọ
24. **label** /'leɪbl/ (n) nhãn mác
25. **pay attention** / peɪ ə'tenʃən / (v.phr) chú ý
26. **ingredient** /ɪn'gri:diənt/ (n) nguyên liệu
27. **mineral** /'mɪnərəl/ (n) chất khoáng
28. **nutrient** /'nju:triənt/ (n) dinh dưỡng
29. **turn off** /tɜ:n ɒf/ (v.phr) tắt
30. **repetitive** /rɪ'petətɪv/ (adj) lặp đi lặp lại
31. **routine** /ru:'ti:n/ (n) sinh hoạt thường ngày
32. **jump** /dʒʌmp/ (v) nhảy
33. **spread** /spred/ (v) lây lan
34. **press-up** /'pres.ʌp/ (n) (= push up) chống đẩy
35. **squat** /skwɒt/ (v) ngồi xổm
36. **on the spot** (idiom) ngay lập tức, tại chỗ
37. **cut down on** /kʌt/ /daʊn/ /ɒn/ (v.phr) cắt giảm
38. **recipe** /'resəpi/ (n) công thức nấu ăn
39. **treadmill** /'tred.mɪl/ (n) máy chạy bộ
40. **bacteria** /bæk'tɪəriə/ (n) vi khuẩn
41. **virus** /'vaɪə.rəs/ (n) vi-rút
42. **disease** /dɪ'zi:z/(n) bệnh
43. **organism** /'ɔ:.gən.ɪ.zəm/ (n) sinh vật, thực thể sống
44. **diameter** /daɪ'æm.ɪ.tər/ (n) đường kính
45. **infectious** /ɪn'fekʃəs/ (adj) (adj) sự lây nhiễm
46. **tuberculosis** /tʃu:ˌbɜ:.kjə'ləʊ.sɪs/ (n) bệnh lao phổi
47. **poison** /'pɔɪzn/ (n) chất độc
48. **antibiotic** /,æntɪbaɪ'ɒtɪk/ (n) kháng sinh
49. **germ** /dʒɜ:m/ (n) vi trùng
50. **flu** /flu:/ (n) cúm
51. **illness** /'ɪl.nəs/ (n) sự ốm đau
52. **get rid of** /get rɪd əv/ (idiom) loại bỏ
53. **heart disease** /'hɑ:t dɪ,zi:z/ (n) bệnh tim
54. **healthy lifestyle** /'helθ'laɪf,staɪl/ (n) lối sống lành mạnh
56. **fitness** /'fɪtnɪs/ (n) sự mạnh khỏe, sự sung sức
- fitness for something** (to do sth): sự phù hợp, sự thích hợp
57. **food poisoning** (n) ngộ độc thức ăn.
58. **properly** (adv) /'prɑ:pəli/ một cách điều độ, hợp lí

*II. Choose the correct answer A, B, C, or D to complete the sentence.*

1. Don't forget to drink lots of water and stay \_\_\_\_\_ with plenty of exercise.  
A. inactive      **B. Active**      C. awake      D. still
2. If you want to have a long, healthy life, you need to exercise to have a good level of \_\_\_\_\_.  
A. intelligence      B. activities      C. weight      **D. fitness**
3. It's also important to eat a \_\_\_\_\_ diet with lots of fruits, vegetables, and protein  
**A. balanced**      B. unhealthy      C. poor      D. strict
4. Early morning sleep helps us prepare our mind which helps us manage our feelings and avoid \_\_\_\_\_ too stressed.  
A. get      B. to get      **C. getting**      D. got
5. I prefer fruits and vegetables \_\_\_\_\_ fast food and junk food  
A. of      B. for      C. than      **D. to**
6. Just 15 minutes of daily \_\_\_\_\_ can add three more years of life  
A. smoking      B. reading      C. routines      **D. exercise**
7. However, you shouldn't drink coffee and green tea too much \_\_\_\_\_ they can make it harder for you to sleep.  
**A. because**      B. because of      C. although      D. despite
8. She got enough sleep last night, so today she is full of \_\_\_\_\_.  
A. exercise      **B. energy**      C. injuries      D. stress
9. We spent a lot of time \_\_\_\_\_, doing the gardening and walking in the parks  
A. cooked      B. cook      **C. cooking**      D. to cook
10. The office has a gym for those who like to \_\_\_\_\_ exercise in their lunch hour.  
**A. take**      B. put      C. make      D. give

**IV. Choose the word(s) CLOSEST in meaning to the underlined words in each of the following questions.**

1. Old people have an active lifestyle and are cared for by their families  
A. independent      B. simple      **C. energetic**      D. passive
2. You will become unhealthy if you eat too many snacks.  
A. harmful      B. nutritious      **C. sick**      D. injured
3. Men often gather in the street and laugh with each other. This reduces their stress and risk of heart diseases.  
**A. cut down on**      B. go down      C. go up      D. give up
4. The balance between work and life helps people to protect themselves from the negative effects of stress  
A. reasons      **B. impacts**      C. causes      D. symptoms

5. Eating more fruits and vegetables, but less fatty foods can reduce the risk of serious diseases

- A. symptoms      B. problems      C. treatments      D.

ailments

**V. Choose the word(s) OPPOSITE in meaning to the underlined words in each of the following questions.**

1. She has suffered from a serious headache, but after treatment, she felt better.

- A. trivial      B. dreadful      C. crucial      D. negligible

2. Viruses can get into our bodies easily.

- A. get in touch      B. get along with      C. get out of      D. get ahead

3. He has just had his 90th birthday, but he's still full of energy.

- A. excess      B. shortage      C. strength      D. health

4. Taking regular exercise and eating a balanced diet are the key to a long and healthy life.

- A. solution      B. source      C. way      D.

unimportance

5. Having the strength and enthusiasm we need for physical or mental activity.

- A. weakness      B. power      C. weight      D. nutrient

## C. GRAMMAR

**I. Put the verbs in brackets into the past simple or the present perfect**

1. When I was waiting for the bus, I saw (see) my close friend

2. She has studied (study) English since she was (be) four years old

3. He saw (see) 10 mice when he came (come) into the room.

4. When I was going to the door, the phone rang (ring).

5. His health has improved since he returned (return) from the hills.

6. It is the first time he has driven (drive) a car.

7. "Have you found (find) the key which you lost (lose) yesterday?"

"Yes. I found (find) it in the pocket of my other coat."

8. Sarah has lost passport again. It is the second time this has happened (happen).

9. When the alarm rang, Jack jumped (jump) out of bed quickly.

10. Yesterday, I decided (decide) to stop eating animal products to be a vegan.

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

1. For the past five years, Iceland \_\_\_\_\_ in the first rank of educational achievement and improvement in women's economic conditions.

- A. have been      B. **has been**      C. has have been      D. had been

2. She \_\_\_\_\_ two miles and a half, and now she feels exhausted.

- A. will have run      B. was running      C. **has run**      D. has been running

3. I haven't met him again since we \_\_\_\_\_ school ten years ago.  
 A. have left      B. leave      C. **left**      D. had  
 left
4. Ba \_\_\_\_\_ the cap all day yesterday.  
 A. wear      B. wears      C. weared      D. **wore**
5. This room \_\_\_\_\_ since I was born.  
 A. **has been painted**      B. was painted      C. painted      D. has painted
6. We \_\_\_\_\_ since we left school.  
 A. don't meet      B. **haven't met**      C. hasn't met      D. didn't meet
7. I haven't applied for this job \_\_\_\_\_.  
 A. Just      B. never      C. ever      D. **yet**
8. Has Mary listened to the song \_\_\_\_\_ 2 hours?  
 A. **for**      B. never      C. ever      D. yet
9. Peter has played football \_\_\_\_\_ he was a child.  
 A. for      B. so      C. **since**      D. because
10. I have \_\_\_\_\_ drunk all the milk.  
 A. **already**      B. yet      C. since      D. so far

**III. Choose the underlined part that needs correction in each of the following questions.**

1. That house on the corner has been empty since the past few months  
 A. on      B. been      C. **since**      D. few months
2. Last month, cycling safety groups are planning to lobby for better facilities for cyclists.  
 A. **are**      B. to lobby      C. facilities      D. cyclists
3. The salt flavor of the fish combines well with the sweeter flavor of tomato sauce.  
 A. **salt**      B. combines      C. with      D. tomato
4. The two boys were playing loudly when their parents were arriving home from work.  
 A. The      B. loudly      C. **were arriving**      D. from
5. Premature babies are more likely to suffer to breathing difficulties in childhood.  
 A. likely      B. premature      C. **to**      D. childhood

## **D. READING**

**I. Read the following passage and choose the correct word or phrase that best fits each of the numbers blanks.**

Everyone knows that exercise is good for the body and the mind. We all want to keep fit and look good, but too many of us take (1) \_\_\_\_\_ the wrong sport and quickly lose interest. So now fitness experts are advising people to choose an activity that matches their character.

For instance, those (2) \_\_\_\_\_ like to be with other people often enjoy golf or squash, or playing for a basketball, football or hockey team. (3) \_\_\_\_\_ you may prefer to go jogging or swimming if you're happier on your own.

Do you like competition? Then try something like running, or a racket sport such as tennis. If, on the other hand, (4) \_\_\_\_\_ isn't important to you, then activities like dancing can be an enjoyable (5) \_\_\_\_\_ without the need to show you're better than everyone else.

Finally, think about whether you find it easy to make yourself do exercise. If so, sports like weight training at home and cycling are fine. If not, book a skiing holiday, Taekwondo lessons, or a tennis court. You're much more likely to do something you've already paid for!

- |                 |            |            |          |
|-----------------|------------|------------|----------|
| 1. A. down      | B. out     | C. in      | D. up    |
| 2. A. who       | B. whose   | C. which   | D. what  |
| 3. A. therefore | B. thus    | C. however | D. while |
| 4. A. winners   | B. winning | C. win     | D. won   |
| 5. A. challenge | B. victory | C. defeat  | D. score |

**II. Read the following passage and choose the correct answer to each of the questions.**

### **Health Benefits of Yoga**

Yoga is a healthy lifestyle. One of the benefits of yoga is that you can choose a yoga style that is suitable for your lifestyle, such as hot yoga, power yoga, relaxation yoga, etc. If you are a yoga beginner, Hatha Yoga, which focuses on basic postures at a comfortable pace, would be great for you. If you want to increase strength through using more of your own body's resistance, Power Yoga may be right for you. Whether you prefer you're at home, in a private session, watching a DVD or at a studio or gym, there are a huge variety of options available to suit your goals and needs. Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. Each of the yoga poses is built to reinforce the muscles around the spine, the very center of your body, which is the core from which everything else operates.

When the core is working properly, posture is improved, thus alleviating back, shoulder, and neck pain. Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility. Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from **internal** organs and allow oxygenated blood to flow in once the twist is released. Many studies found that a consistent yoga practice improved depression and led to greater levels of happiness and better immune function.

1. Yoga is a very convenient type of exercise because\_\_\_\_\_.
- A. we can watch a DVD at a studio or gym and follow it
- B. we can choose a yoga style that is suitable for our lifestyle

- C. we can choose Hatha Yoga to focus on basic postures or to increase strength  
D. there are a huge variety of options available for our private session
2. According to yoga's principles, the spine is of great importance because \_\_\_\_\_.  
A. when the spine is working properly, postures will become possible  
B. seemingly impossible poses will become possible  
C. it is the center of your body, from which other muscles operate  
D. we can avoid back, shoulder, and neck pain
3. In order to build strong muscles, \_\_\_\_\_.  
A. we build strength with high expenses at the gym  
B. we don't pay any attention to our appearance  
C. we should reinforce the muscles around the spine  
D. we can have strength with flexibility through yoga
4. Yoga can improve our circulation because \_\_\_\_\_.  
A. it helps to provide more oxygen to cells or internal organs  
B. it helps us to perform twisting poses more easily  
C. we can have more relaxation exercises  
D. it helps to provide more blood to internal organs than others
5. The word " **internal** " in paragraph 2 is closest in meaning to \_\_\_\_\_.  
A. inner                      B. emotional                      C. relevant                      D. applicable

## E. WRITING:

### I. Write sentences, using the words given

1. I haven't eaten this kind of food before.

*This is the first I have eaten this kind of food.*

2. He began reading book two months ago

*He has read book for two months.*