A. VOCABULARY – TỪ VỰNG

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

A. chronic

B. harmful

C. elderly

D. balanced

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

A. balanced

B. stressful

C. harmful

D. infectious

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

A. nutrients

B. habits

C. pressure

D. treatments

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

A. hydrated

B. stressful

C. harmful

D. elderly

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

A. impact

B. habit

C. lifestyle

D. nutrient

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

A. active

B. harmful

C. chronic

D. balanced

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

A. problems

B. nutrients

C. habits

D. benefits

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

A. lifestyle

B. pressure

C. disease

D. treatment

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

A. harmful

B. nutritious

C. balanced

D. active

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

A. fitness

B. pressure

C. treatment

D. disease

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

A. pressure

B. balance

C. fitness

D. habit

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

A. reduce

B. increase

C. suffer

D. prevent from

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

A. reduce

B. cause

C. increase

D. suffer

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

A. nutrients

B. pressures

C. lifestyles

D. diseases

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

A. habits

B. diseases

C. pressures

D. treatments

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

A. obese

B. nutritious

C. active

D. balanced

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

A. exercise

B. pressure

C. treatment

D. disease

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

A. cope with

B. suffer from

C. take after

D. look after

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

A. smoking

B. smoke

C. to smoke

D. smoked

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

A. health

B. pressure

C. disease

D. habit

Câu 21 **My sister usually _____ to school by bike.**

A. go

B. goes

C. is going

D. went

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

A. do

B. does

C. are doing

D. did

Câu 23 **My father _____ coffee every morning.**

A. drinks

B. is drinking

C. drink

D. drinking

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

A. follow

B. follows

C. are following

D. followed

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

A. make up

B. makes up

C. is making up

D. made up

Câu 26 **Why _____ you _____ so much exercise today?**

A. do / do

B. are / doing

C. do / doing

D. are / do

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

A. sleeps / is sleeping

B. is sleeping / sleeps

C. sleep / is sleeping

D. sleeps / sleeps

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

A. believe

B. are believing

C. believed

D. believing

Câu 29 **I _____ three glasses of water today.**

A. drink

B. drank

C. have drunk

D. am drinking

Câu 30 **She _____ smoking since January.**

A. gives up

B. gave up

C. has given up

D. is giving up

Câu 31 **They _____ regular exercise for five years.**

A. have done

B. did

C. do

D. are doing

Câu 32 **My grandfather _____ never _____ fast food.**

A. has / eaten

B. have / eaten

C. did / eat

D. is / eating

Câu 33 **_____ you ever _____ yoga?**

A. Did / practise

B. Have / practised

C. Do / practise

D. Are / practising

Câu 34 **He _____ his unhealthy lifestyle yet.**

A. hasn't changed

B. didn't change

C. doesn't change

D. isn't changing

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

A. learn

B. learned

C. have learned

D. are learning

Câu 36 **How long _____ you _____ this healthy diet?**

A. do / follow

B. have / followed

C. did / follow

D. are / following

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

A. has / finished

B. did / finish

C. is / finishing

D. does / finish

Câu 38 **They _____ in this fitness club since 2023.**

A. exercise

B. exercised

C. have exercised

D. are exercising

Câu 39 **My doctor advised me _____ more vegetables.**

A. eat

B. eating

C. to eat

D. ate

Câu 40 **I enjoy _____ in the park every morning.**

A. walk

B. walking

C. to walk

D. walked

Câu 41 **She decided _____ smoking to improve her health.**

A. giving up

B. give up

C. to give up

D. gave up

Câu 42 **My parents avoid _____ too much processed food.**

A. eat

B. eating

C. to eat

D. ate

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

A. adopt

B. adopting

C. to adopt

D. adopted

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

A. open

B. to open

C. opening

D. opened

Câu 45 **We should stop _____ unhealthy snacks between meals.**

A. eat

B. eating

C. to eat

D. eaten

Câu 46 **She wants _____ more time exercising every day.**

A. spend

B. spending

C. to spend

D. spent

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

A. starts / feels

B. started / has felt

C. has started / felt

D. started / feels

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

A. usually does / isn't exercising

B. is usually doing / doesn't exercise

C. usually does / doesn't exercise

D. usually is doing / isn't exercising

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

A. exercise

B. to exercise

C. exercising

D. exercised

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

A. has followed / entered

B. followed / has entered

C. follows / enters

D. is following / entered

Muốn tự tạo bài trắc nghiệm như thế này?

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