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

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

A. wealth

B. well-being

C. appearance

D. popularity

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

A. balanced

B. harmful

C. strict

D. fast

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

A. weaken

B. strengthen

C. damage

D. ignore

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

A. centenarians

B. teenagers

C. patients

D. customers

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

A. Life expectancy

B. Life story

C. Life style

D. Life guard

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

A. obesity

B. fitness

C. energy

D. longevity

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

A. on

B. in

C. at

D. for

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

A. taken up

B. given up

C. put on

D. cut down

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

A. give

B. take

C. put

D. work

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

A. sedentary

B. active

C. balanced

D. nutritious

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

A. go

B. am going

C. have gone

D. went

Câu 12 **She _____ a healthy diet since last year.**

A. follows

B. followed

C. has followed

D. is following

Câu 13 **We _____ any fast food last week.**

A. didn't eat

B. haven't eaten

C. don't eat

D. aren't eating

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

A. do / train

B. have / trained

C. did / train

D. are / training

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

A. doesn't finish

B. didn't finish

C. hasn't finished

D. isn't finishing

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

A. eat

B. ate

C. have eaten

D. am eating

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

A. have gone

B. went

C. go

D. are going

Câu 18 **I _____ this book about longevity twice.**

A. read

B. have read

C. am reading

D. was reading

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

A. Do / get

B. Did / get

C. Have / got

D. Are / getting

Câu 20 **My mother _____ breakfast for us every morning.**

A. prepares

B. prepared

C. has prepared

D. is preparing

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

A. stay

B. make

C. do

D. take

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

A. cut

B. give

C. take

D. put

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

A. put on

B. lost

C. taken up

D. given up

Câu 24 **Doing meditation can help you _____ stress.**

A. reduce

B. increase

C. create

D. cause

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

A. improve

B. harm

C. ignore

D. damage

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

A. leading

B. making

C. doing

D. taking

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

A. check-up

B. check-in

C. check-out

D. check-point

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

A. Nutritious

B. Junk

C. Processed

D. Fatty

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

A. effect

B. affect

C. effective

D. effectively

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

A. give up

B. take up

C. put on

D. cut down

Muốn tự tạo bài trắc nghiệm như thế này?

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