

TỪ VỰNG NÂNG CAO – GRADE 12
CHỦ ĐỀ: HEALTH AND LIFESTYLES

- Question 1.** Thanks to medical advances, life _____ has significantly increased in the past few years.
A. expectation B. entry C. expectancy D. entrance
- Question 2.** Engaging in yoga and meditation can help _____ stress and anxiety.
A. conduct B. relieve C. distract D. divert
- Question 3.** _____ consumption of caffeine and alcohol can lead to cardiovascular diseases.
A. Abnormal B. Occasional C. Disrupted D. Excessive
- Question 4.** Children living in slums suffer from severe vitamin _____.
A. attendance B. reliance C. deficiencies D. absences
- Question 5.** Engaging in physical activities such as gardening or jogging can _____ boost your immune system.
A. soar B. uphold C. satisfy D. boost
- Question 6.** Too many teenagers are leading a _____ lifestyle today, raising concerns about an imminent health crisis.
A. satisfactory B. dominant C. fulfilling D. sedentary
- Question 7.** Consuming red meat not only has a(n) _____ effect on your health but also does harm to the environment.
A. detrimental B. contradictory C. ambitious D. attainable
- Question 8.** Doing regular exercise can help reduce the _____ of developing certain diseases.
A. pace B. risk C. share D. amount
- Question 9.** The _____ benefits of herbs have been documented for centuries.
A. controlling B. critical C. alarming D. therapeutic
- Question 10.** Health advice found on the Internet is often _____.
A. disinterested B. unreliable C. disloyal D. uninhabitable
- Question 11.** Adopting a positive attitude can help us _____ a stress-free life.
A. bring B. cause C. mark D. lead
- Question 12.** It's advisable to adjust your diet to make it tastier and more _____.
A. natural B. logical C. nutritious D. premature
- Question 13.** He _____ the virus because he was in close contact with an infected person.
A. contracted B. conducted C. contained D. concluded
- Question 14.** Sleep deprivation can _____ your ability to think clearly and logically.
A. impart B. impose C. impair D. impeach
- Question 15.** The rise of genetically modified foods raises _____ concerns.
A. ethical B. achievable C. immune D. efficient
- Question 16.** Using electronic devices before bedtime can _____ sleep patterns.
A. distract B. disrupt C. disperse D. divert
- Question 17.** Early _____ of cancer is often a result of regular check-ups.
A. attendance B. shortage C. detection D. fulfillment
- Question 18.** Taking short study breaks can help students _____ and improve their focus.
A. recharge B. recall C. rectify D. remedy
- Question 19.** Among _____ adults, prolonged exposure to polluted air can weaken their immune system.
A. beneficial B. conducive C. susceptible D. adverse
- Question 20.** The annual death _____ from the infectious disease is rising at an alarming rate.
A. fare B. toll C. fine D. coin
- Question 21.** Individuals with _____ health conditions are more vulnerable to the disease.
A. underground B. underemployed C. underlying D. undermanned
- Question 22.** Maintain a low _____ of salt to avoid developing high blood pressure.
A. disease B. rate C. growth D. intake
- Question 23.** Shortages of clean water can facilitate the spread of _____ diseases.
A. communicative B. communicable C. permissive D. permissible

- Question 24.** Low levels of stress and anxiety can help _____ life and improve its quality.
 A. prolong B. extend C. lengthen D. enlarge
- Question 25.** A healthy lifestyle can _____ the impact of genetics and add additional years to your life.
 A. offset B. outperform C. exceed D. shadow
- Question 26.** Regular physical exercise, _____ sleep, and a healthy diet all contribute to a longer life.
 A. cautionary B. satisfied C. adequate D. qualified
- Question 27.** The _____ that comes with only a few hours of sleep negatively affects our creativity.
 A. symptom B. prescription C. concentration D. lethargy
- Question 28.** Being sleep-deprived for a long time _____ his ability to focus on the task.
 A. involved B. hindered C. prepared D. attained
- Question 29.** Feeling depressed and _____ about his appearance, he turned to alcohol.
 A. insecure B. differential C. considerate D. thoughtful
- Question 30.** Consumers have been worried about the level of artificial _____ in foods.
 A. conservation B. preservatives C. preservation D. conservative
- Question 31.** _____ healthier eating habits will add extra years to your life.
 A. Embracing B. Wakening C. Adapting D. Enacting
- Question 32.** Stress management and emotional _____ are critical to overall well-being.
 A. adaptation B. discovery C. resilience D. harmony
- Question 33.** Having a healthy circle of friends contributes to emotional stability and can provide a sense of _____.
 A. humour B. responsibility C. identity D. belonging
- Question 34.** A strong _____ exists between being physically inactive and obesity.
 A. discrimination B. correlation C. assimilation D. integration
- Question 35.** _____ stress, binge-drinking, and poor sleep hygiene can lead to various health problems.
 A. Persistent B. Dominant C. Unanimous D. Simultaneous
- Question 36.** Prolonged sleep deprivation weakens cognitive function, leading to increased _____.
 A. association B. priority C. assignment D. forgetfulness
- Question 37.** Having positive social friendships helps people live more enjoyable and _____ lives.
 A. intuitive B. productive C. alternative D. innovative
- Question 38.** _____ caused by lack of sleep increased the likelihood of accidents and injuries.
 A. Drowsiness B. Routine C. Recovery D. Spirit
- Question 39.** Her miraculous recovery can be _____ to the practice of nature walking.
 A. contributed B. expended C. devoted D. attributed
- Question 40.** Feelings of frustration and _____ can negatively impact your mental well-being.
 A. remedy B. prescription C. hostility D. expectancy

BẢNG TỪ VỰNG

STT	Từ vựng	Từ loại	Phiên âm	Nghĩa
1	significantly	adv	/sɪg'nɪf.ɪ.kənt.li/	một cách đáng kể
2	medical	adj	/'med.ɪ.kəl/	thuộc y tế
3	advance	n	/əd'vɑːns/	sự tiên tiến
4	expectation	n	/,ek.spek'teɪ.ʃən/	kỳ vọng, mong đợi
5	entry	n	/'en.tri/	sự đi vào, bài dự thi
6	expectancy	n	/ɪk'spek.tən.si/	sự mong chờ

7	life expectancy	n	/'laɪf ɪk,spek.tən.si	tuổi thọ
8	entrance	n	/'en.trəns/	lối vào
9	meditation	n	/,med.i'teɪ.ʃən/	sự thiền định
10	conduct	v	/kən'dʌkt/	tiến hành
11	relieve	v	/'ri:li:v/	giảm bớt
12	distract	v	/'dɪ'strækt/	làm phân tâm, gây xao lãng
13	divert	v	/'daɪ'vɜ:t/	làm cho chuyển hướng
14	abnormal	adj	/'æb'nɔ:.məl/	bất thường
15	alcohol	n	/'æɪ.kə.hɒl/	rượu
16	cardiovascular	adj	/,kɑ:.'di.əv'væs.kjə.lər/	thuộc tim mạch
17	excessive	adj	/'ek'ses.ɪv/	quá mức
18	slum	n	/'slʌm/	khu ổ chuột
19	reliance	n	/'ri:'lai.əns/	sự dựa dẫm, sự phụ thuộc
20	deficiency	n	/'di'fɪʃ.ən.si/	sự thiếu hụt
21	immune	adj	/'ɪ'mju:n/	thuộc miễn dịch
22	soar	v	/'sɔ:t/	tăng vọt
23	uphold	v	/'ʌp'həʊld/	tán thành, ủng hộ
24	imminent	adj	/'ɪm.ɪ.nənt/	sắp xảy ra
25	crisis	n	/'kraɪ.sɪs/	khủng hoảng
26	sedentary	adj	/'sed.ən.tər.i/	tĩnh tại, ít vận động
27	dominant	adj	/'dɒm.ɪ.nənt/	thống trị
28	satisfactory	adj	/,sæt.ɪs'fæk.tər.i/	thỏa đáng
29	fulfilling	adj	/'fʊl'fɪl.ɪŋ/	làm cho mãn nguyện
30	detrimental	adj	/,det.rɪ'men.təl/	có hại
31	contradictory	adj	/,kɒn.trə'dɪk.tər.i/	mâu thuẫn, trái ngược
32	ambitious	adj	/'æm'bɪʃ.əs/	tham vọng
33	attainable	adj	/'ə'teɪ.nə.bəl/	có thể đạt được
34	certain	adj	/'sɜ:.tən/	nhất định
35	herb	n	/'hɜ:b/	thảo dược

36	therapeutic	adj	/,θer.ə'pjʊ:.tɪk/	có tính chữa bệnh
37	disinterested	adj	/dɪ'sɪn.tres.tɪd/	vô tư, không vụ lợi
38	unreliable	adj	/,ʌn.rɪ'laɪə.bəl/	không đáng tin cậy
39	disloyal	adj	/,dɪs'lɔɪ.əl/	không trung thành
40	uninhabitable	adj	/,ʌn.ɪn'hæb.ɪ.tə.bəl/	không thể ở được
41	adjust	v	/ə'dʒʌst/	điều chỉnh
42	nutritious	adj	/nju:'trɪʃ.əs/	dinh dưỡng
43	premature	adj	/'prem.ə.tʃər/ /prem.ə'tʃʊər/	sớm (hơn lẽ tự nhiên)
44	contract	v	/kən'trækt/	nhhiễm, mắc
45	deprivation	n	/,dep.rɪ'veɪ.ʃən/	sự mất, sự thiếu
46	impart	v	/ɪm'pɑ:t/	truyền đạt
47	impose	v	/ɪm'pəʊz/	áp đặt
48	impair	v	/ɪm'peər/	làm suy giảm
49	impeach	v	/ɪm'pi:tʃ/	buộc tội, luận tội
50	genetically	adv	/dʒə'net.ɪ.kəl.i/	về gen
51	modify	v	/'mɒd.ɪ.fai/	biến đổi
52	ethical	adj	/'eθ.ɪ.kəl/	thuộc đạo đức
53	electronic	adj	/,el.ek'trɒn.ɪk/	thuộc điện tử
54	disperse	v	/dɪ'spɜ:s/	giải tán, phân tán
55	cancer	n	/'kæn.sər/	bệnh ung thư
56	detection	n	/dɪ'tek.ʃən/	sự phát hiện
57	fulfillment	n	/fʊl'fɪl.mənt/	sự hoàn thành
58	recharge	v	/,ri:'tʃɑ:dʒ/	nạp lại năng lượng
59	recall	v	/rɪ'kɔ:l/	nhớ lại, hồi tưởng
60	rectify	v	/'rek.tɪ.fai/	sửa chữa
61	remedy	v/n	/'rem.ə.dɪ/	cứu chữa, phương thuốc
62	exposure	n	/ɪk'spəʊ.ʒər/	sự tiếp xúc
63	beneficial	adj	/,ben.ɪ'fɪʃ.əl/	có lợi

64	adverse	adj	/ 'ædvɜ:s/, /æd'vɜ:s/	có hại
65	susceptible	adj	/sə'sep.tə.bəl/	dễ mắc bệnh
66	conducive	adj	/kən'dʒu:.sɪv/	có ích, có lợi
67	annual	adj	/ 'æn.ju.əl/	hàng năm
68	infectious	adj	/ɪn'fek.ʃəs/	có tính lây nhiễm
69	fare	n	/feər/	tiền vé (xe buýt, tàu, máy bay,...)
70	toll	n	/təʊl/	số người chết
71	vulnerable	adj	/'vʌl.nərə.bəl/ /'vʌn.rə.bəl/	dễ bị tổn thương
72	underground	adj	/,ʌn.də'graʊnd/	ngầm
73	underemployed	adj	/,ʌn.dər.ɪm'plɔɪd/	thiếu việc làm
74	underlying	adj	/,ʌn.də'laɪ.ɪŋ/	cơ bản, cơ sở
75	undermanned	adj	/,ʌn.də'mænd/	không đủ nhân viên
76	intake	n	/'ɪn.teɪk/	lượng tiêu thụ
77	facilitate	v	/fə'sɪl.ɪ.teɪt/	tạo điều kiện thuận lợi
78	communicative	adj	/kə'mju:.nɪ.kə.tɪv/	dễ bắt chuyện, cởi mở
79	communicable	adj	/kə'mju:.nɪ.kə.bəl/	có thể lây nhiễm
80	permissive	adj	/pə'mɪs.ɪv/	dễ dãi
81	permissible	adj	/pə'mɪs.ə.bəl/	có thể cho phép
82	additional	adj	/ə'dɪʃ.ən.əl/	bổ sung, thêm
83	offset	v	/,ɒf'set/	bù lại
84	outperform	v	/,aʊt.pə'fɔ:m	tốt hơn, thành công hơn
85	exceed	v	/ɪk'si:d/	vượt quá mức
86	shadow	v	/'ʃæd.əʊ/	theo dõi
87	cautionary	adj	/'kɔ:.ʃən.ər.ɪ/ /'kɔ:.ʃən.ri/	đề cảnh báo
88	adequate	adj	/'æd.ə.kwət/	đủ
89	qualified	adj	/'kwɒl.ɪ.faid/	đủ điều kiện
90	symptom	n	/'sɪmp.təm/	triệu chứng
91	prescription	n	/'prɪ'skrɪp.ʃən/	sự kê đơn

92	concentration	n	/,kɒn.sən'treɪ.ʃən/	sự tập trung
93	lethargy	n	/'leθ.ə.dʒi/	sự uể oải
94	hinder	v	/'hɪn.dər/	cản trở
95	insecure	adj	/'ɪn.sɪ'kjʊər/	bất an, không tự tin
96	differential	adj	/'dɪf.ə'ren.ʃəl/	khác biệt
97	considerate	adj	/kən'sɪd.ər.ət/	ân cần
98	thoughtful	adj	/'θɔ:t.fəl/	chú đáo
99	artificial	adj	/'ɑ:.tɪ'fɪ.əl/	nhân tạo
100	preservative	n	/'preɪ.zɜ:.və.tɪv/	chất bảo quản
101	embrace	v	/'ɪm'breɪs/	chấp nhận (ý tưởng, quan điểm,..)
102	enact	v	/'ɪnækt/	ban hành
103	resilience	n	/'rɪ.zɪl.jəns/	khả năng phục hồi
104	harmony	n	/'hɑ:.mə.ni/	sự hòa thuận
105	stability	n	/'stə'bɪl.ə.ti/	sự ổn định
106	humour	n	/'hju:.mər/	sự hài hước

BẢNG CẤU TRÚC

STT	Cấu trúc	Nghĩa
1	do harm to somebody/something	gây hại cho ai/cái gì
2	risk of doing something	rủi ro làm gì
3	lead a + adjective + life	có một cuộc sống ra sao
4	in close contact with somebody	tiếp xúc gần với ai
5	underlying health condition	bệnh nền
6	focus on something	tập trung vào cái gì
7	attribute something to something	quy cái gì là do cái gì