

BẢNG TỪ VỰNG				
STT	Từ vựng	Từ loại	Phiên âm	Nghĩa
1.	fit	adj	/fit/	cân đối (thân hình)
2.	healthy	adj	/'helθi/	khỏe mạnh, lành mạnh
3.	fast food	n	/,fɑ:st 'fu:d/	đồ ăn nhanh
4.	habit	n	/'hæbɪt/	thói quen
5.	fresh	adj	/freʃ/	tươi
6.	energy	n	/'enədʒi/	năng lượng
7.	active	adj	/'æktɪv/	năng động
8.	regular	adj	/'regjələ(r)/	thường xuyên
9.	balanced	adj	/'bælənst/	cân bằng
10.	diet	n	/'daɪət/	chế độ ăn
11.	lifestyle	n	/'laɪfstɑɪl/	lối sống
12.	enthusiasm	n	/ɪn'θju:ziæzəm/	sự nhiệt huyết
13.	physical	adj	/'fɪzɪkl/	thuộc thể chất
14.	mental	adj	/'mentl/	thuộc tinh thần
15.	treatment	n	/'tri:tmənt/	sự điều trị
16.	strength	n	/streŋkθ/	sức mạnh
17.	muscle	n	/'mʌsl/	cơ bắp
18.	examine	v	/ɪg'zæmɪn/	kiểm tra
19.	lift	v	/lɪft/	nâng, vác
20.	headache	n	/'hedeɪk/	đau đầu
21.	life expectancy	n	/'laɪf ɪkspektənsi/	tuổi thọ
22.	ingredient	n	/ɪn'gri:diənt/	nguyên liệu
23.	nutrient	n	/'nju:triənt/	chất dinh dưỡng
24.	energy drink	n	/'enədʒi drɪŋk/	nước uống tăng lực

Read the following passage and mark the letter A, B, C, or D to choose the word or phrase that best fits each of the numbered blanks from 21 to 25.

WHAT WE KNOW ABOUT VIRUSES?

Viruses are tiny germs that cause (21) _____ in people, animals, and plants. They can cause a range of illnesses, from the common cold or the flu to more (22) _____ diseases such as AIDS and Covid-19. As they are very small (0.02 to 0.25 micron), viruses can get into our bodies (23) _____.

They are not living things, so they need to enter our bodies to become active. Then, they start to grow and cause the (24) _____ cell to make millions of copies of the virus. Vaccines are often used to (25) _____ the spread of diseases caused by viruses.

(Adapted from *English 11 Global Success* by Hoang Van Van et al.)

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|---------------------------------|----------------|-----------------|---------------|
| Question 21. A. symptoms | B. diseases | C. diets | D. drinks |
| Question 22. A. mild | B. harmless | C. low | D. serious |
| Question 23. A. hardly | B. slowly | C. easily | D. greatly |
| Question 24. A. infected | B. anticipated | C. impoverished | D. flourished |
| Question 25. A. continue | B. worsen | C. prevent | D. harness |

Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions from 26 to 30.

Life expectancy has generally increased over the past few decades, and some people enjoy a longer and healthier life than others. One possible explanation is that **they** have healthy lifestyle habits. So how can you develop these habits?

A. Eat better

Start by looking at food labels, paying attention to ingredients and nutrients, such as vitamins and minerals. Avoid having food with too much salt or sugar, such as fast food. Furthermore, add more fresh fruits and vegetables to your diet, and remember to eat a big breakfast and a small dinner.

B. Exercise regularly

If you have not been very active, start exercising slowly, but regularly. To begin with, choose the type of exercise that is suitable for you. Then, start slowly, for example, by doing exercise for only 5 to 10 minutes a day. When your body is ready for more exercise, you can work out longer. Finally, exercise regularly to always keep your body fit and your mind happy.

C.

A good night's sleep is very important. Before you go to bed, avoid having coffee or energy drinks. Exercise can help you have a better sleep, but avoid exercising right before bedtime. Never use your mobile phone or laptop in bed and turn off all your electronic devices at least 30 minutes before you go to bed. Their screens **give off** blue light that can prevent you from sleeping well. Finally, if you still can't fall asleep, do something repetitive or listen to some soft music to relax before trying to sleep again.

(Adapted from *English 11 Global Success* by Hoang Van Van et al.)

- Question 26.** The word **they** in paragraph 1 refers to _____.
- | | | | |
|------------|-----------|----------------|-----------|
| A. decades | B. habits | C. ingredients | D. people |
|------------|-----------|----------------|-----------|

Question 27. According to paragraph 2, when looking at food labels, you should _____.

- A. avoid foods with too much artificial sweetener
- B. remember to add fast food to your shopping list
- C. take notice of ingredients and nutrients
- D. opt to buy foods with a lot of salt and sugar

Question 28. The phrase **give off** in paragraph 4 mostly means _____.

- | | | | |
|------------|-----------|------------|-------------|
| A. produce | B. invite | C. prevent | D. purchase |
|------------|-----------|------------|-------------|

Question 29. Which of the following is NOT true, according to the passage?

- A. Doing regular exercise helps to keep your mind happy.
- B. You shouldn't drink coffee and energy drinks before bedtime.
- C. Eating a big breakfast and a small dinner is good for your health.
- D. Listening to soft music can affect your sleep quality negatively.



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Question 30. Which of the following would best serve as the title for paragraph C?

- A. Go to bed earlier
- B. Break bad habits
- C. Exercise before bedtime
- D. Sleep well