

**SỞ GD & ĐT NAM ĐỊNH
TRƯỜNG THPT MỸ THO
CHUYÊN ĐỀ ÔN TẬP**

TÊN CHUYÊN ĐỀ: TỪ VỰNG THEO CHỦ ĐỀ : HEALTH & FITNESS

I. MỤC TIÊU

1. Yêu cầu cần đạt

- Học sinh nắm vững được một số từ vựng theo chủ đề “Health and fitness”, các cụm từ, cụm từ kết hợp, cụm từ cố định, cụm động từ ...liên quan đến chủ đề.

- Học sinh ứng dụng những từ vựng đã được cung cấp để thực hành làm một số dạng bài tập vận dụng để củng cố lại và đảm bảo việc nắm bắt từ vựng của học sinh.

2. Học liệu

<https://zim.vn/ielts-reading-topic-health>

<http://www.elc.edu.vn/cac-thanh-ngu-ve-suc-khoe-idioms-talk-health.html>

<https://blog.azvocab.ai/100-tu-vung-chu-de-health-and-fitness-thong-dung-cho-ki-thi-ielts/>

<https://www.thesol.edu.vn/50-tu-vung-ielts-chu-de-health-and-fitness-tu-vung-tieng-anh-ve-suc-khoe>

<https://npedu.vn/tu-vung-chu-de-health-kem-bai-tap-co-dap-an/>

<https://wiseenglish.edu.vn/tu-vung-chu-de-health>

<https://quizlet.com/vn/928109372/tu-vung-tieng-anh-11-unit-1-a-long-and-healthy-life-flash-cards/>

<https://olm.vn/cau-hoi/health-and-fitness-advice-unfit-change-on-a-diet-balanced.3707978260046>

<https://www.tienganh123.com/luyen-thi-b1-bai19-thuc-hanh-tu-vung-chu-de-suc-khoeII>

CHUYÊN ĐỀ

1.MỘT SỐ TỪ VỰNG LIÊN QUAN TỚI CHỦ ĐỀ “HEALTH AND FITNESS”

	WORDS/ PHRASES	TRANSCRIPTION	MEANING
1.	Fit (a)	fit	Thon thả, vừa vặn
2.	Fitness (n)	'fitnəs	Sự cân đối, tình trạng khoẻ mạnh
3.	Healthy (a) >< unhealthy (a)	'helθi ʌn'helθi	Khoẻ mạnh, lành mạnh >< không khoẻ mạnh, k tốt
4.	Health (n) Health problem	helθ helθ 'prɒbləm	Sức khoẻ Vấn đề về sức khoẻ
5.	Fast food	fɑ:st fu:d	Đồ ăn nhanh
6.	Junk food	'dʒʌŋk fu:d	Đồ ăn vặt
7.	Regular (a) >< irregular (a)	'regjələ >< 'irregjələ	Thường xuyên >< không thường xuyên
8.	Balanced diet	,bælənst 'daɪət	Chế độ ăn uống cân bằng
9.	Strength (n) Strenthen (v) = enhance (v) = boost Strong (a)	streŋθ strengthen = ɪn'ha:ns = bu:st ... strɒŋ	Sức mạnh Đẩy mạnh, thúc đẩy, tăng cường Khỏe
10.	Enthusiasm (n) Enthusiast (n) Enthusiastic (a) Enthusiastically (adv)	ɪn'θju:ziæzəm ɪn'θju:ziæst ɪn,θju:zi'æstɪk ɪn,θju:zi'æstɪklɪ	Sự nhiệt tình Người hâm mộ Nhiệt tình Một cách nhiệt tình
11.	Physical (a) Physical education Physics (n)	'fɪzɪkl 'fɪzɪkl ,edʒə'keɪfɪn 'fɪzɪks	Thuộc về thể chất Giáo dục thể chất Vật lý

	Physicist (n) Physician (n) = doctor (n)	'fɪzɪsɪst fɪ'zɪʃn = 'dɒktə	Nhà vật lý học Bác sĩ
12.	Mental (a)	'mentl	Thuộc về tinh thần
13.	Frequent (a) Frequently (adv) Frequency (n)	fri'kwent 'fri:kwəntli adv 'fri:kwənsi	Thường xuyên (a) Thường xuyên (adv) Sự thường xuyên
14.	The amount OF + Nkdd The number OF + N s/ es The quantity OF + Nkdd/Ns/ es	ði ə'maʊnt əv ðə 'nʌmbə əv ðə 'kwɒntəti əv	Lượng + danh từ không đếm được Số lượng ++ danh từ không đếm được Lượng, số lượng + danh từ
15.	Lifestyle (n)	'laɪfstɑ:l	Phong cách sống (n)
16.	mental illness	/'men.təl 'ɪl.nəs/	bệnh tâm lý
17.	Treat (v) = cure (v) + sb FOR st Treat sb WITH st Treat st WITH st = process (v) Treatment (n) = cure (n)	tri:t = 'kjʊər tri:t tri:t = 'prəʊses 'tri:tmənt = kjʊə	Điều trị cho ai bị bệnh gì Đối xử với ai = thái độ ntn Xử lý cái gì bằng ... (chất hoá học) Sự điều trị
18.	Muscle (n)	'mʌsl	cơ bắp (n)
19.	Examine (v)	ɪg'zæmɪn	kiểm tra (v)
20.	Flesh (n)	fleʃ	thịt (n)
21.	Movement (n)	'mu:vmənt	Sự di chuyển, phong trào
22.	Injury (n) Injure (v) Injured (adj)	'ɪndʒəri 'ɪndʒə 'ɪndʒəd adj	Vết thương, tình trạng bị thương (n) làm ai bị thương (v) bị thương (adj)
23.	Life expectancy = life span = longevity (n)	lɪf ɪk'spektənsi = laɪf'spæn = lɒn'dʒevəti	Tuổi thọ
24.	Generally = in general = on the whole = by and large >> particularly = in particular	'dʒenrəli = ɪn 'dʒenrəl = 'ɒn ðə 'həʊl = 'baɪ ənd lɑ:dʒ pə 'tɪkjʃləli = ɪn pə'tɪkjʃlə	Nói chung Nói riêng, cụ thể
25.	Possible (a) = probable (a) = likely (a)	'pɒsəbl̩ = 'prɒəbəl̩ = 'laɪkli	Có thể
26.	Lifestyle (n)	'laɪfstɑ:l	Phong cách sống (n)
27.	Food label	fu:d 'leɪbl̩	Nhãn dán thực phẩm
28.	Ingredient (n)	n'grɪdiənt	Nguyên liệu (nấu ăn) Thành phần (thuốc, bánh kẹo ...)
29.	Nutrient (n) Nutrition (n) Nutritious (a)	'nju:triənt nju:'trɪʃn nutritious	Chất dinh dưỡng Chế độ dinh dưỡng, khoa dinh dưỡng Giàu dinh dưỡng
30.	Mineral (n)	'mɪnərəl	Khoáng chất
31.	Furthermore = Moreover = In addition=Besides	ˌfɜ:ðə'mɔ: = mɔ: 'rəʊvə	Hơn nữa
32.	Active (a) >> inactive (a) ~ passive	'æktɪv ɪn'æktɪv ~ 'pæsɪv	Năng động >> thụ động, bị động

33.	Slowly (adv) >< quickly = rapidly = speedily = fast	'sləʊli	chậm >< nhanh
34.	Repetitive (a) Repeat (v) Repetition (n)	ri'petətɪv ri'pi:t ,repi'tɪʃn	lặp đi lặp lại (a) nhắc lại sự lặp lại
35.	Electronic device	,ɪlek'trɒnɪk dɪ'vaɪs	Thiết bị điện tử
36.	Energy drink	'enədʒi drɪŋk	Nước uống tăng lực
37.	Article (n)	'ɑ:tɪkl̩	Bài báo, mẩu từ
38.	Diagram (n)	'daɪəgræm	Sơ đồ, biểu đồ
39.	Complete (v) Complete (a)	kəm'pli:t	Hoàn thành Hoàn hảo, trọn vẹn
40.	Instruction (n)	ɪn'strʌkʃn̩	Sự hướng dẫn
41.	Instruct (v)	ɪn'strʌkt	Hướng dẫn
42.	Routine (n)	ru:'ti:n	Thói quen
43.	Proper (a) (dress/ behave) + properly (adv)	'prɒpə 'dres br̩'heɪv + 'prɒpəli	Phù hợp (ăn mặc/ cư xử) một cách phù hợp
44.	Spread – spread – spread	'spred – 'spred – spred	Lan rộng, lan tràn, dãn ra
45.	Position (n)	pə'zɪʃn̩	Vị trí
46.	Develop (v) Development (n)	dɪ'veləp dɪ'veləpmənt	Phát triển Sự phát triển
47.	Replace (v)	ri'pleɪs	Thay thế
48.	Bone (n)	bəʊn	Xương
49.	Sugar (n)	'ʃʊgə	Đường
50.	Yoghurt (n)	'jɒgət	Sữa chua
51.	Butter (n)	'bʌtə	Bơ
52.	Take turn	'teɪk tɜ:n	Thay nhau làm gì, lần lượt, luân phiên
53.	Demonstrate (V) = illustrate (v) Demonstration (n) = illustration (n)	emən'streɪt= 'ɪləstreɪt ,demon'streɪʃn̩ = ,ɪlə'streɪʃn̩	Minh họa Sự minh họa
54.	Contain (v) Container (n)	kən'teɪn kən'teɪnə	Chứa, đựng Đồ chứa
55.	Recipe (n)	'resəpi	Công thức nấu ăn
56.	Return st	ri'tɜ:n seɪnt	Mang trả lại cái gì
57.	Accept to V	ək'sept tu vi:	Chấp nhận làm gì

	>< refuse to V	'refju:s tu vi:	Từ chối làm gì
58.	Cuisine (n)	kwɪ'zi:n	Âm thực
59.	Treadmill (n)	'tredmɪl	Máy chạy bộ
60.	A bacterium (n) ⇒ Bacteria (pl.n)	ə bæk'tɪəriəm bæk'tɪəriə	1 vi khuẩn Nhiều vi khuẩn
61.	Disease (n) = ailment (n) Illness (n) = sickness (n)	dɪ'zi:z = 'eɪlmənt 'ɪlnəs = 'sɪknəs	Bệnh tật, sự ốm yếu
62.	Living organism = Living creature	'lɪvɪŋ 'ɔ:gənɪzəm = 'lɪvɪŋ 'kri:tʃə	Sinh vật sống
63.	Infect (v) Infectious (a) = contagious (a) = communicable (a) Infection (n) = contagion (n)	ɪn'fekt ɪn'fekʃəs = kən'teɪdʒəs = kə'mju:nɪkəbl̩ ɪn'fekʃn = kən'teɪdʒən	Lây nhiễm, lây lan Truyền nhiễm (a) Sự lây nhiễm
64.	Food poisoning	fu:d 'pɔɪzɪŋɪŋ	Ngộ độc thực phẩm
65.	Antibiotics (n)	ˌæntɪbaɪ'ɒtɪks	Kháng sinh
66.	Tiny (a) >< huge (a)	'tami hju:dʒ	Nhỏ >< lớn
67.	Germ (n) # gem (n)	dʒɜ:m # dʒem	Mầm bệnh # đá quý, viên ngọc
68.	Cause (v) = lead to = result in = bring about	kɔ:z = led tu = rɪ'zʌlt ɪn = brɪŋ ə'baʊt	Gây ra, dẫn đến
69.	A wide range OF	ə 'waɪd reɪndʒ əv	Nhiều, phạm vi rộng
70.	Common (a) >< uncommon (a)	'kɒmən ən 'kɒmən	Thông thường >< không phổ biến
71.	Serious (a) = severe (a)	'sɪəriəs = sɪ'viə	Nghiêm trọng
72.	Cell (n)	sel	Tế bào
73.	Sleeping habits	/'sli:pɪŋ 'hæbɪt/	Thói quen ngủ
74.	Health benefits	/helθ 'benɪfɪt/	Lợi ích cho sức khỏe
75.	Health care	/helθ keə/	Chăm sóc sức khỏe
76.	Health risk	/helθ rɪsk/	Nguy cơ gây hại cho sức khỏe
77.	Sedentary lifestyles	/'sedntəri 'laɪf stɑɪlz/	Lối sống thụ động
78.	Anxiety disorders	/æŋ'zaɪəti dɪs'ɔ:dəz/	Những sự rối loạn lo âu
79.	Weight problems	/weɪt 'prɒbləmz/	Các vấn đề về cân nặng
80.	Shrivel up	/'ʃrɪvl ʌp/	Trở nên gầy ốm
81.	Fatigue	/fə'ti:g/	Sự mệt mỏi
82.	Mental health	/'mentl helθ/	Sức khỏe tinh thần
83.	Healthy foods	/'helθi fu:d/	Thức ăn có lợi cho sức khỏe
84.	Exercise	/'eksəsaɪz/	Tập thể dục
85.	Eating disorder	/'i:tɪŋ dɪs'ɔ:də/	Rối loạn ăn uống
86.	Vegetarian food	/'vedʒə'teəriən fu:d/	Đồ ăn chay
87.	Organic food	/'ɔ:gənɪk fu:d/	Thực phẩm hữu cơ
88.	Disseminate information	/dɪ'semɪneɪt ɪnfə'meɪʃn/	Phổ biến thông tin
89.	Healthy lifestyle	/'helθi 'laɪfstɑɪl/	Lối sống lành mạnh

90.	Consult the doctor	/kən'sʌlt ðə 'dɒktə(r)/	Hỏi ý kiến bác sĩ
91.	Make a full recovery	/meɪk ə fʊl rɪ'kʌvəri/	Bình phục hoàn toàn
92.	Surgery	/'sɜ:dʒəri/	Phẫu thuật
93.	Engage in sports	/ɪn'geɪdʒ ɪn spɔ:t/	Tham gia hoạt động thể thao
94.	To implement policies	/tu'ɪmplɪment 'pɒləsi/	Áp dụng chính sách
95.	Initiative	/'ɪnɪʃətɪv/	Sáng kiến, kiến nghị
96.	Intense workout	/ɪn'tens 'wɜ:kəʊt/	Tập luyện cường độ cao
97.	To stay active	/tu steɪ 'æktɪv/	Duy trì hoạt động thường xuyên
98.	To be conscious	/tu bi 'kɒnʃəs/	Có ý thức về vấn đề gì đó
99.	To lose weight	/tu lu:z weɪt/	Giảm cân
100	To encourage	/tu ɪn'kʌrɪdʒ/	Khuyến khích
101	To limit sugar intake	/tu 'lɪmɪt 'ʃʊgə(r) 'ɪnteɪk/	Hạn chế lượng đường nạp vào
102	To avoid evils	/tu ə'vɔɪd 'i:vl/	Tránh thói quen xấu
103	Cancer	/'kænsə/	Ung thư
104	Stroke	/strəʊk/	Đột quỵ
105	Allergy	/'ælədʒi/	Dị ứng
106	Stomachache	/'stʌməkeɪk/	Đau dạ dày
107	Backache	/'bækeɪk/	Đau lưng
108	Dizziness	/'dɪzɪnɪs/	Chóng mặt
109	Insomnia	/ɪn'sɒmnɪə/	Mất ngủ
110	Headache	/'hedeɪk/	Đau đầu
111	Runny nose	/'rʌni nəʊz/	Sổ mũi
112	To cough	/tu kɒf/	Ho
113	Prescription	/'prɪ'skrɪpʃn/	Đơn thuốc
114	Ward off	/wɔ:d ɒf/	Phòng bệnh
115	Prevent	/'prɪ'vent/	Ngăn ngừa
116	Pain-killer	/'peɪn-'kɪlə/	Thuốc giảm đau
117	To hit the gym	/tu hɪt ðə dʒɪm/	Đến phòng tập
118	Fever	/'fi:və(r)/	Sốt
119	Sore throat	/sɔ:(r) θrəʊt/	Đau họng
120	Get an electrical shock	/get ən ɪ'lektrɪkəl ʃɒk/	Bị điện giật
121	Treatment	/'tri:tmənt/	Điều trị
122	Disease prevention	/'di:zi:z prɪ'venʃn/	Phòng chống bệnh tật
123	Digestive disorder	/'dɪdʒestɪv dɪs'ɔ:də/	Rối loạn tiêu hoá
124	Disorder	/'dɪs'ɔ:də(r)/	Rối loạn
125	Early diagnosis	/'ɜ:li 'daɪəg'nəʊsɪs/	Chẩn đoán sớm
126	Side effects	/saɪd ɪ'fekt/	Tác dụng phụ
127	Epidemic	/'epɪ'demɪk/	Dịch bệnh
128	Addiction	/'ædɪkʃn/	Nghiện
129	Additive	/'ædɪtɪv/	- Gia vị hoặc chất bảo quản
130	To go on a diet	/tu gəʊ ɒn ə 'daɪət/	Tiến hành chế độ ăn kiêng
131	Adverse reaction	/'ædvɜ:s rɪ'ækʃn/	Phản ứng ngược
132	To reduce one's stress levels	/tu rɪ'dju:s wʌnz stres 'levl/	Giảm bớt mức độ căng thẳng
133	medical check-up	/'medɪkəl 'tʃek'ʌp/	kiểm tra y tế
134	Appetite	/'æpɪtaɪt/	Thèm ăn
135	Fibre	/'faɪbə/	chất xơ
136	Diabetes	/'daɪ.ə'bi:ti:z/	Bệnh tiểu đường
137	to alleviate (the) pain/symptoms	/'ə'li:.vi.eɪt peɪn/ 'sɪmp.təm/	giảm đau, giảm triệu chứng
138	lifestyle related disease	/'laɪf.staɪl rɪ'leɪ.tɪd di:zi:z/	bệnh tật liên quan đến/hình thành do

			lối sống
139	to reduce meat intake	/rɪ'dʒu:s mi:t 'm.teɪk/	giảm lượng thịt
140	be low in nutrients	/ləʊ ɪn 'nju:tri.ənts/	có ít chất dinh dưỡng
141	dehydration	/di:'haɪ'dreɪ.ʃən/	sự mất nước
142	depression	/di'preʃ.ən/	sự trầm cảm
143	exposure	/ɪk'spəʊ.ʒər/	sự phơi nhiễm
144	factor	/'fæk.tər/	nhân tố
145	heart attack	/hɑ:t ə'tæk/	cơn đau tim
146	onset	/'ɒn.set/	sự bắt đầu, giai đoạn đầu
147	risk	/rɪsk/	rủi ro, sự mạo hiểm
148	chronic	/'krɒn.ɪk/	mãn tính, kinh niên
148	doubtful	/'daʊt.fəl/	ngghi ngờ, ngờ vực
150	imperceptible	/,ɪm.pə'sep.tə.bəl/	không thể cảm thấy; không thể nhận thấy
151	indicative	/'ɪn'dɪk.ə.tɪv/	là dấu hiệu của
152	insurmountable	/,ɪn.sə'maʊn.tə.bəl/	không khắc phục được, không giải quyết được
153	long-sighted	/'lɒŋ'saɪ.tɪd/	viễn thị
154	ongoing	/'ɒŋ.gəʊ.ɪŋ/	đang xảy ra, đang diễn ra
155	persistent	/'pɜ:sɪs.tənt/	dai dẳng
156	pervasive	/'pɜ'veɪ.sɪv/	lan tràn khắp nơi
157	problematic	/'prɒb.lə'mæt.ɪk/	khó giải quyết
158	deteriorate	/di'tɪə.rɪ.ə.reɪt/	yếu đi, kém đi, giảm đi
159	diminish	/'dɪ'mɪn.ɪʃ/	bớt; giảm
160	disrupt	/'dɪs'rʌpt/	phá vỡ
161	misdiagnose	/'mɪs.'daɪ.əg.nəʊz/	chẩn đoán nhầm
162	diagnosis	/'daɪ.əg'nəʊs.ɪs/	sự chẩn đoán
163	trigger	/'trɪg.ər/	gây ra
164	therapy	/'θer.ə.pi/	liệu pháp
165	immeasurable	/'ɪmeʒ.ə.r.ə.bəl/	không thể đo lường được
166	moderate	/'mɒd.ər.ət/	vừa phải
167	vaccinate	/'væk.sɪ.neɪt/	tiêm chủng
168	eliminate	/'ɪlɪm.ɪ.neɪt/	loại trừ; bài tiết
169	maintain	/'meɪn'teɪn/	giữ gìn; duy trì
170	stimulate	/'stɪm.jə.leɪt/	kích thích

2. MỘT SỐ CẤU TRÚC, CỤM TỪ CỐ ĐỊNH

	STRUCTURES & COLLOCATIONS & IDIOMS	TRANSCRIPTION	MEANING
1.	Work out	/wɜ:k aʊt/	Tập thể dục
2.	Stay healthy	steɪ 'helθi	Sống khỏe
3.	Keep fit	ki:p fɪt	Giữ dáng
4.	Give up	gɪv ʌp	Từ bỏ
5.	Stay up	steɪ ʌp	Thức
6.	Under the weather = off color	'ʌndər ðə 'weðər = ɔf 'kɒlə	Bị ốm

	>> in the pink	>> in ðə piŋk	>> Khỏe mạnh
7.	Stop + Ving Stop + to V	stɒp	Dừng/ ngừng hẳn/ từ bỏ việc gì đó Dừng lại để làm gì
8.	Prefer sb/ st/ Ving TO sb/ st/ Ving = would prefer to V RATHER THAN V = would rather V THAN V	prə'fɜː = wəd prə'fɜː = wəd 'ræðə	Thích ai/ cái gì/ làm gì HƠN ai/ cái gì/ làm gì KHÁC Thích làm gì HƠN làm gì KHÁC Thích làm gì HƠN làm gì KHÁC
9.	Be full OF ~ be crowded WITH ~ be packed WITH ~ filled WITH	fʊl ʌv ~ 'kraʊdəd ~ pækt ~ fild	Đầy, nhiều ...
10.	S + spend + time/ money + Ving = It takes + sb + time/ money + to V	es spend taɪm 'mʌni = ɪt teɪks taɪm 'mʌni	Ai đó dành + thời gian/ tiền bạc vào việc gì = Ai đó mất bao nhiêu thời gian/ tiền vào việc gì
11.	Take/ do/ get + exercises	teɪk ðə get 'eksəɪzɪzəz	Tập thể dục
12.	The key TO st	ði ki	Chìa khoá/ giải pháp CHO việc gì
13.	Visit + sb/st = pay a visit TO sb/st = pay sb/st a visit	'vɪzət = peɪ 'vɪzət əs = peɪ 'vɪzət	Thăm ai/ nơi nào
14.	Be good FOR >> Be bad FOR # be good AT >> be bad AT	gʊd >> bæd # gʊd æt >> bæd æt	Tốt cho ai >> không tốt cho ai Giỏi về môn gì >> kém về môn gì
15.	Enjoy + Ving	en'dʒɔɪ	Thích làm gì
16.	Suffer FROM	'sʌfə	Chịu đựng điều gì/ bệnh gì
17.	Look AT	lʊk æt	Nhìn
18.	Pay attention TO = take notice OF = focus ON = Concentrate ON	peɪ ə'tenʃən = teɪk 'nɒtɪs ʌv = 'fɒskəs ən = 'kɒnsən'treɪt ən	Chú ý Tập trung
19.	Avoid Ving	ə'vɔɪd	Tránh làm gì
20.	Remember to V Remember Ving	rɪ'membə	Nhớ phải làm gì Nhớ đã làm gì trong quá khứ
21.	Forget to V Forget VING	fə'get	Quên phải làm gì Quên đã làm gì trong quá khứ
22.	Give OFF = emit (v) + (light/ gas ...) >> tak IN = absorb (v)	gɪv ɔf = i'mɪt (laɪt ɡæs ...) >> tæk ɪn = əb'zɔrb	Thả ra, phát ra Hấp thụ, thấm thấu, tiếp thu
23.	Prevent sb FROM Ving	pri'vent	Ngăn cản ai làm gì
24.	Fall asleep # feel sleepy	fɔl ə'slɪp # fi:l 'slɪpi	Ngủ thiếp đi Cảm thấy buồn ngủ
25.	Try + to V Try + Ving/ st	traɪ	Cố gắng làm gì Thử làm gì/ thử cái gì
26.	Give instruction	gɪv ɪn'strʌkʃən	Đưa ra sự hướng dẫn
27.	Do star jumps	ðə stɑː dʒʌmps	Nhảy sao
28.	Do squats	ðə skwɒts	Tập squats
29.	Run on the spot	rʌn ən ðə spɒt	Chạy tại chỗ
30.	Cut down on = reduce (v) = decrease (v) + O S + reduce/ decrease/	kʌt daʊn ən = rə'dʊs = 'di:kris əs rə'dʊs 'di:kris	Làm giảm cái gì Chú ngữ + giảm (không có tân ngữ phía sau)

	decline/ go down (không có O)	di'klaɪn ɡoʊ daʊn	
31.	Help sb V/ to V = assist (v) Help sb with st	help = ə'sɪst	Giúp đỡ ai làm gì Giúp đỡ ai việc gì
32.	Bring sb with st	briŋ	Mang theo cái gì
33.	How about/ What about + Ving = Let's V ...? = Shall we V ...? = Why don't we V ...?	həʊ ə'baʊt wɒt ə'baʊt = lets = ʃəl wi = waɪ dʊənt wi	Thế còn làm việc này thì sao? Chúng ta hãy cùng
34.	Thank sb FOR st/ Ving	θæŋk	Cảm ơn ai vì điều gì
35.	Lend sb st Borrow st FROM sb	lænd 'bɔːrɒ	Cho ai mượn cái gì Mượn cái gì từ ai
36.	Suggest + Ving Suggest that S + should V	səg'dʒest səg'dʒest ðət es ʃəd	Đề xuất làm gì Đề xuất ai đó làm gì
37.	Remind sb to V Remind sb OF sb/st/ Ving	ri'maɪnd ri'maɪnd əv	Nhắc nhở ai làm gì Gợi cho ai nhớ về ai/ điều gì
38.	Be pleased WITH = be satisfied/ contented WITH	plɪzd = 'sætəʊ,saɪd kən'tentəd	Hài lòng với
39.	Accept to V >> refuse to V	æk'sept >> rɪ'fjuːz	Chấp nhận làm gì Từ chối làm gì
40.			
41.	(thank/ book) + in advance	ɪn əd'væns	(cảm ơn/ đặt ...) trước
42.	Offer st TO sb Offer sb st	'ɔːfər	Cung cấp cái gì cho ai Cung cấp cho ai cái gì
43.	Respond (v) TO st Response (n) TO st Responsive (a) TO st	ri'spɒns ri'spɒnsɪv	Đáp lại, phản hồi lại Sự phản hồi Phản hồi lại
44.	Be different FROM = differ FROM >> Be similar TO	'dɪfərənt = 'dɪfər >> 'sɪmələ	Khác so với Giống với
45.	Give sb a hand = do sb a favour = help sb	ɡɪv hænd = ðə fəvər = help	Giúp đỡ ai
46.	Use st to V Use st FOR Ving	juːz	Sử dụng cái gì để làm gì
47.	get over = recover from	ɡet 'oʊvər = rɪ'kʌvər	Vượt qua, Phục hồi
48.	go off	ɡoʊ ɔːf	Ôi thiu, bị hỏng
49.	lie down	laɪ daʊn	Nằm xuống
50.	put on (weight)	pʊt ɒn (weɪt)	Tăng cân
51.	on a diet	ɒn 'daɪət	Ăn kiêng
52.	Be addicted to	ə'dɪktəd	Nghiện
53.	Be allergic to	ə'lɜːdʒɪk	Dị ứng đối với
54.	die from/of	daɪ əv	Chết vì bệnh gì

55.	a cure for	kjər	phương pháp điều trị cho bệnh gì
56.	a recipe for	'resəpi	Cách nấu món gì
57.	raise health awareness		nâng cao nhận thức về sức khỏe
58.	lead a sedentary lifestyle		có lối sống ít vận động
59.	to hold yourself accountable	/həʊld jɔ: 'self ə 'kaʊn.tə.bəl/	chấp nhận việc bản thân cần phải chịu trách cho thứ gì đó
60.	to build up resistance to disease	/bɪld ʌp rɪ 'zɪs.təns tu: dɪ 'zi:z/	tăng cường sức đề kháng, chống lại bệnh tật

3. MỘT SỐ THÀNH NGỮ THEO CHỦ ĐỀ

1. Under the weather: *Cảm thấy mệt mỏi, ốm*
2. As right as rain: *khỏe mạnh.*
3. Splitting headache: *Nhức đầu kinh khủng*
4. Run down: *mệt mỏi, uể oải.*
5. Back on my feet: *Trở lại như trước, khỏe trở lại, phục hồi trở lại.*
6. As fit as a fiddle: *Khỏe mạnh, đầy năng lượng.*
7. Dog – tired/dead tired: *rất mệt mỏi*
8. Out on one's feet: *Cực kỳ mệt mỏi như thể đứng không vững.*
9. Bag of bones: *Rất gầy gò.*
10. Full of beans: *rất khỏe mạnh, tràn đầy năng lượng.*
11. Black out: *trạng thái sợ đột ngột mất ý thức tạm thời.*
12. Blind as a bat: *mắt kém.*
13. Blue around the gills: *trông xanh xao ốm yếu*
14. Cast iron stomach: *đau bụng, đầy bụng, bụng khó chịu.*
15. Clean bill of health: *rất khỏe mạnh, không còn vấn đề gì về sức khỏe.*
16. (like) Death warmed up: *rất ốm yếu.*
17. Off colour: *ốm yếu (trông mặt như không có tí màu sắc nào, tái mét)*
18. Dogs are barking: *rất đau chân, khó chịu ở chân.*
19. Frog in one's throat: *đau cổ, không nói được.*
20. Drop like flies: *thường dùng chỉ bệnh dịch, cái chết lây lan.*
21. To have a spring in one's step: *luôn tràn đầy năng lượng và không phải lo lắng gì.*
22. To have a new lease on life: *đến sự thay đổi trong thái độ và cảm giác tốt hơn. Nó bao hàm một số cảm giác nhưng nhìn chung đều tích cực.*
23. Under the knife: *việc đã trải qua cuộc phẫu thuật.*
24. Out of shape: *một người nào đó không đủ sức khỏe.*
25. As pale as a ghost: *người đó rất nhợt nhạt, xanh xao do sợ hãi hoặc do đang bị ốm nặng, buồn nôn.*
26. To have a frog in one's throat: *việc không thể nói một cách rõ ràng, bị khô cổ, khó nói, có thể do bị dị ứng theo mùa, cảm lạnh hoặc cúm dẫn đến giọng nói bị thay đổi.*
27. As sick as a dog: *rất ốm, ốm yếu, thường được dùng để đề cập đến các bệnh liên quan đến nôn mửa.*
28. to really hurt: *một bộ phận của cơ thể bạn đang bị đau dữ dội*
29. to be rushed to hospital: *tiền nhanh chóng đưa tới bệnh viện*
30. to be fresh as a daisy: *cảm thấy đang rất tốt*

4. 10 CỤM ĐỘNG TỪ CHỦ ĐỀ HEALTH

Check up on	Kiểm tra hoặc đánh giá tình trạng sức khỏe của ai đó
Take care of	Chăm sóc sức khỏe của một người hoặc quản lý một tình trạng y tế

Get over	Khỏi bệnh hoặc bị thương
Break out	Bùng phát, xuất hiện đột ngột của phát ban da hoặc tình trạng khác
Fight off	Chống lại hoặc vượt qua bệnh tật hoặc nhiễm trùng
Come down with	Trở nên ốm yếu với một căn bệnh
Pick up	Mắc bệnh hoặc nhiễm trùng
Keep up	Duy trì sức khỏe tốt hoặc tiếp tục chăm sóc sức khỏe của một người
Build up	Tăng sức mạnh thể chất, sức chịu đựng hoặc khả năng miễn dịch
Wear out	Kiệt sức hoặc mệt mỏi do sức khỏe kém hoặc làm việc quá sức

5. 10 CỤM ĐỘNG TỪ CHỦ ĐỀ FITNESS

Burn off	Giảm cân bằng cách hoạt động thể chất
Get in shape	Có vóc dáng, sức khỏe tốt
Take up	Bắt đầu một thói quen hoặc sở thích
Bulk up	Làm cho cơ thể to hơn bằng cách phát triển cơ bắp
Work out	Luyện tập thể dục, thể thao
Warm up	Chuẩn bị cho hoạt động thể chất bằng cách tập thể dục nhẹ
Tone up	Tăng cường và làm săn chắc cơ bắp
Tone down	Giảm cường độ tập thể dục hoặc hoạt động
Cool down	Giảm tốc độ sau khi tập luyện để tránh chấn thương hoặc cứng cơ
Pump up	Tăng kích thích cơ bắp và sức mạnh thông qua cử tạ

III. CÁC DẠNG CÂU HỎI/ BÀI TẬP THỰC HÀNH

Mark the letter A, B, C, or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

Question 1. Children often get vaccinated so as to be immune to fatal diseases.

- A. susceptible B. vulnerable C. fragile **D. resistant**

Question 2. This kind of fruit helps to boost the immune system.

- A. decrease B. reduce **C. increase** D. maintain

Question 3. In Vietnam, life expectancy for both men and women has increased significantly over the last ten years.

- A. living standard **B. longevity** C. life skills D. lifeline

Question 4. The second theme describes the women's rejection of the pressure surrounding body size and food and their desire to eat the foods they enjoyed.

- A. cultivate B. purchase C. digest **D. consume**

Question 5. You will recover quickly if you take this medication.

- A. get over** B. get on C. get up D. get in

Question 6. The doctor cautioned his patient against consuming too much sugar.

- A. screamed B. threatened C. punished **D. warned**

Question 7. Make sure you get a balanced intake of vitamins and minerals to stay healthy.

- A. recognition B. stimulation **C. consumption** D. digestion

Question 8. Meditation is a popular way to relieve stress in today's hectic lifestyles.

- A. reduce** B. reproduce C. rehearse D. rename

Question 9. People can fight infection more effectively if they eat a nutritious diet.

A. injection **B. disease** C. hygiene D. digestion

Question 10. Do school-based social skills training programs prevent alcohol use among young people?

A. boost B. stimulate **C. avoid** D. trigger

Question 11. Consuming a wide range of fruits and vegetables supplies you with vitamins and nutrients.

A. broad B. narrow C. limited D. uncertain

Question 12. She gave us some advice on how to keep our skin healthy and how to avoid common skin problems.

A. specific **B. normal** C. infrequent D. devoted

Question 13. Having healthy skin is especially crucial to women to maintain their beauty.

A. trivial B. meaningless **C. vital** D. contributory

Question 14. Life expectancy increases can be attributed to healthier lifestyles, improved nutrition, and advances in medical science and technology.

A. mainstays B. householders C. breadwinners **D. breakthroughs**

Question 15. Here are some precautions to take when engaging in various types of physical activities.

A. safety measures B. safety levels C. safety rules D. safety factors

Question 16. If you exercise outside in hot, sunny weather, your body can overheat and lose a lot of fluid.

A. liquid B. vitamins C. minerals D. nutrients

Question 17. The fire resulted in damage to their property.

A. resulted from **B. led to** C. caught on D. compensated for

Question 18. You should also exercise in the early morning when the weather is not too hot.

A. have a rest B. do housework C. do homework **D. work out**

Question 19. Before swimming, make sure you've warmed up your body by stretching or jumping.

A. exercised lightly B. put on warm clothes
C. had a warm bath D. rested warmly

Question 20. Old people have an active lifestyle and are cared for by their families

A. independent B. simple **C. energetic** D. passive

Question 21. 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

Question 20. 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

Question 21. Eating more fruits and vegetables, but less fatty foods can reduce the risk of serious diseases

A. symptoms B. problems C. treatments **D. ailments**

Question 22. Research shows that the food we eat can affect longevity.

A. health B. protection C. length **D. life span**

Question 23. We should consume healthy food such as brown rice, fresh fruit and vegetables. We should also eat more fish and less red meat.

A. use **B. eat** C. purchase D. sell

Question 24. In the 21st century, scientists continue to look for new ways to treat serious diseases and slow down the ageing process.

A. prevent B. protect **C. cure** D. eliminate

Question 25. The local government has organised routine health check-ups, created hundreds of walking trails for residents to exercise, and built hot springs for local people to recover from ill health.

A. get over B. give off C. give up D. go over

Question 26. No effective treatment exists for this highly infectious disease

A. cure B. problems C. method D. symptom

Question 27. The doctor examined her carefully but could find nothing wrong.

A. treated **B. checked** C. operated D. diagnosed

Question 28. Please pay attention to what I'm about to tell you.

- A. take note of B. take advantage of C. concentrate on D. make use of

Question 29. An infectious disease can be passed easily from one person to another, especially through air or water

- A. serious B. contagious C. mental D. common

Question 30. He died after suffering from a serious illness.

- A. severe B. common C. communicable D. curable

Question 31. I noticed that you was looking a little under the weather. You coughed a lot

- A. sleepy B. unhappy C. healthy D. ill

Question 32. She gave us some tips for keeping our skin healthy and preventing common skin problems.

- A. particular B. normal C. infrequent D. accepted

Question 33. You should also exercise early in the morning when it's not too hot.

- A. have a rest B. do housework C. do homework D. work out

Question 34. Lack of sleep can lead to many health problems. We should sleep seven to eight hours a night.

- A. prevent B. solve C. result from D. cause

Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

Question 1. Spending more time outdoors can boost the body's strength and ability to function well

- A. power B. health C. weakness D. injury

Question 2. Getting enough sleep can reduce stress and improve your mood

- A. decrease B. relieve C. ease D. increase

Question 3. 30 minutes is enough time to use social media because the screens of electronic devices give off blue lights

- A. release B. absorb C. emit D. discharge

Question 4. Many of these treatments and new developments have the potential to prolong and improve the quality of life.

- A. strengthen B. lengthen C. shorten D. widen

Question 5. I found a website advertising an effective way to lose weight in one month.

- A. drop B. waste C. maintain D. gain

Question 6. I noticed that you was looking a little under the weather. You coughed a lot

- A. as pale as a ghost B. green around the gills C. off color D. in the pink

Question 7. You need to do some warm-up exercise such as stretching before you start your yoga practice.

- A. remaining B. declining C. developing D. shrinking

Question 8. After hundreds of rejections by the employers, I decided that I need to do something about my obesity.

- A. denial B. approval C. refusal D. rebuttal

Question 9. I have followed a special diet and joined a fitness class for overweight people for over six months.

- A. refused B. obeyed C. adhered to D. carried on

Question 10. My family totally supported me during my fight against obesity.

- A. aided B. discouraged C. assisted D. promoted

Question 11. I have just received my first job offer after having been unemployed for two years.

- A. got B. gained C. rejected D. acquired

Question 12. You risk serious injury or death if you are swimming and lightning strikes.

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

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

Question 1. Some can cause _____ diseases such as tuberculosis and food poisoning.

- A. infect B. infection C. infectious D. infectiously

Question 2. Vaccines are often used to prevent the _____ of diseases caused by viruses.

A. development B. increase C. decrease **D. spread**

Question 3. Viruses can cause a range illness, from the common cold or the flu to more _____ diseases such as AIDS and Covid-19.

A. infectious B. minimal **C. serious** D. benign

Question 4. Start by looking at food labels, paying attention to ingredients and _____ such as vitamins and minerals

A. nutrients B. features C. types D. drinkables

Question 5. The screens _____ blued light that can prevent you from sleeping well.

A. give away B. give out C. give in **D. give off**

Question 6. Exercise _____ to always keep your body fit and your mind happy.

A. regular **B. regularly** C. irregular D. irregularly

Question 7. Many doctors recommend _____ as a way to reduce stress.

A. medication B. thought C. stillness D. calmness

Question 8. Whole grains are high in fiber and contain a variety of _____ that support healthy blood sugar levels.

A. nutrition **B. nutrients** C. nutritionists D. nutritious

Question 9. Living to an average of 83 years old, Japan is the nation with the highest _____ in the world.

A. life skills B. life work C. life force **D. life expectancy**

Question 10. This idea has long been _____ to Keynes, but in fact he was not the first to think of it.

A. contributed **B. attributed** C. dedicated D. applied

Question 11. The doctor put me on a low-salt _____ to reduce my blood pressure.

A. weight B. food C. scale **D. diet**

Question 12. The acid in nonstick pans is associated with birth and developmental defects, _____ system problems, and cancer.

A. immune B. immunity C. immunization D. immunized

Question 13. By paying attention to your hunger signals and switching to healthy snacks, you can _____ nutrition, control cravings, and lose weight.

A. succeed **B. boost** C. stimulate D. request

Question 14. Baking soda is considered the best home _____ for acne as it soothes itching and inflammation around spots.

A. chemical B. medicine **C. remedy** D. substance

Question 15. My own _____ for health is less paperwork and more running barefoot through the grass

A. hobby B. treatment C. medicine **D. prescription**

Question 16. In order to have good _____, you should eat lightly and laugh cheerfully.

A. spirit B. body **C. health** D. mood

Question 17. I forgot to wear a sun hat today and I got a _____.

A. backache **B. headache** C. stomachache D. earache

Question 18. Watching too much television is not good _____ your eyes.

A. at **B. for** C. with D. to

Question 19. You can avoid some diseases by _____ yourself clean.

A. looking B. bringing **C. keeping** D. taking

Question 20. When you have flu, you may have a cough and a _____ nose.

A. following B. noisy **C. runny** D. runing

Question 21. Yoga involves breathing exercises, stretching and _____.

A. meditate **B. meditation** C. meditated D. meditative

Question 22. Cycling makes you fitter and gives you a better life _____.

A. expectation B. expecting **C. expectancy** D. expectant

Question 23. People with normal, healthy _____ systems generally can fight off certain diseases without drugs, and might not even feel sick.

A. immune B. commune C. operation D. prevention

Question 24. The effects of diarrhoeal disease can be conquered with one of the simplest and cheapest natural _____ known to science.

A. restorations B. selections **C. remedies** D. fixings

Question 25. A poor diet, with low nutrient snacks can lead to nutritional _____.

A. shortages B. lacks C. inadequacies **D. deficiencies**

Question 26. If the victims survive the first half hour, there is a good chance of complete _____.

A. coverage B. recovery **C. improvement** D. treatment

Question 27. What a pity! Thomas wasn't strong enough to _____ his own confidence.

A. improve B. progress **C. boost** D. raise

Question 28. The rapidly _____ population will put a strain on the country's health care system.

A. ageless **B. ageing** C. ageless D. anti-ageing

Question 29. Mass media have helped to raise people's awareness of _____ choices.

A. lifestyle B. living C. livelihood D. lifelong

Question 30. My brother is now in hospital, _____ treatment of his upset stomach.

A. in **B. under** C. on D. over

Question 31. Don't forget to drink lots of water and stay _____ with plenty of exercise.

A. inactive **B. active** C. awake D. still

Question 32. 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**

Question 33. It's also important to eat a _____ diet with lots of fruits, vegetables, and protein

A. balanced B. unhealthy C. poor D. strict

Question 34. She got enough sleep last night, so today she is full of _____.

A. exercise **B. energy** C. injuries D. stress

Question 35. The office has a gym for those who like to _____ exercise in their lunch hour.

A. take B. put C. make D. give

Question 36. We should _____ healthy by eating well and exercising regularly.

A. sound B. seem C. look **D. stay**

Question 37. _____ fruit and vegetables form an important part of a healthy diet

A. Raw **B. Fresh** C. Frozen D. Cooked

Question 38. This exercise is designed to build the shoulder and back _____.

A. skin B. bones C. flesh **D. muscles**

Question 39. Increasing numbers of children are _____ from mental health problems due to bad habits

A. suffering B. recovering C. harming D. improving

Question 40. _____ attention to your diet, exercise, sleep, and happiness, and you'll find yourself enjoying your 100th birthday!

A. Put B. Take **C. Pay** D. Attract

Question 41. Put away your electronic _____, turn off the TV, and chill out on your bed or the sofa for 10-15 minutes before you try to go to sleep.

A. mails B. books **C. devices** D. appliances

Question 42. Coffee and green tea can help _____ your risk of early death by 20 to 30%.

A. promote **B. reduce** C. examine D. increase

Question 43. I believe you need to decide if you want to focus on _____ weights or improving your heart health

- A. lifting B. putting C. taking D. pulling

Question 44. The doctor have just _____ the patients and fortunately the treatment is working

- A. discharged B. suffered C. examined D. operated

Question 45. 30 minutes is enough time to use social media because the screens of electronic devices _____ blue lights

- A. give up B. give off C. take in D. take up

Question 46. The last century's advances such as the discovery of _____ and vaccines have contributed to longer life.

- A. antibiotics B. natural remedies C. traditional therapies D. acupuncture

Question 47. While smoking and fast food consumption can increase the risk of obesity, doing regular _____ activity can help people have a good shape.

- A. mental B. physical C. daily D. extracurricular

Question 48. Sneezing is the most common way of spreading an _____.

- A. ignorance B. ache C. injury D. infection

Question 49. All food products should carry a list of _____ on the packet.

- A. areas B. parts C. ingredients D. chemicals

Question 50. The supermarket chain has promised to _____ on packaging.

- A. cut down B. cut off C. cut into D. cut by

Question 51. If you're tired, even if you feel that you need to get more done, give yourself _____ to sleep.

- A. request B. requirement C. permission D. permit

Question 52. Living to an average of 83 years old, Japan is the nation with the highest _____ in the world.

- A. lifetime B. lifework C. life force D. life expectancy

Question 53. Good _____, controlling calorie intake and physical activity are the only way to maintain a healthy weight.

- A. nutrient B. nutrition C. malnutrition D. nutritionists

Question 54. Most _____ is caused by wishing things that you are unable to achieve them right now.

- A. disease B. injury C. stress D. wound

Question 55. By paying attention to your hunger signals and switching to healthy snacks, you can _____ nutrition, control cravings, and lose weight.

- A. succeed B. boost C. stimulate D. request

Question 56. Reducing saturated fat is the single most important _____ change you can make to cut blood cholesterol.

- A. life B. food C. menu D. dietary

Question 57. HIV is listed as one of the most life-threatening _____ diseases.

- A. antibiotics B. infectious C. nutritious D. check-up

Further practice

SEQUENCING

Question 1

- a. Anna: I mostly do Hatha yoga; it's perfect for beginners and really focuses on breathing and relaxation.
b. Anna: I've started doing yoga every morning, and it's amazing how much it helps with my stress levels.
c. Sarah: That sounds great! What kind of yoga do you practice?

- A. a-c-b B. b-c-a C. c-b-a D. a-c-b

Question 2:

- a. Mina: Paul, I think you should eat less junk food and more superfoods like blueberries. These foods are better for you and help prevent diseases.

- b. Mina: I'm not sure I agree. I believe we should choose the food that we like and is also good for us.
 c. Paul: I guess so.
 d. Paul: Oh, my stomach really hurts. I ate too many crisps.
 e. Paul: You may be right, but I like crisps. I think we should eat the food we like, not just because it is healthy.
- A. c - e - a - b - d B. b - a - d - e - c **C. d - a - e - b - c** D. a - c - b - d - e

Reading 1 (Block 1)

Read the advertisement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks from 1 to 6.

Thirsty for something refreshing?

Coca-Cola has the perfect (1) _____ for you. Whether you're relaxing at home or out with friends, Coca-Cola offers the (2) _____ with its crisp, bold taste, it's the perfect companion for any moment. Feeling tired? Grab an ice-cold Coke to (3) _____ your energy. Want to celebrate? Share a Coca-Cola with loved ones to create memories.

Its unique flavor, (4) _____ by millions, has made Coca-Cola a global favorite (5) _____ over a century. There's a Coke for everyone, and now you can sip it at anytime, anywhere. Choose Coca-Cola and taste the difference! Every sip is a moment of refreshment that keeps you (6) _____ back for more.

Question 1: A. solve B. solver **C. solution** D. solvable

Question 2: **A. ideal drink experience** B. ideal experience drink
 C. experienced ideal drink D. drink experience ideal

Question 3: A. grow **B. boost** C. raise D. cope

Question 4: A. which loved B. loving C. was loved **D. loved**

Question 5: A. in **B. for** C. on D. by

Question 6: A. to coming **B. coming** C. come D. to come

Reading 2 (Block 1)

Mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks.

DIRTY BODY-HEALTHY BODY

Do you like to be clean? An (1) _____ thinks it could be making you sick. "Bathing removes our natural protection (2) _____ germs," said Dr. Giancarlo Pagnozzi. "Nature gives us protection, but we keep (3) _____ it away."

For seven years, researchers studied 300 people. One half (4) _____ a bath or shower every day using soap. The other half washed once a week in plain water. The super-clean team had several minor illnesses, (5) _____ 876 colds, 167 cases of flu, 49 sore throats, and (6) _____ skin diseases. The dirty group had only 29 colds, 3 cases of mild flu, and 1 sore throat - but no friends.

Question 1. A. expert health Italian B. Italian expert health
 C. expert Italian health **D. Italian health expert**

Question 2. A. to B. for **C. from** D. with

Question 3. **A. washing** B. wash C. to washing D. to wash

Question 4. A. put **B. took** C. made D. gave

Question 5. **A. including** B. include C. are including D. included

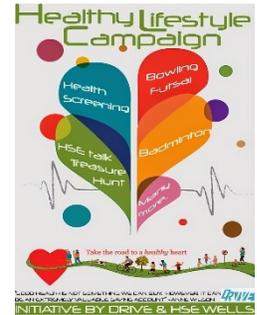
Question 6. A. variety B. vary **C. various** D. variously

Reading 3 (Block 1)

Read the following advertisement and mark the letter A, B, C and D on your answer sheet to indicate the option that best fits each of the numbered blanks.

HEALTHY LIFESTYLE CAMPAIGN

Are you looking (1) _____ ways to improve your health? Join us for an event (2) _____ Healthy Lifestyle Campaign. Throughout the month, we'll be organizing various activities and initiatives to promote physical and mental well-being. During the campaign, you can engage in interactive workshops, fitness classes, and awareness sessions. These activities aim to enhance awareness about the benefits of exercise, nutrition, and (3) _____. If you want to get more involved, keep in touch with our campaign instructors who will provide more information on upcoming events and guide you on how to adopt a healthier lifestyle. Don't miss out on this opportunity to (4) _____ positive changes in your life! We hope (5) _____ you there and make this month (6) _____ for everyone involved!



- Question 1: A. at B. to C. for D. up
Question 2: A. which called B. calling C. is called D. called
Question 3: A. stress management B. management stress C. manage stress D. stress manage
Question 4: A. do B. take C. have D. make
Question 5: A. to see B. seeing C. see D. to seeing
Question 6: A. enjoyment B. enjoyable C. enjoyably D. enjoy

Reading 4 (Block 1)

Stay Safe: Preventing the Flu Epidemic

What is the flu epidemic?

The flu epidemic is a contagious viral (7) _____ that affects the respiratory system. Every year, millions of people worldwide are impacted, leading to severe health issues and hospitalizations.

Why it matters

When flu season arrives, it's essential to take precautions. If not managed effectively, the flu can (8) _____ into a widespread epidemic, putting vulnerable populations at risk. The (9) _____ of flu cases can surge dramatically during peak season, leading to increased hospital visits and strain on healthcare systems. It's vital to stay informed and take preventative measures.

How to prevent the flu

- **Get vaccinated:** The flu vaccine is the most effective way to protect yourself and (10) _____. It's recommended to get vaccinated annually.
- **Stay home when sick:** If you experience flu (11) _____, stay home to prevent spreading the virus to those around you.
- **Follow guidelines:** (12) _____ your health status, everyone should follow health guidelines to minimize the risk of flu transmission.

- Question 7: A. infection B. injury C. sickness D. ailment
Question 8: A. bring up B. take over C. break out D. call off
Question 9: A. number B. level C. amount D. quality
Question 10: A. other B. others C. another D. the other
Question 11: A. patterns B. features C. signals D. symptoms
Question 12: A. In view of B. Regardless of C. Rather than D. On account of

Reading 5 (Block 1)

Read the following leaflet and mark the letter A, B, C, or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 7 to 12.

STAY ON TRACK: A Guide to Achieving Optimal Health

DID YOU KNOW?

- 65% of people struggle to maintain a balanced diet.
- 75% of adults don't get enough exercise each week.
- 50% of individuals report feeling (7) _____ by stress.

WHAT'S HAPPENING?

In today's fast-paced world, maintaining health is more challenging than ever. With busy schedules, unhealthy food choices, and constant digital distractions, it's easy to (8) _____ on health goals. However, with the right approach, achieving optimal well-being is possible.

KEY CHALLENGES:

Diet and Nutrition:

- Processed foods and convenience meals (9) _____, leading to poor nutrition.
- Many people lack the time or knowledge to plan healthy meals.

Mental and Physical Health:

- Chronic stress is a growing concern, affecting both physical and emotional well-being.
- (10) _____ the increased reliance on technology, sedentary lifestyles have become more prevalent, raising the risk of lifestyle diseases like diabetes and heart conditions.

ACHIEVING WELL-BEING:

Create a Plan: (11) _____ crucial step is setting realistic health goals. Gradually integrating healthier habits into daily life is key to success.

Focus on Balance: The (12) _____ of your health is not just about exercise or diet alone. A balanced approach, combining physical, mental, and emotional well-being, is essential.

- | | | | |
|-----------------------------|--------------|----------------|---------------|
| Question 7. A. satisfactory | B. motivated | C. overwhelmed | D. attentive |
| Question 8. A. fall behind | B. pull down | C. bring out | D. put up |
| Question 9. A. restrict | B. reinforce | C. dominate | D. oversee |
| Question 10. A. In need of | B. Due to | C. In spite of | D. Instead of |
| Question 11. A. One | B. Other | C. Others | D. Few |
| Question 12. A. amount | B. number | C. quality | D. quantity |

READING 6 (BLOCK 3)

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 18 to 22.

Everyone has suffered from a cold at one time or another. (18) _____, most people simply end up taking some form of over-the-counter medication. The scary thing is that some of the medicines taken to treat cold symptoms may actually be counter-productive. For example, aspirin appears to be the perfect drug to take to fight headaches and throat inflammation, but the truth is (19) _____.

Some researchers believe that using aspirin to treat colds can increase the amount of virus you shed through nasal secretions. That means you could potentially (20) _____. Moreover, aspirin may suppress some of our immune responses and cause our noses to become even stuffier.

Several studies have also linked aspirin to the development of a condition called Reye's syndrome when used to treat children suffering from colds or flu. This condition is rare but serious, (21) _____. It often affects the brain or liver, causing major organ damage and in very severe cases, death. (22) _____. Colds themselves may not harm us permanently, but the way we treat cold symptoms could. That means if you're unsure about taking or administering certain medication, you should consult a doctor. It could save a life.

Question 18.

- A. While we wait for a cold cure to be developed
- C. If waiting for a cold cure to be developed

- B. When a cold cure is waiting to be developing
- D. We wait for a cold cure to have been developed

Question 19.

- A. which has actually had negative effects on us
- C. that it can actually have adverse effects on us

- B. actually having negative effects on us
- D. it can actually have negative effects on us

Question 20.

- A. infects a lot more people who are exposed to you by the virus
- B. infect a lot more people who are exposed to you with the virus
- C. be infected a lot more people who are exposed to you with the virus
- D. infected a lot more people who are exposed to you by the virus

Question 21.

- A. occurs among children aged three and twelve.
- B. occurred in children between the ages of three to twelve.
- C. occurring in children aged three or twelve.
- D. occurring in children between the ages of three and twelve.

Question 22.

- A. Therefore, doctors recommend that aspirin not be given to children younger than nineteen suffering from viral illnesses.
- B. Hence, doctors suggest that aspirin is not provided to children younger than nineteen suffering from viral illnesses.
- C. However, it is recommended that doctors should not give aspirin to children younger than nineteen suffered from viral illnesses.
- D. Additionally, doctors' recommendation is aspirin will not be provided to children younger than nineteen suffered from viral illnesses.

READING 7 (BLOCK 4)

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 23 to 30.

Junk food has become a **universal** part of modern society, infiltrating our lives through fast food chains, convenience stores, and social media advertisements. Its accessibility and affordability make it a popular choice for individuals of all ages. The colorful packaging and enticing marketing strategies often create an illusion of satisfaction, drawing consumers in. In many cases, junk food is designed to be loaded with sugars, fats, and salts, which contribute to its addictive qualities.

The prevalence of junk food is closely linked to a decline in wholesome dietary choices. Research indicates that easy access to fast food outlets correlates with higher consumption of unhealthy foods and increased obesity rates. Individuals residing in densely populated regions replete with fast food establishments frequently exhibit a pronounced inclination toward convenience, often at the expense of nutritional quality. This shift away from balanced meals leads to deficiencies in essential nutrients, as people increasingly rely on processed foods. Consequently, the rise of junk food consumption is directly connected to a range of health issues, creating a significant public health concern.

Moreover, the cultural significance of junk food cannot be overlooked. It often serves as a symbol of indulgence and pleasure, reflecting societal values that prioritize immediate **gratification** over long-term health. Social gatherings frequently feature junk food, reinforcing its status as a staple of casual dining. The allure of convenience plays a substantial role in its popularity, as busy lifestyles leave little time for meal preparation. This cultural normalization of junk food consumption perpetuates unhealthy eating patterns, making it challenging for individuals to make better choices.

Despite its popularity, awareness of the detrimental effects of junk food is growing. Public health campaigns increasingly emphasize the importance of nutrition and balanced diets. As a response, many consumers are seeking alternatives, opting for healthier snacks and meals rich in whole grains, fruits, and vegetables.

Question 23. According to the passage, which of the following is NOT MENTIONED as a reason for the popularity of junk food?

- A. The convenience of obtaining it easily
B. The colorful packaging and marketing strategies
C. Its addictive ingredients like sugars and fats
D. Health benefits of junk food consumption

Question 24. The word **universal** in paragraph 1 is OPPOSITE in meaning to _____.

- A. popular
B. prevalent
C. impractical
D. uncommon

Question 25. The word **its** in paragraph 3 refers to _____.

- A. convenience
B. junk food
C. casual dining
D. long-term health

Question 26. The word **gratification** in paragraph 3 could best be replaced by _____.

- A. affection
B. satisfaction
C. creation
D. confirmation

Question 27. Which of the following best paraphrases the underlined sentence in paragraph 2?

- A. Junk food's availability has encouraged healthier eating habits.
B. The wide availability of junk food has contributed to a reduction in healthy eating.
C. Wholesome foods are now more popular due to the rise in junk food options.
D. A balanced diet is becoming more common as junk food spreads.

Question 28. Which of the following is TRUE according to the passage?

- A. Junk food has been a traditional part of diets for centuries.
B. Junk food is designed to be affordable but not necessarily addictive.
C. Many consumers are beginning to prefer healthier snacks and meals.
D. The packaging of junk food is designed to obscure its unhealthy ingredients.

Question 29. In which paragraph does the writer mention a present causal relationship?

- A. Paragraph 1
B. Paragraph 2
C. Paragraph 3
D. Paragraph 4

Question 30. In which paragraph does the writer describe the growing awareness of junk food's negative effects and the shift towards healthier alternatives?

- A. Paragraph 1
B. Paragraph 2
C. Paragraph 3
D. Paragraph 4

READING 8 (BLOCK 4)

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 23 to 30.

Hygiene has played a vital role in human civilization throughout history. Ancient civilizations, such as the Egyptians, Greeks, and Romans, were among the first to recognize the importance of cleanliness for health. They practiced bathing and used natural oils to maintain personal hygiene. The Romans even built **elaborate** public bathhouses, which became social centers for relaxation and sanitation. These early efforts showed an understanding that hygiene was linked to overall well-being.

During the Middle Ages, however, attitudes towards hygiene changed significantly. The spread of diseases like the Black Death led people to believe that bathing could make **them** more vulnerable to infections. As a result, frequent bathing became rare, and cleanliness was not prioritized. Many people relied on strong perfumes to cover body odor, while poor waste management in cities created **unsanitary** conditions. This lack of hygiene contributed to widespread illness and high mortality rates.

The 19th century marked a turning point in the understanding of hygiene with the rise of scientific discoveries. Pioneers like Louis Pasteur and Joseph Lister demonstrated the link between germs and diseases,

leading to improved medical practices and public health measures. **The introduction of handwashing and sterilization in hospitals greatly reduced infection rates.** Public awareness campaigns and government regulations began to promote better hygiene in everyday life.

Today, hygiene remains a crucial aspect of public health and daily routines. Advancements in technology have made access to clean water and sanitation facilities more widespread. People now understand the importance of practices like handwashing, brushing teeth, and proper waste disposal. The history of hygiene reflects humanity's ongoing efforts to protect health and prevent disease, proving its significance across time.

Question 23: Which of the following is NOT mentioned as an ancient civilization that practiced hygiene?

- A. Egyptians B. Greeks **C. Indians** D. Romans

Question 24: The word **elaborate** in paragraph 1 is OPPOSITE in meaning to _____.

- A. complex B. sophisticated C. modern **D. simple**

Question 25: The word **them** in paragraph 2 refers to _____.

- A. infections **B. people** C. diseases D. perfumes

Question 26: The word **unsanitary** in paragraph 2 could be best replaced by

- A. unhealthy** B. unsuitable C. unusual D. unlikely

Question 27: Which of the following best paraphrases the underlined sentence in paragraph 3?

- A. Promoting handwashing and sterilization in hospitals gradually decreased infection rates.
B. Imposing a ban on handwashing and sterilization in hospitals dramatically increased infection rates.
C. Discouraging the use of handwashing and sterilization in hospitals slightly increased infection rates.
D. Implementing handwashing and sterilization in hospitals significantly lowered infection rates.

Question 28: Which of the following is TRUE according to the passage?

- A. People in the Middle Ages believed bathing caused infections.
B. Louis Pasteur and Joseph Lister linked germs to diseases.
C. Hygiene in ancient times was mainly about using perfumes.
D. The 19th century brought no changes to hygiene practices.

Question 29: In which paragraph does the writer mention a causal relationship that resulted in a decline in personal care habits?

- A. Paragraph 1 **B. Paragraph 2** C. Paragraph 3 D. Paragraph 4

Question 30: In which paragraph does the writer emphasize how improved living conditions have become more common in recent times?

- A. Paragraph 1 B. Paragraph 2 C. Paragraph 3 **D. Paragraph 4**

READING 9 (BLOCK 5)

Read the following passage about the urban shift and mark the letter A, B, C, or D on your answer sheet to indicate the best answer to each of the following questions from 31 to 40.

Obesity is a complex health issue characterized by an excessive accumulation of body fat, which poses significant risks to an individual's physical and mental well-being. It is generally measured using the Body Mass Index (BMI), where a BMI of 30 or higher indicates obesity. This condition is not merely a result of personal choice; rather, it is influenced by a myriad of factors including genetics, environment, and lifestyle choices. As the global prevalence of obesity continues to rise, it is crucial to understand **its** underlying causes and far-reaching consequences.

Obesity is caused by a complex interplay of genetic factors and environmental influences. For instance, individuals with a family history of obesity may possess genes that affect how their bodies regulate hunger and metabolism. In addition to genetic factors, the modern environment—characterized by the proliferation of fast food outlets, sedentary lifestyles, and the **pervasive** use of technology—significantly contributes to unhealthy

weight gain. Furthermore, socio-economic factors play a pivotal role, as low-income individuals may have limited access to nutritious foods and safe spaces for physical activity.

[I] It is a leading risk factor for numerous chronic diseases, including type 2 diabetes, cardiovascular diseases, and certain types of cancer. [II] Additionally, obesity can adversely impact mental health, leading to issues such as depression, anxiety, and low self-esteem due to societal stigma. [III] The economic burden associated with obesity is also substantial, with increased healthcare costs and lost productivity posing significant challenges to both individuals and healthcare systems. [IV]

A holistic approach involving individuals, communities, and governments is essential to address the obesity crisis. At the individual level, adopting healthier dietary habits and increasing physical activity are essential steps for weight management. On a community scale, creating supportive environments—such as safe parks, accessible recreational facilities, and educational programs—can empower individuals to make healthier choices. All in all, comprehensive policy measures, including regulations on food marketing and subsidies for healthy foods, are imperative to foster an environment **conducive to** maintaining a healthy weight and improving public health outcomes.

Question 31. Where in paragraph 3 does the following sentence best fit?

The health implications of obesity are profound and wide-ranging, affecting nearly every system in the body.

- A. [I] B. [II] C. [III] D. [IV]

Question 32. The phrase **conducive to** in paragraph 4 could be best replaced by _____.

- A. harmless to B. indifferent to C. detrimental to **D. beneficial to**

Question 33. The word **its** in paragraph 1 refers to _____.

- A. personal choice B. environment C. global prevalence **D. obesity**

Question 34. Which of the following is NOT mentioned as a cause of obesity in the passage?

- A. genetic factors **B. medical conditions** C. technology use D. fast food outlets

Question 35. Which of the following best summarizes paragraph 4?

A. Addressing obesity requires individual responsibility and community support, focusing on dietary changes and physical activity.

B. Individual actions are the only solution to the obesity epidemic, as community and governmental initiatives have little impact.

C. Preventing obesity is solely the responsibility of healthcare providers, who have to implement more strict regulations on food consumption.

D. Comprehensive policy measures are unnecessary, as most obesity-related issues can be resolved through personal lifestyle changes alone.

Question 36. The word **pervasive** in paragraph 2 is OPPOSITE in meaning to _____.

- A. universal **B. limited** C. common D. irritating

Question 37. Which of the following is TRUE according to the passage?

A. Comprehensive policy measures are unnecessary if individuals adopt healthier dietary habits and increase physical activity.

B. The economic burden of obesity is minimal and has no significant impact on healthcare systems.

C. Creating supportive environments in communities is not considered an effective strategy for combating obesity.

D. Those with a familial background of obesity could carry genetic characteristics that impact their hunger levels and metabolic rates.

Question 38. Which of the following best paraphrases the underlined sentence in paragraph 4?

A. To confront the obesity challenge, a united effort among individuals, local communities, and governmental organizations is necessary.

- B. Not until individuals, communities, and governments collaborate will the obesity crisis be properly concealed.
- C. Only by working separately can individuals, communities, and governments effectively address the obesity crisis.
- D. It is crucial to adopt a fragmented approach that focuses solely on personal responsibility to tackle the obesity problem.

Question 39. Which of the following can be inferred from the passage?

- A. The global obesity crisis can be resolved through medical interventions alone.
- B. Mental health issues related to obesity are less significant than the physical health risks.
- C. Community efforts, such as providing safe parks and educational programs, can support healthier living.
- D. Obesity primarily affects high-income individuals with access to fast food and technology.

Question 40. Which of the following best summarises the passage?

- A. The increasing prevalence of obesity stems primarily from poor dietary choices and sedentary lifestyles, requiring individuals to take personal responsibility for their health without the need for external support or intervention.
- B. Obesity is a multifaceted health issue influenced by genetic, environmental, and socio-economic factors, necessitating a comprehensive approach that includes individual lifestyle changes, community support, and governmental policies to mitigate its risks and promote healthier living.
- C. As obesity rates rise globally, it becomes critical to address this complex condition by understanding its causes, including genetic predispositions and the impact of modern environments, while also considering the role of socio-economic factors in access to healthy food and physical activity.
- D. To combat obesity effectively, individuals must adopt healthier habits and communities should create supportive environments, while governments are urged to implement policies that promote access to nutritious foods and physical activity opportunities.