



UNIT 1: A LONG AND HEALTHY LIFE

GLOBAL SUCCESS 11

TỜ SỐ 04 - TEST 03

THÁNG ...

Read the following advertisement 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 1 to 6.

World Health Day!

As every year, in order to celebrate World Health Day, we have extraordinary offers on fruit and vegetables! Our fantastic offers start on 1st April and end on World Health Day – 7th April.

We know that health matters, and we want our customers to be **(1)** _____ and happy. That's why we have these fantastic offers for you:

- Buy one, get one free on fresh and frozen fruit and vegetables!
- Three for the price of two on **(2)** _____!

And for our best customers, we have our best offer:

If during the coming week, you spend £30 on fruit and vegetables, you will be able **(3)** _____ a book with over a hundred recipes for healthy, nutritious dishes!

Additionally, every customer **(4)** _____ £25 in a single transaction at our supermarket that week has a chance **(5)** _____ winning free fruit and vegetable shopping for a year!

In order to **(6)** _____ the competition, you need to fill in the form, giving your name, age, address, and telephone number, and attach the receipt.

[<https://en.islcollective.com/english-esl-worksheets/general-topic/food/leaflet-supermarket/19741>]

Question 1: A. health B. healthy C. healthily D. healthful

Question 2: A. fruit canned and vegetables B. vegetables and fruit canned
C. canned fruit and vegetables D. fruit and vegetables canned

Question 3: A. to receive B. receiving C. received D. receive

Question 4: A. spent B. spend C. to spend D. who spent

Question 5: A. on B. for C. of D. with

Question 6: A. enter B. hold C. make D. book

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.

VACCINATION: PROTECTING PUBLIC HEALTH

Strengthen Your Health, Strengthen the Community

Vaccination plays a crucial _____ in preventing the spread of dangerous diseases. By getting vaccinated, individuals not only defend their personal health but also contribute to the well-being of the entire population.

The Importance of Vaccines

Vaccines are essential in helping to _____ infectious diseases such as influenza, measles, and tetanus. A significant _____ of diseases have been controlled or even _____ thanks to vaccination efforts. Vaccines work by preparing your immune system to recognize and combat harmful pathogens.

_____, vaccines help create herd immunity, which is vital for protecting those who are more vulnerable, like young children and the elderly. This means that even people who cannot receive vaccines benefit when others are immunized, reducing the overall risk of disease _____.

Do Your Part for Public Health

Stay updated with your vaccines and encourage your loved ones to do the same. Vaccination is a safe and easy way to ensure a healthier future for everyone.

Question 7: A. role B. function C. mission D. work

Question 8: A. pick out B. fight off C. take out D. break off

Question 9: A. deal B. few C. amount D. number

Question 10: A. exuberated B. eradicated C. accumulated D. strengthened

Question 11: A. On account of B. In addition C. As a result D. In spite of

Question 12: A. transmission B. transaction C. convert D. transfer

Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a meaningful exchange or text in each of the following questions.

Question 13:

a. Sarah: That's great! It's all about staying consistent and incorporating movements that keep our joints and muscles active.

b. John: I agree. I've been doing yoga for a few years now, and it's really helped me keep flexible and reduce stiffness.

c. Sarah: As we age, it's important to stay active and maintain mobility. Regular stretching and light exercises can really help.

A. a – b – c **B.** c – b – a **C.** c – a – b **D.** b – c – a

Question 14:

a. Tom: Same here! I've realized that maintaining a healthy lifestyle requires small changes over time. It's all about breaking bad habits and making better choices.

b. Sarah: That's great! Another thing to avoid is a sedentary lifestyle. I try to stay active every day, whether it's a quick jump or a press – up session.

c. Sarah: To live a long and healthy life, it's essential to avoid harmful habits like smoking and drinking too much alcohol. These things can seriously affect your health.

d. Tom: I agree. I used to eat unhealthily, but now I make a conscious effort to cut down on fast food and replace it with more nutritious options.

A. b – a – c – d **B.** c – a – b – d **C.** d – c – a – b **D.** c – d – b – a

Question 15:

Dear Linh,

a. Thanks to these small changes, I feel healthier and more energetic. **c.** You should give it a try too!

b. Now, I eat more fruits and vegetables every day, and I've replaced white rice and bread with whole grains like brown rice and wholemeal bread.

c. I used to feel confused about how to create a healthy diet, just like you mentioned last week.

d. Fortunately, I discovered the Healthy Eating Plate, and its simple tips really helped me change my eating habits.

e. I've also cut down on processed meats and started getting protein from nuts and beans instead—surprisingly tasty!

Talk soon,

Hanh

[Adapted from [i – Learn Smart World](#)]

A. c – b – d – e – a **B.** c – d – b – e – a **C.** c – e – b – d – a **D.** b – c – e – d – a

Question 16:

a. Moreover, it's important to stay active regularly, as repetition of exercises helps to build stamina and balance over time.

b. Not only does exercise help with physical strength, but it also contributes to a healthy lifestyle, which can reduce the risk of heart disease and other unhealthy conditions.

c. Engaging in regular physical activity helps to strengthen muscles, improve flexibility, and boost energy levels.

d. Physical Exercise is crucial for maintaining both physical and mental health.

e. For example, activities like squats, jumping, and press – ups activate the body and improve muscle tone.

A. d – c – b – e – a **B.** d – e – b – c – a **C.** d – e – c – b – a **D.** d – c – e – b – a

Question 18:

Balancing Study and Health

a. By establishing a healthy study routine, you can achieve academic success while keeping your well – being in check.

b. To stay active, try incorporating simple exercises like stretching or a short walk during study breaks, which can help refresh your mind and body.

- c. Although it is important to focus on your academic work, spending too many hours sitting without physical activity can lead to health problems such as headaches, fatigue, and stress.
- d. Moreover, don't forget to maintain a balanced diet and get enough sleep, as these are key factors in sustaining both mental clarity and physical energy.
- e. Maintaining a balance between studying and taking care of your health is crucial for long – term success.
- A. e – c – b – d – a B. e – d – b – c – a C. e – b – c – d – a D. e – c – d – b – a

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.

Japanese Eating Habits and Their Impact on Health

The Japanese diet, which has attracted global attention for its health benefits, is based on balance, freshness, and moderation. Meals typically include steamed rice, grilled fish, miso soup, and a variety of seasonal vegetables, (18) _____. People, especially those living in rural areas, prefer homemade dishes that are simple but full of flavor.

(19) _____, which helps prevent overeating and supports healthy digestion. This practice, which is called *Hara Hachi Bu*, is common among the elderly in Okinawa, a region whose population includes many people who live past 100. The older generations, who have maintained these habits for decades, (20) _____.

The Japanese, who drink green tea regularly, benefit from the antioxidants it contains. Wanting to stay healthy, they often choose tea instead of sugary drinks. Choosing lighter meals and avoiding processed foods, (21) _____.

Having recognized the link between diet and well – being, schools across Japan teach students about healthy food choices from an early age. (22) _____.

Question 18:

- A. provided essential nutrients that prevent many serious diseases
- B. all of which provide essential nutrients that help prevent common illnesses
- C. whose natural vitamins and proteins are used in many everyday recipes
- D. which all provide nutrients that improve health and completely eliminate disease

Question 19:

- A. A unique aspect of Japanese eating habits is the idea of eating until one is 80% full
- B. People in Japan tend to have a lot of food at home to prepare for family gatherings
- C. An important part of Japanese eating habits is eating until one feels comfortably satisfied
- D. In Okinawa, people often eat large amounts of food to celebrate festive occasions

Question 20:

- A. generally live a healthier life to cope better with illness more effectively than others
- B. show fewer signs of obesity and heart disease than in many other countries
- C. have experienced health issues and illnesses in comparison to previous generations
- D. are currently dealing with health problems such as obesity and heart disease

Question 21:

- A. It is important to follow a balanced diet for better health
- B. people enjoy a variety of nutritious meals and stay active
- C. helps reduce the risk of heart disease significantly
- D. many people have managed to keep their weight stable for years

Question 22:

- A. Teaching these lessons, teachers not only give students knowledge but also help shape their long – term habits
- B. Recognition of the importance of regular physical activity is also valued and encouraged in food lessons
- C. These lessons are presented through a series of interactive activities designed to effectively engage students and apply them to real life.
- D. Schools offer a variety of incentives to encourage students to adopt healthier eating habits at home

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

Keeping track of our health has never been easier thanks to the rise of innovative technology. One such advancement, biosensors, is transforming how we monitor our well – being. These tiny devices act as vital health

detectives, constantly measuring biological signals within our bodies and providing valuable insights into our physical state.

Imagine wearing a watch that tells time and tracks your heart rate, sleep patterns, and even blood sugar levels! This is now a reality thanks to biosensors. **They** work by converting biological responses, such as changes in temperature or pressure, into electrical signals that can be easily measured and analyzed. This data can then be sent directly to our smartphones or other devices, allowing us to monitor our health in real time and share information with healthcare professionals.

The applications of biosensors in health monitoring are vast and varied. From wearable fitness trackers that monitor our activity levels to implanted glucose monitors that help manage diabetes, these devices are revolutionizing healthcare. Some biosensors can even detect early signs of diseases like cancer, potentially leading to faster diagnoses and more effective treatments.

The future of health monitoring appears increasingly **personalized** thanks to biosensors. As technology continues to advance, we can expect ever smaller, more sophisticated biosensors to emerge.

[Adapted from Ominext]

Question 23: Which of the following is **NOT** mentioned as a function of biosensors?

- A. Detecting early signs of diseases
- B. Measuring oxygen saturation levels
- C. Monitoring sleep patterns
- D. Tracking heart rate

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

- A. advanced
- B. technological
- C. outdated
- D. flexible

Question 25: The phrase "**personalized**" in paragraph 4 could be best replaced by _____.

- A. customized
- B. standardized
- C. marginalized
- D. popularized

Question 26: The word "**They**" in paragraph 2 refers to _____.

- A. data signals
- B. health devices
- C. biosensors
- D. smartwatches

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

- A. Biosensors are primarily used for varied health and applications.
- B. The use of biosensors in health is vast but not varied.
- C. Health monitoring is the sole application of biosensors.
- D. Biosensors have many different uses in the field of health monitoring.

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

- A. Biosensors are unable to detect early signs of diseases.
- B. The use of biosensors is limited to managing diabetes.
- C. Biosensors convert biological responses into electrical signals.
- D. Biosensors primarily function by measuring electrical currents.

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 discuss how biosensors function?

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

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

As societies advance, vaccinations remain **paramount** in safeguarding adult populations from preventable diseases. [I] Not only does vaccination protect individuals, but **it** also reinforces societal immunity, curbing the potential spread of diseases.

[II] Vaccines fortify the immune system by stimulating a robust response to specific pathogens, minimizing risks associated with direct exposure. With advancements in immunology, vaccines are now tailored for enhanced efficacy and are particularly **conducive to** vulnerable groups such as the elderly.

Moreover, governments and health organizations pride themselves on reducing global outbreaks through consistent vaccination campaigns. However, hesitancy, misinformation, and limited access to healthcare continue to be substantial barriers to achieving full adult immunization rates. Addressing these challenges is essential in bridging gaps in public understanding. [III]

[IV] It is imperative to recognize the cost – effectiveness of vaccines. Immunization programs prevent substantial healthcare costs by reducing hospitalizations and treatments for otherwise preventable diseases.

Encouraging widespread adoption of vaccines will not only improve life expectancy but also alleviate the financial strain on public health systems.

Adult immunization represents a critical pillar of global health. Although challenges exist, investing in awareness campaigns and access programs will lead to tangible improvements in public health and foster a disease – resilient society.

[Adapted from The Age]

Question 31: Where in paragraph [] does the following sentence best fit?

“With diseases such as influenza and pneumonia becoming prevalent in certain demographics, the importance of adult immunization cannot be overstated.”

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

Question 32: According to paragraph 3, which of the following is **NOT** mentioned as a barrier to adult immunization?

- A. Misinformation B. Limited access to healthcare
C. Hesitancy D. Boredom

Question 33: The word "**paramount**" in paragraph 1 is **OPPOSITE** in meaning to _____.

- A. supreme B. dominant C. minimal D. utmost

Question 34: Which of the following best summarizes paragraph 3?

- A. Vaccination campaigns have eliminated global outbreaks, but hesitancy and misinformation remain minor obstacles.
B. Governments and health organizations have successfully eradicated vaccine hesitancy through global vaccination campaigns.
C. Addressing vaccine hesitancy and misinformation is unnecessary due to the success of global vaccination campaigns.
D. Despite global vaccination efforts by governments and health organizations, barriers like hesitancy, misinformation, and limited access to healthcare hinder full adult immunization rates.

Question 35: The phrase "**conducive to**" in paragraph 2 could be best replaced by _____.

- A. beneficial B. adverse C. harmful D. detrimental

Question 36: Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. Healthcare costs are significantly lowered through immunization programs that avert hospitalizations and treatments for preventable diseases.
B. By cutting hospitalizations and treatments, immunization programs significantly reduce healthcare costs for all demographics.
C. Widespread vaccination minimizes healthcare expenses by eliminating the need for treatment and hospitalization of preventable illnesses.
D. Reducing hospitalizations and treatments, immunization campaigns mainly eliminate unnecessary healthcare costs.

Question 37: The word "**it**" in paragraph 1 refers to _____.

- A. societal immunity B. vaccination C. exposure D. financial strain

Question 38: Which of the following is **TRUE** according to the passage?

- A. Adult immunization is a minor aspect of global health.
B. Vaccine hesitancy is not a significant issue.
C. Advancements in immunology have rendered vaccines effective.
D. Governments have successfully eliminated all barriers to adult immunization rates.

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

- A. Vaccine development is tailored exclusively for the elderly and vulnerable populations.
B. Hesitancy toward vaccines is less of a challenge than their limited cost – effectiveness.
C. Immunization has greater financial benefits than health ones for global populations.
D. Overcoming misinformation, hesitancy, and limited access to healthcare is crucial to improving adult immunization rates.

Question 40: Which of the following best summarizes the passage?

- A. Vaccines bolster immune responses and curb preventable diseases, but still have certain challenges, highlighting the need for awareness campaigns.

- B.** Global vaccination initiatives are essential for reducing outbreaks and healthcare expenditures, yet coping with public mistrust remains insignificant.
- C.** Vaccination campaigns have eliminated global outbreaks, but hesitancy and misinformation remain minor obstacles.
- D.** Immunization programs protect public health and finances, but combating misinformation and hesitancy results in achieving full adult vaccination coverage.

----- **The end** -----