

UNIT 1_E_11_GLOBAL SUCCESS 23-24

I. STRESS: 6

1. A. prevent B. injure C. balance D. suffer
2. A. fitness B. disease C. treatment D. headache
3. A. longer B. fatal C. immune D. careful
4. A. infectious B. essential C. resistant D. properly
5. A. nutrient B. vitamin C. mineral D. infection
6. A. expression B. example C. friendliness D. superior

II. GRAMMAR: 2-2-2

7. I haven't met him again since we _____ school ten years ago.
A. have left B. leave C. left D. had left
8. We _____ them since we left school.
A. don't meet B. haven't met C. hasn't met D. didn't meet
9. My father _____ late at work this month. He feels exhausted.
A. is staying B. stayed C. has stayed D. will stay
10. She _____ two miles and a half, and now she feels exhausted.
A. will have run B. was running C. has run D. ran
11. This room _____ since I was born.
A. has been painted B. was painted C. painted D. has painted
12. He _____. What's wrong with him?
A. looks so worried B. looks so worriedly C. is looking so worried D. is looking so worriedly

III. VOCABULARY: 6-3-3

13. I like working _____ in the gym.
A. up B. on C. over D. out
14. Watching too much television is not good _____ your eyes.
A. at B. for C. with D. to
15. About 50,000 bicyclists suffer _____ serious head injuries each year.
A. on B. from C. at D. about
16. Some can cause _____ diseases such as tuberculosis and food poisoning.
A. infect B. infection C. infectious D. infectiously
17. Remember that even simple _____ changes can boost our immune system.
A. diet B. dietary C. dieting D. diets
18. Seasonal vaccines are used to protect against _____ viruses.
A. differ B. different C. differently D. difference
19. Vaccines are often used to prevent the _____ of diseases caused by viruses.
A. development B. increase C. decrease D. spread
20. The smallest _____ are about 0.4 micron in diameter.
A. animals B. species C. bacteria D. diseases
21. Start by looking at food labels, paying attention to ingredients and _____ such as vitamins and minerals
A. nutrients B. features C. types D. drinkables
22. The screens _____ blue light that can prevent you from sleeping well.
A. give away B. give out C. give in D. give off
23. Living in a/an _____ will provide you immense delight and the support of family members from many generations.

A. nuclear family B. extended family

C. traditional family D. close family

24. To stay healthy, you need to _____ for at least 30 minutes a day.

A. run out B. run on C. work on D. work out

IV. SYNONYM: 0-2-1

25. 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
26. In Vietnam, life expectancy for both men and women has increased significantly over the last ten years.
A. living standard B. longevity C. life skill D. lifeline
27. Obesity and heart disease can be exacerbated by excessive fast-food consumption.
A. Being underweight B. Being overweight C. Child malnutrition D. Famine stricken

V. ANTONYM: 0-2-1

28. I discovered a website that advertised a quick and easy way to lose weight in one month.
A. suffer B. treat C. maintain D. gain
29. Before you begin your yoga practice, you should do some warm-up exercises such as stretching.
A. remaining B. maintaining C. performing D. shrinking
30. Don't look down at your feet as you walk. This will cause you to slow down and cause back pain.
A. result in B. result from C. lead to D. give off

VI. ERROR: 4-2

31. I wash the dishes yesterday, but I have not had the time yet to do it today.
A B C D

32. The children have put away their toys but they didn't make their beds yet.
A B C D

33. She spoke in a very low voice, but I can understand what she said a few minutes ago.
A B C D

34. I haven't played football when I was at school but I was very good at it then.
A B C D

35. Without the particularly habitat, the species could not survive any more.
A B C D

36. My personal trainer suggested that I must do some warm-up activities before starting the main tasks.
A B C D

VII. WRITING

+ Sentence transformation/ building: 0-4-4

Make sentences with the words given:

1. Drink / lots / water / be / good / our health.
Drinking a lot of water is good for our health.
2. Watch / much / TV / not / good / your eyes.
Watching too much TV is not good for your eyes.

3. Do / exercise / regular / help / you / stay / healthy.
Doing exercise regularly helps you to stay healthy.
4. Eat / healthy / be / important / part / maintain / good / health.
Eating healthily is an important part to maintain good health.

+Rewrite:

5. I have not met her for three years
 The last time *I met her was three years ago.*
6. I have not seen her since 2000.
 The last time *I saw her was in 2000.*
7. This is the first time I have attended such an enjoyable wedding party
 I *have never attended such an enjoyable wedding party before.*
8. This is the first time I have been abroad.
 I *haven't been abroad before.*

+ Paragraph:

A new fitness club has just opened near your school.
 Write a short message (30-45 words) to your friend. In your message, you should:

- tell him/her about the club
- suggest that he/she should join the club with you.
- ask if he/she prefers to go with you in the morning or afternoon.

...

VIII/ SPEAKING:

1. Give some unhealthy habits?
 2. Give some healthy habits?
 3. How to live a long and healthy life?
- Topic: Give instructions on how to do star jumps?

UNIT 1 (BS 24-25)

I. Find the word that differs from the other three in the position of stress in each of the following questions.

- | | |
|-----------------|--------------|
| 1. A. healthy | B. problem |
| C. mental | D. amount |
| 2. A. lifestyle | B. frequent |
| C. injure | D. balance |
| 3. A. device | B. treatment |
| C. muscle | D. movement |
| 4. A. replace | B. proper |
| C. instruct | D. routine |

II. Choose the best answer:

1. The noise from the trains _____ me terribly last night.
 A. was annoying B. annoyed
 C. has annoyed D. had annoyed
2. When she came into the hall, she _____ her arms to the audience, smiled and bowed deeply.
 A. opened B. had opened
 C. was opening D. is opening
3. When her husband was in the army, Mary _____ to him twice a week
 A. was writing B. wrote
 C. was written D. writes
4. My dad _____ from serious headaches when he _____ young.
 A. has suffered/has been B. has suffered/was
 C. suffered/has been D. suffered/was

5. Increasing numbers of children are suffering _____ mental health problems due to bad habits

A. from B. on C. at D. for

6. The coronavirus is so _____ that all citizens in this city contract it.

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

7. Our life _____ has increased over the last few decades.

A. expect B. expecting
 C. expectancy D. expected

8. I usually cook some simple Vietnamese dishes, whose _____ are meat, onion, pepper, salt and sugar.

A. minerals B. nutrients
 C. recipes D. ingredients

9. I _____ on the amount of fat I eat to lose some weight.

A. cut down on B. come up with
 C. go up D. give up

10. **Mark the letter A, B, C, D to indicate the word(s) CLOSEST in meaning to the underlined word(s) the following question.**

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

11. **Mark the letter A, B, C, D to indicate the word(s) CLOSEST in meaning to the underlined word(s) the following question.**

The teacher asks him to concentrate on what she is explaining.

A. take note of B. take advantage of
 C. pay attention to D. make use of

12. **Mark the letter A, B, C, D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in the following question.**

Getting enough sleep can reduce stress and improve your mood

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

13. **Mark the letter A, B, C, D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in the following question.**

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

14. **Mark the letter A, B, C or D to indicate the underlined part that needs correction in each of the following questions.**

Yesterday, I have eaten salad for lunch as it was said to be good for my health.

A. have eaten B. for C. as D. was

15. Last year, my grandpa quit smoking and start exercising regularly. He has got much stronger now.

A. quit B. start C. regularly D. has got

III. REWRITE THE SENTENCES AS DIRECTED:

1. Tom began playing the piano 4 years ago.

Tom has _____

2. I started cooking for the party 2 hours ago.

I have _____

3. My father hasn't driven a car before.

This is _____

4. She hasn't drunk Coca Cola before.

This is _____

THEME WRITING:

Write an email (100-120 words) to reply to your friend's invitation to her party on Sunday. In the email, you should:

- thank for and accept the invitation
- ask for the specific time
- ask if you need to buy or bring something beforehand

IV. SPEAKING:

1. How often do you exercise?

2. Give some healthy habits.

Topic: What do you do to keep yourself fit and healthy?

- Having a balanced diet.
- Doing exercise
- Sleeping enough.....

2025-2026

UNIT 1- ENGLISH 11

* **STRESS:** Pick out the word whose stress pattern is different from that of the others. Circle A, B, C or D.

1. A. balance B. **disease** C. fitness D. illness
A. natural B. dangerous C. **unhealthy** D. regular

* LANGUAGE

(VOCA + GRAM 4-4-1) SYNONYM+ ANTONYM (0-2-1)

3. The doctor told him to cut down _____ his drinking.

- A. at B. **on** C. out D. from

4. She suffers _____ a rare bone disease.

- A. with B. on C. **from** D. at

5. We _____ since we left school.

- A. don't meet B. **haven't met**

C. hasn't met D. didn't meet

6. Where _____ Nam from yesterday?

- A. am B. is
C. **was** D. Were

7. A well- _____ diet is the key to a happy and healthy life.

- A. **balanced** B. informed
C. preserved D. mannered

8. Some of the tasks required considerable physical _____.

- A. mineral B. energy
C. muscle D. **strength**

9. This is the first time I _____ such an interesting documentary about climate change.

- A. watch B. **have watched**

10. This is the first time our school _____ an international music festival with students from different countries.

- A. organizes B. organized
C. **has organized** D. is organizing

11. I _____ there once a long time ago and _____ back since.

- A. **was / have not been** B. had been / was not
C. would be / had not been D. have been / will not be

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

At school, it was **compulsory** to attend gym class twice a week in order for the students to get some exercise.

- A. free of charge B. **required**

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

The first step in **boosting** Nagano's life span was a campaign to reduce salt consumption and promote a healthier diet and lifestyle.

- A. decreasing B. reducing
C. **increasing** D. maintaining

14. 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 question

After receiving hundreds of job **rejections**, I decided that I needed to do something about my obesity.

- A. arrival B. **approval**
C. refusal D. rebuttal

* ORDERING(3-3-0)

15. 1.

a. Nam: You should drink more water and sleep early.

b. Lan: I feel really tired these days. What should I do?

c. Lan: Thanks, I'll try that.

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

16. a. Nam: I eat lots of vegetables and fruit every day.

b. Minh: What do you do to stay healthy, Nam?

c. Minh: Wow, that's great!

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

17. a. Mai: I usually go jogging in the park every morning.

b. Nam: How do you keep fit, Mai?

c. Nam: That's a good habit!

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

18. a. **First**, we should eat more fruits and vegetables because they are good for our body.

b. **Second**, we need to do exercise every day to stay fit and strong.

c. **Finally**, we should sleep well and drink enough water to keep healthy.

d. **Staying healthy is very important for everyone.**

e. If we follow these tips, we will have a happy and healthy life.

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

19. a. **Second**, we should spend time with our family and friends to stay happy.

b. **Finally**, we need to sleep enough and avoid stress.

c. **Having a good lifestyle helps us feel positive every day.**

d. **First**, we should eat healthy food and do regular exercise.

e. If we do these things, our life will be better and healthier.

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

20. a. **First**, we should do exercise regularly, such as running, swimming, or cycling.

b. **Finally**, we should sleep well to have enough energy for the next day.

c. **Keeping fit is very important for both our body and mind.**

d. **Second**, we should eat healthy food and avoid fast food.

e. If we follow these rules, we will always stay fit and strong.

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

*** WRITING**

Rewrite these sentences as directed

1. This is the first time I have had such a delicious meal. (Use present perfect)

→ I haven't

→ I haven't had such a delicious meal before.

2. I haven't gone to work for a month. (Use Simple past)

→ The last

time

→ The last time I went to work was a month ago.

3. My grandparents moved to this town in 2010, and they still live here. (Use present perfect)

My grandparents

→ My grandparents have lived in this town since 2010.

4. His sister got injured three weeks ago, and she's still in hospital now. (Use present perfect)

His sister

→ His sister has been injured for three weeks.

Write a short message (100 -120 words) to agree to come to your friend's birthday party

- time of the party
- location of the party
- general plan for the party (food, activities)
- anything you can bring to the party
- dress code if applicable

***SPEAKING**

Topic: How to live a long and healthy life?

- **Eat healthy food**
- **Do regular exercise**
- **Have good habits**

1. Do you often play sports to keep fit? Name some sports you know?

2. What are your good habits to have a healthy life?

3. Why is it important to have good eating and sleeping habits?