

Bài trắc nghiệm Tiếng Anh - REVISION FOR THE MID-TERM TEST

Câu 1 You should read the food _____ carefully to know what ingredients are in the product.

A. label

B. recipe

C. receipt

D. menu

Câu 2 My grandfather is 80 years old, but he is still _____ of energy.

A. short

B. full

C. lack

D. empty

Câu 3 Fast food is often tasty, but it doesn't provide many essential _____ for your body.

A. bacteria

B. poisons

C. nutrients

D. viruses

Câu 4 Doctors usually prescribe _____ to treat infections caused by bacteria, but they don't work against viruses.

A. vitamins

B. minerals

C. pain-killers

D. antibiotics

Câu 5 Eating a _____ diet with plenty of fruits and vegetables is the key to a long life.

A. balanced

B. repetitive

C. poor

D. heavy

Câu 6 Many older people _____ heart disease because of their unhealthy eating habits in the past.

A. give up

B. suffer from

C. cut down on

D. get rid of

Câu 7 If you want to lose weight, you need to _____ the amount of sugar and fat you eat.

A. cut down on

B. look up

C. get rid of

D. turn off

Câu 8 The doctor will _____ you to find out the exact cause of your terrible headache.

A. examine

B. spread

C. jump

D. squat

Câu 9 A _____ lifestyle includes working out regularly and avoiding bad habits like smoking.

A. physical

B. mental

C. healthy

D. repetitive

Câu 10 In the gym, I usually spend 30 minutes running on the _____ before lifting weights.

A. diameter

B. treadmill

C. organism

D. muscle

Câu 11 I have decided to _____ eating fast food completely because it makes me gain weight.

A. turn off

B. work out

C. give up

D. spread out

Câu 12 Covid-19 is a highly _____ disease that can spread easily from person to person.

A. physical

B. mental

C. active

D. infectious

Câu 13 Before going to bed, you should _____ all electronic devices to have a better sleep.

- A. turn off
- B. cut down
- C. give up
- D. work out

Câu 14 Good health is not just about the _____ body, but also about a peaceful mind.

- A. repetitive
- B. physical
- C. mental
- D. infectious

Câu 15 Thanks to better medical _____, the life expectancy in our country has increased.

- A. strength
- B. routine
- C. treatment
- D. lesson

Câu 16 You don't need a lot of space to exercise; you can just run _____ in your bedroom.

- A. in the spot
- B. on the spot
- C. at the spot
- D. out of spot

Câu 17 To build your _____, you can try lifting weights or doing press-ups every morning.

A. muscles

B. bacteria

C. germs

D. illnesses

Câu 18 He goes to the fitness center to _____ every afternoon after work.

A. take up

B. turn off

C. suffer from

D. work out

Câu 19 We need to _____ bad habits like staying up late and skipping breakfast.

A. look up to

B. get rid of

C. make up

D. suffer from

Câu 20 Doing _____ exercises like typing on a keyboard all day can cause pain in your hands.

A. active

B. regular

C. repetitive

D. balanced

Câu 21 When you exercise, it is important to _____ attention to your breathing and posture.

A. pay

B. make

C. get

D. do

Câu 22 Tuberculosis is a serious _____ that affects the lungs and causes severe coughing.

A. poison

B. disease

C. ingredient

D. lesson

Câu 23 It is recommended that adults get 30 minutes of _____ exercise every day to stay fit.

A. regular

B. infectious

C. repetitive

D. full

Câu 24 Some helpful _____ in our stomach help us digest food properly.

A. viruses

B. poisons

C. bacteria

D. diameters

Câu 25 Yoga is a great way to improve both your physical flexibility and your _____ health.

- A. active
- B. mental
- C. regular
- D. infectious

Câu 26 To maintain a healthy weight, you need to stay physically _____ by playing sports.

- A. active
- B. action
- C. actively
- D. activity

Câu 27 You should visit your dentist _____ to make sure your teeth are healthy.

- A. regular
- B. regularly
- C. regulate
- D. regulation

Câu 28 Proper diet and regular exercise will help _____ your immune system.

- A. strong
- B. strength
- C. strengthen
- D. strongly

Câu 29 Cancer is a very dangerous disease, but it is _____ if detected early.

A. treat

B. treatment

C. treatable

D. treating

Câu 30 Washing hands with soap is a simple way to prevent the spread of _____.

A. infect

B. infectious

C. infections

D. infectiously

Muốn tự tạo bài trắc nghiệm như thế này?



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