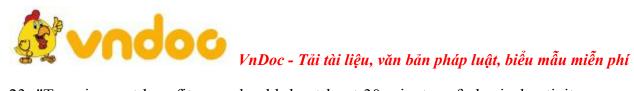
ÔN TẬP <u>TIẾNG ANH LỚP 11</u> CHƯƠNG TRÌNH MỚI

UNIT 10: HEALTHY LIFESTYLE AND LONGEVITY

I. Find the word w	hich has a different	sound in the part u	nderlined.						
1. A. obesity	B.overweight	C. consume	D. focus						
2.A. yog <u>a</u>	B.expectancy	C. dramatic	D. massage						
3.A. vision	B.b <u>oo</u> st	C. cholester <u>o</u> l	D. support						
II. Choose the word which has a different stress pattern from the others.									
4.A. meditation	B. longevity	C. expectancy	D. cholesterol						
5. A. essential	B. survival	C. nutrition	D. vegetable						
III. Choice the bes	t answer A, B, C or	D to complete the se	entences.						
6.A makes the body more efficient and enhances the body's ability to respond to stress.									
A. fitness	B. morning exercise C. training								
7. Many doctors recommend as a way to reduce stress.									
A. medication	B. thinking	C. silence	D. workout						
D. calmness									
8.The acid in nons	stick pans is associa	ted with birth and o	developmental defects, system						
problems, and cance	er.								
A. immune	B. immunity C. imr		zation D. immunized						
9.By paying attention to your hunger signals and switching to healthy snacks, you can									
nutrition, control cr	avings, and lose weig	ght.							
A. succeed	B. boost	C. stimulat	te D. request						
10.Baking soda is considered the best home for acne as it smooths itching and									
inflammation aroun	d spots.								
A. dealing	B. medicine	C. remed	y D. substance						
11.My ownfor health is less paperwork and more running barefoot through the grass									
A. routine	B. treatment	C. medicine	D. prescription						
12. Whole grains are high in fiber and contain a variety ofthat support healthy blood									
A. nutrition	B. nutrients	C. nutritionists	D. nutritious						



13. Living to	o an average of 83 year	ırs old, Japan	is the nation	n with the highest in the world.
A. lifetime	etime B. lifework		e force,	D. life expectancy
14 a by	yproduct of the fats th	at are found	in animal-ba	ased foods like eggs, dairy products and
meat.				
A.Diet	B. Dietary	C	. Meal	D. Food
15. In order	to avoid bad eating	habits, you	'll have to re	eplace unhealthy fat with more
food.				
A. nutrition	B. B. nutritional	C. nut	ritious	D. nutritive
IV.Fill in e	ach blank in the pas	ssage with the	he correct v	word/phrase from the box. There are
some extra	words.			
treatment	life expectancy	childbirth	lifestyle	
behaviour	weaker sex	diet	deaths	
	Why	do women	live longer t	han men?
Women ger	nerally live about six v	ears longer t	han men. Ev	vidence suggests that boys are
_	-			ncy. Also women do not have as much
` '				more than women, and thus more die of
				e aggressive in (18), particularly in
	-			so, they generally have more dangerous
occupations	, such as building wor	·k.		
Historically,	women died in (19)	and mer	n in wars. N	ow, childbearing is less risky and there
are fewer wa	ars. The country with	the highest ((20)i	s Japan, where the average age for men
is 76 and for	women 82.			
V.Write the	e sentences in repoi	ted speech,	using the	reporting verbs and to-infinitives or
gerunds.				
21."Don't fo	rget to enjoy yourself	after a hard-	working day	y," Phong' s father said. (reminded)
22. "You ne	ed to start the day wit	h exercise an	d breakfast"	Lan's doctor said.(suggested)



23. "To gain most benefit, you should do at least 30 minutes of physical activity on most days," Mai's PE teacher said. (insisted on)
24. You should wear sunglasses when you are in bright sunlight," Nick's doctor said. (advised)
25."I'm very sorry for not following the simple lifestyle changes you told me when I was young," my elder brother said to my parents. (apologised for)
Mời bạn đọc tham khảo thêm tài liệu Tiếng Anh <u>lớp 11</u> tại đây:
Bài tập Tiếng Anh lớp 11 theo từng Unit: https://vndoc.com/tieng-anh-lop-11
Bài tập Tiếng Anh lớp 11 nâng cao: https://vndoc.com/tieng-anh-pho-thong-lop-11
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