



ÔN TẬP TIẾNG ANH LỚP 11 CHƯƠNG TRÌNH MỚI

UNIT 10: HEALTHY LIFESTYLE AND LONGEVITY

I. Find the word which has a different sound in the part underlined.

1. A. obesity B. overweight C. consume D. focus
2. A. yoga B. expectancy C. dramatic D. massage
3. A. vision B. boost C. cholesterol 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 best answer A, B, C or D to complete the sentences.

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 nonstick pans is associated with birth and developmental defects, system problems, and cancer.
A. immune B. immunity C. immunization D. immunized
9. 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
10. Baking soda is considered the best home for acne as it smooths itching and inflammation around spots.
A. dealing B. medicine C. remedy D. substance
11. My own for 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 of that support healthy blood
A. nutrition B. nutrients C. nutritionists D. nutritious



13. 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
- 14..... a byproduct of the fats that are found in animal-based 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 replace unhealthy fat with more..... food.
A. nutrition B. B. nutritional C. nutritious D. nutritive

IV.Fill in each blank in the passage with the correct 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 than men?

Women generally live about six years longer than men. Evidence suggests that boys are the (16).....at birth, which means that more die in infancy. Also women do not have as much heart disease as men. In terms of (17)....., men smoke more than women, and thus more die of smoking-related diseases. They drink more and are more aggressive in (18).... , particularly in driving cars, so they are more likely to die in accidents. Also, they generally have more dangerous occupations, such as building work.

Historically, women died in (19).....and men in wars. Now, childbearing is less risky and there are fewer wars. The country with the highest (20).....is Japan, where the average age for men is 76 and for women 82.

V.Write the sentences in reported speech, using the reporting verbs and to-infinitives or gerunds.

21."Don't forget to enjoy yourself after a hard-working day," Phong' s father said. (reminded)

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22. "You need to start the day with exercise and breakfast" Lan' s doctor said.(suggested)

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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)

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24. You should wear sunglasses when you are in bright sunlight," Nick's doctor said. (advised)

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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)

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