

Bài tập Tiếng Anh lớp 11 Unit 10 nâng cao: Healthy lifestyle and longevity

Bản quyền thuộc về VnDoc nghiêm cấm mọi hành vi sao chép vì mục đích thương mại

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

1. A. nurse B. films C. stops D. coughs
2. A. China B. Latin C. skin D. pronunciation
3. A. language B. program C. England D. applicant
4. A. vision B. boost C. cholesterol D. support

II/ Choose the word which has a different stress pattern from the others.

1. A. happen B. visit C. travel D. develop
2. A. inform B. appeal C. attempt D. hesitate
3. A. interview B. appropriate C. employ D. describe

III/ Choose the correct words in brackets to complete the sentences.

1. Antibacterial / Meditation takes many forms, but its core is the ability to control the mind and quieten it down.
2. Learning is the most fundamental brain workout / cholesterol-free - and the more you do it, the more you'll benefit.
3. Research for more recent periods shows a surprising and continuing improvement in life expectancy / oil-free among those aged 80 or above.
4. Many individuals through the ages realised there was a very important link between health, exercise, fitness, meditation, intelligence and longevity / anti-glare.
5. A research suggests that Tai Chi may also slow ageing / fat-free by boosting a certain type of stem cell.

IV/ Use the word given in capitals at the end of each line to form the word that fits in the gap in the same line

1. In the United States, if a food contains less than 0.5 grams of fat in a _____, it can be labeled fat-free. (SERVE)
2. Try to avoid glaring on your computer from windows and lights, and use an anti-acne screen if _____. (NEED)

3. It's all about their diet and _____ that people in the Longevity Hot Spots have already found the secrets of the anti-ageing process. (LIFE)
4. Men should drink no more than four units in any one day and have at _____ two alcohol-free days a week. (LESS)
5. Studies have shown that our overuse of _____ ingredients has helped to create new resistant bacteria. (BACTERIAL)

V/ Choose the best answer A, B, C or D to complete the sentences.

1. She's going to the photographer's _____.
A. that her photograph be taken
B. to have her photograph taking
C. to have her photograph taken
D. to have taken her photograph
2. If you're tired, even if you feel that you need to get more done, give yourself _____ to sleep.
A. request
B. requirement
C. permission
D. permit
3. _____ my great surprise, almost everyone agreed _____ him.
A. For - to
B. At - from
C. To - with
D. In - of
4. _____ cholesterol is a byproduct of the fat that are found in animal-based foods like eggs, dairy products and meat.
A. Diet
B. Dietary
C. Meal

D. Food

5. 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

6. Good ____, controlling calorie intake and physical activity are the only way to maintain a healthy weight.

A. nutrient

B. nutrition

C. malnutrition

D. nutritionists

7. My own ____ for health is less paperwork and more running barefoot through the grass.

A. routine

B. treatment

C. medicine

D. prescription

8. I'm very glad to hear that you share my ____ in Spanish music.

A. enjoyment

B. listening

C. interest

D. liking

VI/ Change the following sentences to Indirect speech.

1. Mark said, "I went camping 5 days ago."

2. "If Brain doesn't train harder, I won't select him for the team" said the manager.

3. "Our correspondent in Paris sent this report some days ago" said the editor in-chief.

4. "How long have you been waiting here?" the girl asked me.

5. "Do not write on the wall" said the teacher to the boys.

-The end-

Đáp án bài tập Tiếng Anh lớp 11 Unit 10 nâng cao

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

1. A 2. A 3. C 4. A

II/ Choose the word which has a different stress pattern from the others.

1. D 2. D 3. A

III/ Choose the correct words in brackets to complete the sentences.

1. Antibacterial / **Meditation** takes many forms, but its core is the ability to control the mind and quieten it down.
2. Learning is the most fundamental brain **workout** / cholesterol-free - and the more you do it, the more you'll benefit.
3. Research for more recent periods shows a surprising and continuing improvement in **life expectancy** / oil-free among those aged 80 or above.
4. Many individuals through the ages realised there was a very important link between health, exercise, fitness, meditation, intelligence and **longevity** / anti-glare.
5. A research suggests that Tai Chi may also slow **ageing** / fat-free by boosting a certain type of stem cell.

IV/ Use the word given in capitals at the end of each line to form the word that fits in the gap in the same line

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4. Men should drink no more than four units in any one day and have at _____ least _____ two alcohol-free days a week. (LESS)
5. Studies have shown that our overuse of _____ antibacterial _____ ingredients has helped to create new resistant bacteria. (BACTERIAL)

V/ Choose the best answer A, B, C or D to complete the sentences.

- | | | | |
|------|------|------|------|
| 1. C | 2. C | 3. C | 4. B |
| 5. D | 6. B | 7. D | 8. C |

VI/ Change the following sentences to Indirect speech.

1. Mark said he had gone camping 5 days before.
2. The manager said if Brain didn't train harder, he wouldn't select him for the team.
3. The editor in-chief said that their correspondent in Paris had sent that report some days before.
4. The girl asked me how long I had been waiting there.
5. The teacher told the boys not to write on the wall.

Mời các bạn tham khảo thêm nhiều tài liệu Tiếng Anh lớp 11 hay và miễn phí tại:
<https://vndoc.com/tieng-anh-pho-thong-lop11>