[Loai: ĐIỀN TỪ ĐỀ 3 – 5 CÂU]

[Q]

**Read the following passage and choose the correct answer to indicate the correct word or phrase that best fits each of the numbered blanks from 56 to 60.**

One of the best things you can do for your body is exercise. But how (56) \_\_\_\_\_\_ is enough? Some people think that doing simple things like cleaning the house is helpful. Other people do heavy exercises every day, (57) \_\_\_\_\_ instance, running or swimming. One thing experts do agree on is that (58) \_\_\_\_\_ kind of exercise is good for you.

Along with exercise, having a healthy diet can help promote good health. Food like vegetables and fruit (59) \_\_\_\_\_ be eaten several times each day. It is also important to eat food high in fiber such as beans, grains, fruit and vegetables. Fibers helps your body to (60) \_\_\_\_\_\_ the food you eat. It also helps your body in other ways such as decreasing the chance of getting some cancers, hearts disease and diabetes.

**Question 56:**

0. far

0. many

0. more

1. much

[Q]

0. by

1. for

0. in

0. with

[Q]

0. all

1. any

0. both

0. some

[Q]

1. should

0. must

0. have to

0. need

[Q]

0. consume

1. digest

0. pump

0. spoil