

WORKSHEET 1_UNIT 2

I. Choose the best one (A, B, C or D) to complete the sentence.

1. You should eat a lot of fruits and vegetables because they _____ vitamin A, which is good for the eyes.
A. run B. take C. provide D. get
2. The health _____ from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.
A. advices B. ideas C. tip D. tips
3. The seafood I ate this morning makes me feel _____ all over.
A. itchy B. weak C. running D. well
4. If you want to be fit, stay outdoors more and do more _____ activities.
A. physics B. physic C. physical D. physically
5. Do more exercise _____ eat more fruit and vegetables.
A. and B. so C. but D. although
6. After working in computer for long hours, you should _____ your eyes and relax.
A. wake B. rest C. sleep D. sleep in
7. Eat less high-fat foods to keep you from _____ fat.
A. gaining B. reducing C. getting D. rising
8. We should follow the advice from doctors and health _____ in order to keep fit.
A. managers B. experts C. people D. workers
9. Have a healthy _____ and you can enjoy your life.
A. lifeline B. lively C. lives D. lifestyle
10. They go _____ outside even when it's cold.
A. Swims B. swimming C. swim D. swam
11. Rob eats a lot of fast food and he _____ on a lot of weight.
A. spends B. brings C. takes D. puts

12. We need to spend less time _____ computer games.
 A. playing B. to playing C. play D. to play
13. To prevent _____, you should eat a lot of garlic and keep your body warm.
 A. cold B. mumps C. flu D. headache
14. Be careful with _____ you eat and drink.
 A. who B. this C. what D. that
15. Eating a lot of junk food may lead to your _____.
 A. pain B. stomachache C. obesity D. fitness

II. Matching 1-8 with A-H.

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|---|-----------------------|
| 1. A pain cause by something being wrong with one of your teeth. | A. <i>Headache</i> |
| 2. A pain in your back. | B. <i>Stomachache</i> |
| 3. A very serve pain that you feel in your head..... | C. <i>Toothache</i> |
| 4. Pain in your stomach. | D. <i>Backache</i> |
| 5. A pain in the inside part of your ear. | E. <i>Sore throat</i> |
| 6. A problem which is like a very bad cold, but which cause a temperature. | F. <i>Cough</i> |
| 7. A pain in your throat. | G. <i>Earache</i> |
| 8. A health problem that you make a lot of loud sounds. | H. <i>Flu</i> |

III. Look at the advice for a healthy lifestyle, and complete the sentences using *more* or *less*:

1. You have toothache. Eat.....candy.
2. Get up early and do.....exercise.
3. The examination is coming. Watch.....TV.
4. Watch.....television and you can protect your eyes.
5. You look tired, sleep
6. She should eat.....fast food.
7. You are putting on weight. Eat.....fast food.
8. I will spend _.....time on computer games.
9. You have a cough. Drink.....warm water.
10. We should eat.....junk food and eat.....fruit and vegetables.

IV. Fill in each blank with the correct conjunction: *if, so, and, but, or, when*.

1. Do more exercise.....you want to lose weight.
2. I have a lot of homework to do this evening, _ I don't have time to _
watch the football match.
3. Eat more vegetables,.....you will feel healthier.
4. Take up a new hobby.....you'll have some new friends.
5. Eat more fish,.....you will be smarter.
6. He has toothache _.....he still eats a lot of sweets and cakes.
7. Try to talk less.....you have a sore throat.
8. Smoke less.....give it up.
9. Sunbathe less,.....you'll get sunburn.

VI. Fill in the blank with suitable words.

spend	from	exercise	fit	ride
for	tired	energy	in	calorie

We need calories or (1).....to do the things every day. For example, when we walk or (2).....a bike to school, we spend a certain amount of (3).....and even when we sleep, we also use them. But how many calories should we (4).....a day to stay in shape? It's difficult (5).....us to calculate. If people want to keep (6).....,they should remember that everyone should have between 1600 and 2500 calories a day.

We get calories (7)_____the food we eat. If we get too much food and don't take part (8).....any activities, we can get fat quickly. So besides studying, we should do some (9)....., play sports or do the housework, such as cleaning the floor, cooking etc., if we don't eat enough, we feel (10).....and weak.