

PRACTICE WORKSHEET 2

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

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|---------------------------|-----------------------|----------------------|------------------------|
| 1. A. coord <u>in</u> ate | B. tri <u>ath</u> lon | C. <u>all</u> ergy | D. <u>cal</u> orie |
| 2. A. lea <u>f</u> | B. <u>li</u> fe | C. <u>kn</u> ife | D. <u>o</u> f |
| 3. A. mon <u>op</u> oly | B. mel <u>o</u> dy | C. <u>com</u> pound | D. <u>con</u> centrate |
| 4. A. para <u>gr</u> aph | B. cou <u>gh</u> | C. al <u>th</u> ough | D. en <u>ou</u> gh |
| 5. A. <u>ve</u> getarian | B. <u>de</u> pression | C. <u>ess</u> ential | D. <u>att</u> ention |

II. Find the odd one out A, B, C or D.

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|----------------|----------------|------------|--------------|
| 1. A. sunshine | B. sunburn | C. cough | D. flu |
| 2. A. headache | B. sore throat | C. cough | D. weak |
| 3. A. sore | B. fit | C. sick | D. tired |
| 4. A. earache | B. unhealthy | C. sunburn | D. toothache |
| 5. A. relax | B. work | C. sleep | D. rest |

III. Choose the best one (A, B, C or D) to complete the sentence or replace the underlined word.

- In order to have good____, you should eat lightly and laugh cheerfully.
A. spirit B. body C. health D. mood
- Do you believe that eating_____carrots helps you see at night?
A. most B. the most C. much more D. less
- We should try to keep everything around us clean and then flu will find it.....to spread.
A. difficultly B. difficulties C. difficult D. difficulty
- My father does morning_____every day.
A. running B. well C. exercise D. weak

5. We should play sports or do exercise in order to stay in_.
 A. fit B. health C. look D. shape
6. Don't eat that type of fish: you may have a/an_____.
 A. energy B. allergy C. sick D. sore
7. Do you want to know how you can___ healthy?
 A. make B. have C. stay D. create
8. When you have a temperature, you should drink more water and rest___.
 A. least B. less C. most D. more
9. I forgot to wear a sun hat today and I got a_.
 A. backache B. headache C. stomachache D. earache
10. He plays computer games and watches TV a lot so his eyes are often___.
 A. light B. faint C. dry D. weak
11. Watching too much television is not good___your eyes.
 A. at B. for C. with D. to
12. When you have flu, you may have a cough and a___nose.
 A. following B. noisy C. runny D. runing
13. He eats a lot of burger and chips so he's putting on___.
 A. weigh B. weightless C. weight D. weighting
14. You can avoid some diseases by_____yourself clean.
 A. looking B. bringing C. keeping D. taking

IV. Fill in the blank with a suitable word in the box.

allergy	toothache	suffer	worse
tired	bad	flu	sick

1. Some people have a very_____habit in littering in public.

2. People who live in a dusty area often _____ on diseases.
3. Julia has a headache, and she feels_____.
4. I have an _____, so I choose food and drink very carefully.
5. You should spend less time playing computer games, or your eyes will be _____.
6. Tom feel _____, but he doesn't go to bed early.
7. Trung eats too many sweets so he has _____.
8. In prevent _____, we should keep our hands clean, our feet warm.

V. The word at the end of each of the following sentences can be used to form a word that fits suitably in the blank.

1. Is she _____ enough to run one kilometer? GOOD
2. "Ow! Be careful with that coffee." - "Look, now I have a _____ on my arm" BURNING
3. Rob has a _____ of 39.5°C TEMPERATE
4. Don't eat so quickly. You'll get a _____. TEETH
5. I have a _____ in my back. I'm going to lie down. PAINFUL
6. That's a bad _____. Why don't you have a glass _____ of water? COUGHING
7. "I have _____." - "Why don't you telephone the doctor?" STOMACH
8. I feel _____. Quick, I must get to the bathroom! SICKNESS
9. My arm _____ after the table tennis match. HURT
10. "I have a _____." - "That's because you watch _____ too much TV." HEAD

VI. Read the following passage and choose the best option for each numbered blank.

Do you want to be fitter and healthier? Would you like to look younger? Do you want to feel (1)_____relaxed? Then try a few days at a health farm. Health farms are becoming (2) _____of the most popular places (3)_a short break. I went to Henley Manor for a weekend. It's (4)___largest health farm in the country but it isn't the most expensive. After two days of exercise and massage I (5) ten times better. But the best thing for me was the food. It was all very healthy of (6)_ , but it was expensive too!

If you're looking for something a (7)_____cheaper, try a winter break. Winter is the darkest and the coldest (8)___of the year, and it can also be the (9)_____time for your body. We all eat too (10) _____and we don't take enough exercise. A lot of health farms offer lower prices from Monday to Friday from November to March.

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|--------------|-----------|-------------|------------|
| 1. A. like | B. more | C. less | D. Similar |
| 2. A. once | B. first | C. one | D. none |
| 3. A. with | B. of | C. to | D. for |
| 4. A. the | B. an | C. a | D. x |
| 5. A. feel | B. felt | C. fell | D. fall |
| 6. A. all | B. out | C. course | D. them |
| 7. A. little | B. few | C. a little | D. a few |
| 8. A. period | B. moment | C. time | D. part |
| 9. A. worst | B. good | C. best | D. great |
| 10. A. many | B. a lot | C. lot of | D. much |