

# 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.

- |   |                       |
|---|-----------------------|
| 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. 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.
10. My sister is a nurse .....she works in a dental clinic.
11. My teeth hurt, .....I make an appointment with the dentist.
12. The couple want to go to the musical, .....there aren't.
13. Stop listening to rock music through earphones .....you will have a earache.
14. Eating too much sugar is bad for your teeth , .....it causes obesity.
15. There are many people passing by .....only few people drop in the in the restaurant.
16. The doctore advises people to drink enough water,.....do exercises regularly.
17. My boyfriend asked me out .....I was sick.
18. There are many wonderful things in Thailand, .....I decided to stay here for another couple of days.
19. I will go to the park tomorrow, .....Jum will take me there.
20. My friend is studying abroad .....we still keep couple of days.

**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.