

TEST FOR UNIT 2

I. Choose the word whose underlined part is pronounced differently from the others.

1. a. myth b. cycling c. itchy d. allergy
2. a. headache b. spread c. health d. weak
3. a. fat b. leaf c. of d. safe
4. a. flu b. sunburn c. junk d. much
5. a. wash b. wear c. wake d. wrap

II. Choose the odd one out.

1. a. running b. coughing c. cycling d. swimming
2. a. vegetables b. fish c. fried chicken d. fruits
3. a. cold b. cough c. stuffy nose d. sunburn
4. a. soda b. milk c. fruit Juice d. water
5. a. fever b. health c. obesity d. headache

III. Choose the best answer a, b, c, or d to complete the sentence.

1. Please wake me _____ at 5 and we will leave at 6 in the morning.
a. up b. on c. over d. in
2. If you want to _____ weight, you should follow a low-fat diet.
a. lose b. gain c. put on d. take
3. Junk foods are high in fat, sodium and sugar, which can lead to _____.
a. fever b. allergy c. obesity d. stomachache
4. He looks so _____. He can't keep his eyes open!
a. happy b. tired c. healthy d. fit
5. If you want to stay healthy, eat _____ vegetables, whole grains, fruit and fish.
a. much b. fewer c. more d. less
6. Fruit tastes good _____ it's healthy for your body.
a. so b. but c. or d. and
7. You are _____ you eat, so don't eat unhealthy foods.
a. what b. who c. which d. that
8. She looks very tired. She should work _____ or she will get sick.
a. well b. less c. more d. enough
9. She stays in _____ by exercising daily and eating well.
a. health b. fit c. size d. shape
10. Don't sit too close to the screen, _____.
a. and you'll hurt your eyes b. so you can see more clearly
c. or you'll get a headache d. but it's bad for your health

IV. Write the correct form or tense of the verbs in brackets.

1. _____ (you/ eat) fried chicken last night?

2. He _____ (put) on a lot of weight recently.
3. I often _____ (drink) coca cola when I was a child.
4. Joana _____ (wash) her face regularly to prevent spots.
5. I think he _____ (not pass) the exam. He hasn't studied at all.
6. She _____ (have) a sore throat, and she _____ (cough) terribly now.
7. You should try _____ (exercise) a couple times a week.
8. He keeps _____ (sneeze), so I think he's got a cold.
9. What _____ (you/ do) tomorrow evening?
10. My mother doesn't like _____ (eat) fast food.

V. Supply the correct form of the words in brackets.

1. The Japanese eat _____, so they have high life expectancy. (health)
2. Drinking unclean water can cause _____. (sick)
3. My uncle is a _____. He doesn't eat meat or fish. (vegetable)
4. _____ can increase the risk of heart disease and diabetes. (obese)
5. I'm _____ to shellfish, so I can't eat lobster and shrimp. (allergy)
6. I got _____ during my beach vacation. (sunburn)
7. Lack of vitamin E can cause skin diseases and _____. (tired)
8. The symptoms of the disease include fever and _____. (head)

VI. Match the questions to the answers.

1. How many calories should I eat in a day?
2. Shall we go and play basketball?
3. What activity uses a lot of calories?
4. What should I do to prevent spots?
5. How do you feel now?
6. What happens when we don't have enough calories?
7. Why should people drink green tea?
8. What should I do to lose weight?
 - a. A little better, but still feel tired.
 - b. Wash your face daily and use gentle skin care products.
 - c. Eat less junk food and do more exercise
 - d. Count me out. I prefer to stay home.
 - e. We'll feel tired and weak.
 - f. Between 1,600 and 2,500.
 - g. I think it's running.
 - h. Because it can help prevent cancer.

3. Which of the followings is NOT true about the Okinawans?
- a. They eat what they fish and grow. b. They often buy food at the supermarket.
c. They do exercise regularly. d. They enjoy socializing with friends.
4. A centenarian is a person who _____.
- a. is 100 years old b. is almost 100 years old
c. is 100 years old or more d. is 100 years old or less
5. The Okinawans live a long life because _____.
- a. they have healthy diets and living habits. b. they walk as much as they can.
c. they love gardening and going fishing. d. they only eat fruit and vegetables.

X. Write sentences, using the words given.

1. Phong/ eat/ lots of/ junk food/ so/ he/ putting/ weight.

2. I/ exercise/ daily/ because/ I/ want/ stay/ healthy.

3. Sitting/ too/ close/ the TV/ hurt/ your eyes.

4. She/ often/ take/ paracetamol/ if/ she/ get / bad/ headache.

5. how many calories/ you/ bum/ do/ aerobics/ 2 hours?

6. getting/ enough/ sleep/ help/ students/ do/ their best/ the classroom.