TEST FOR UNIT 2

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

1.	a. m<u>y</u>th	b. c<u>y</u>cling	c. itch<u>y</u>	d. allerg<u>y</u>
2.	a. h<u>ea</u>dache	b. spr<u>ea</u>d	c. h<u>ea</u>lth	d. w<u>ea</u>k
3.	a. <u>f</u>at	b. lea<u>f</u>	c. o<u>f</u>	d. sa<u>f</u>e
4.	a. fl<u>u</u>	b. s<u>u</u>nburn	c. j<u>u</u>nk	d. m<u>u</u>ch
5.	a. <u>w</u>ash	b. <u>w</u>ear	c. <u>w</u>ake	d. <u>w</u>rap

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 b. 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?

LIVEWORKSHEETS

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. 1 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.

LIVEWORKSHEETS

VII. There is one mistake in each sentence. Underline and correct the mistake.

1. Sitting close to the laptop's screen hurt your eyes.
2. You can avoid many diseases by eat healthy food.
3. You look so bad! How's wrong with you?
4. Eating lots of fast food can make you fat or obesity.
5. Eating more fruit and vegetables to get vitamins, minerals, fiber.
6. Good nutrition is a important part of leading a healthy lifestyle.
7. Watch more television; if not, your eyes will be tired.
8. I've drunk three glasses of beer, but I've got a headache.

VIII. Choose the word which best fits each gap.

Breakfast is the (1) _____ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) _____ and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (3) _____ to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4) _____ weight if you eat in the morning rather than later in the day. Dividing the day's calories (5) _____ three meals helps take off weight more efficiently than (6) _____ breakfast and having two larger meals a day does.

1.	a. healthy	b. tasty	c. main	d. most
2.	a. strenght	b. power	c. energy	d. effort
3.	a. able	b. enable	c. unable	d. capable
4.	a. lose	b. put	c. gain	d. drop
5.	a. in	b. into	c. up	d. for
6.	a. skipping	b. making	c. buying	d. serving

IX. Read the text carefully then choose the correct answers.

The island of Okinawa in Japan has some of the oldest people in the world. It's famous for its high number of centenarians – men and women who live beyond 100 years of age. There have been many scientific studies of their lifestyle and you can even buy cookery books based on their diets. Some of the reasons for their good health are that they ...

- go fishing and eat what they catch.
- regularly do gardening and grow their own fruit and vegetables.
- go cycling and never drive when they can walk.
- often spend time with friends. They meet at people's houses and play games.
- rarely buy food from a supermarket.
- do regular exercise, go swimming and lead active lives.

1. According to the passage, Okinawa is well known for .

   a. its beauty b. its centenarians c. its subtropical climate d. its cuisine

2. The people of Okinawa _____.

   a. cook very well b. eat a lot of meat

   c. have an unhealthy diet d. have the longest lifespan

LIVEWORKSHEETS

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.

LIVEWORKSHEETS