

PRACTICE TEST (UNIT 2)

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

1. A. breath B. health C. ease D. head
2. A. intestine B. mind C. spine D. reliable
3. A. concious B. consume C. circulate D. skeletal

II. Choose the word which has a different stress pattern from the others.

4. A. originate B. ability C. digestive D. circulatory
5. A. allergy B. sleepiness C. consumption D. stimulate
6. A. remain B. balance C. digest D. expel

III. Choose the best answer A, B, C or D to complete the sentences.

7. The government hopes to _____ the economy together with controlling the epidemic.
A. originate B. reduce C. treat D. stimulate
8. She _____ great contribution to the success of the project so far.
A. did B. made C. has made D. has done
9. Led by the brain and nerves, the _____ system allows us to move, talk, and feel emotions.
A. skeletal B. nervous C. digestive D. circulatory
10. Broccoli supplies a great source of vitamin K, which is known to _____ thinking function and _____ brainpower.
A. stimulate - decrease B. enhance - improve
C. strength - improve D. develop - stop
11. Yoga increases endurance, _____ and flexibility.
A. strong B. strength C. strongly D. strengthen
12. Most herbal medicines are well _____ by the patient, with fewer side effects.
A. tolerate B. tolerating C. tolerated D. being tolerated
13. It _____ that half of your plate consists of vegetables and fruit.
A. is suggested B. is suggesting C. suggests D. suggested
14. I _____ an interview for a scholarship tomorrow morning.
A. will have B. am going to have C. will be having D. will have had
15. Not brushing your teeth regularly _____ plaque build up on your teeth.
A. is going to let B. is going to allow C. will let D. will get
16. I _____ a good hot bath this afternoon in order to take good care of my skin.
A. will have B. have C. have had D. am going to have
17. She _____ an experiment with brain when the light went out.
A. did B. was doing C. made D. was making
18. A good way to remain healthy is to _____ negative thoughts.
A. enhance B. stimulate C. eliminate D. get rid

19. Liver is a large organ in the body which _____ the blood.
 A. cleans B. cleans up C. is cleaning D. is cleaning up
20. The Healthy Eating Pyramid reminds us to _____ our intake of salt and added sugar.
 A. limit B. stop C. avoid D. remove
21. When acupuncture _____ correctly, it is very safe for patients.
 A. performs B. will be performed C. is performed D. will have performed

IV. Choose the word or phrase among A, B, C or D that best fits the blank space

I believe in the old saying: “healthy body, healthy mind”; it really has a place for me. For anyone that has had personal experiences with (1) _____ health, it is so true that by keeping active and keeping fit, you feel stronger not only in your body but also stronger in your (2) _____ as well. I’ve personally found that I now sleep much better and can (3) _____ my daily activities with much (4) _____ and less stress. I have also had a boost to my own self-confidence because I have tried (5) _____ a considerable amount of weight.

There are health benefits, too. Being active could possibly mean I am less likely to suffer (6) _____ obesity or problems related to weight. As I grow older, I want to (7) _____ as independent as I possibly can. I don’t want to be dependent on other people.

The final benefit is the (8) _____ side to keeping fit. Choosing to join a gym (9) _____ has friendly members can help you more open. I’ve met so many like-minded and positive people through getting fit. It has been great (10) _____, too.

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|--------------|--------------|--------------|-------------|
| 1. A. mental | B. brain | C. mind | D. physical |
| 2. A. heart | B. mental | C. brain | D. mind |
| 3. A. deal | B. deal with | C. solve | D. reduce |
| 24. A. ease | B. easy | C. easily | D. easier |
| 5. A. losing | B. lose | C. to lose | D. loss |
| 6. A. for | B. from | C. of | D. with |
| 7. A. delay | B. begin | C. seem | D. remain |
| 8. A. social | B. society | C. sociable | D. socially |
| 9. A. where | B. who | C. which | D. when |
| 10. A. fun | B. funny | C. enjoyment | D. pleasure |

V. Choose the word or phrase among A, B, C or D that best fits the blank space in the following passage.

Some doctors think that you should drink a glass of water each morning. You should drink this water first thing, before doing anything else. The temperature of the water should be similar to body temperature; neither too hot nor too cold.

Why should you drink this water? Water helps your body in many ways. It helps clean out your kidneys. It prepares your stomach for digestion. Water can also help your intestines work better. After drinking water,

the intestines can more easily take out nutrients from our food. Water also helps us go to the bathroom more easily.

Scientists suggest that people take in 1,600 milliliters of water each day. But don't drink all of that water in one sitting. If you do, your kidneys will have to work much harder to **eliminate** it. It's better to drink some in the morning and some in the afternoon. Some people think it's better to drink between meals and not during meals. They think water dilutes the juices produced in our stomachs. This can interfere with normal digestion.

Are you drinking enough water every day? Check the color of your urine. If it is light yellow, you are probably drinking enough. If your urine is very dark yellow, you probably need to drink more water. A little more water each day could make you much healthier.

Question 1. What is the main idea of the passage?

- A. The importance of water
- B. The advice of the doctors
- C. How to drink water correctly?
- D. The best amount of water to drink

Question 2. According to the passage, water is good for the following organs of the body, EXCEPT

_____.

- A. kidneys
- B. stomach
- C. intestines
- D. livers

Question 3. The word "it" in paragraph 2 refers to _____.

- A. your body
- B. your kidney
- C. water
- D. your stomach

Question 4. The word "**eliminate**" in paragraph 3 is closest in meaning to _____.

- A. preserve
- B. remove
- C. absorb
- D. process

Question 5. Which of the following is NOT true?

- A. The first thing you should do every morning is to drink water.
- B. You shouldn't drink too much water at the same time.
- C. Drinking water while having meals may interfere with normal digestion.
- D. You need to drink more water if your urine is light yellow.