UNIT 2-YOUR BODY AND YOU

PRACTICE 1

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

1. A.household	B.bone	C.oxygen	D.role
2. A.breath	B.bean	C.strength	D.meant
3. A.brain	B.pain	C.raise	D.air
4. A.skull	B.pump	C.duty	D.lung
5. A.plumber	B.rumple	C.plum	D.accomplish

Choose the word which has a different stress pattern from that of the others

1. A.disease	B. nervous	C.balance	D. healthy
2. A.digestive	B. allergic	C. skeletal	D. intestine
3. A.complicated	B. bacteria	C. moderately	D. acupuncture
4. A.vessel	B. system	C. organ	D. massage
5. A.incredible	B. artificial	C. scientific	D. presentation

Choose the best answers to complete the sentences :

1. Nowadays, there is estimated to be more than 2000 **acupoints** throughout the human body

A. stress B.pressure points C. paints D. lines

2. Do you know what the saying " ***kick a habit*** " means ?

A. Wow, She has a good habit B. I think it has the same meaning to getting rid of a habit

C. I don't mean that D. Are you kidding ?

3. I have been given 10 tricks to get rid of my bad habits and ..... them with healthy ones.

A. replace B.keep C. nurture D. raise

4. The digestive system lets us break down the food we eat and turn it ..... energy.

A. on B.after C. of D. into

5. "The lecturer splits the 4 groups" has the closest meaning to

A. The students are divided into 4 groups

B. The lecturer divided the students into 4 groups

C. The lecturer is split into 4 groups of students

D. The lecturer went into 4 groups of students

6. In the past, it was misunderstand that inner body parts were ..... by the fine needles in practicing acupuncture.

A. touch B.rush C. touched D. rushed

7. The ..... system controls the movement and emotion of our body.

A. nerve B.nervous C. circulate D. generous

8. The heart and blood vessels are parts of the ..... system.

A.certan B.circle C. circulatory D. circumstance

LIVEWORKSHEETS

9. Only human produce ..... tears

A.emotional B.crocodile C. feel D. false

10. To be recognized, this research must offer real **evidence.** The underlined word has the closest meaning to:

A.knowledge B.exist C. condition D. proof

11. I am afraid you can't borrow his car right now. It ..... in the garage.

A.is repaired B.repairs C. repairing D. is being repaired

12. Up to the present, fourteen books ..... by Jane, a friend of mine

A.has been written B.are written C. were written D. will be written

13. The washing - up ..... carefully.

A.should do B.should done C. should be done D. should be do

14. The acupoints ..... to enhance the healing capability of the body itself.

A.stimulate B. stimulating C. stimulated D. are stimulated

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

A.**c**razy B.**c**ream C. **c**rown D. de**c**ide

16. Lately, several oils, including rose and lemon, ... to relieve anxiety, stress and depression

A.show B. have shown C. have show D. have been shown

17. People say that this house has been built by an old man 12 years ago

18.From the graphs, we can see that the number of employees who employed by this firm is increasing each year

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

A.**c**ook B.ne**c**essary C. de**c**ide D. **c**ereal

20. The cells covering the walls of the stomach will soon be dissolved by the acids if they aren't constantly replace.

Read the passage and choose the best answer.

There are many things in life which you have to do whether you like it or not. One of such things is household (**1**) _____ . It is what someone in the family has to do every day in spite of his or her wish and desire. You can hardly find a person (**2**) _____ doesn't like comfort, delicious food, clean and tidy clothes. But these things need somebody's attention and doing them. It's called housework.

I think it is not a bad idea to (**3**) _____ household duties. If every (**4**) _____ of the family does his bit about the housework, it isn't difficult or boring and proves the proverb: "Many hands make light work". For example, the children should keep their own rooms (**5**) _____ , make their beds, lay the table for meals, clear away the dishes and wash up. The mother could then concentrate on the more

LIVEWORKSHEETS

specialized jobs of cooking, ironing, mending, and shopping. The father should do more difficult physical work. This is an ideal variant for me how to keep house.

1. A. responsibilities	B. chores	C. groceries	D. laundries
2. A. who	B. whom	C. which	D. where
3. A. keep	B. do	C. make	D. share
4. A. son	B. daughter	C. member	D. parent
5. A. tidy	B. mess	C. dirty	D. disorder

Read the passage below and choose the letter A, B, C, **or D to indicate the correct answer to each question.**

All creatures need to eat something in order to survive. Fortunately, different species of animals have different things that they eat as food. No matter what a creature eats, the food must have enough calories in it to maintain life. Calories, or the energy stored in the food, provide the fuel animals, including humans, need in order to live and move about in the world. Any creature that does not consume enough food, or in other words enough calories, will starve and die.

The term calorie has a scientific meaning. Calorie is a measure of an amount of energy just like pound is a measure of weight. A calorie is officially defined as the amount of energy it takes to raise the temperature of 1 gram of water by 1 degree Celsius, which is 1. 8 degrees Fahrenheit. The term "calorie" and "Calorie" with a capital C have two different meanings to scientists. The term Calorie (with a capital C) means one kilocalorie, the amount of energy required to raise the temperature of one kilogram of water by one degree Celsius. A kilogram is the same as 1,000 grams and a kilocalorie is 1,000 calories. Food calories are always measured as Calories but average people don't care much about the difference and just use the word calories.

Food is composed of proteins, fats and carbohydrates. Nutritionists know that a gram of protein contains 4 Calories, a gram of fat has 9 Calories, and a gram of carbohydrate has 4 Calories.

All food contain calories. When we eat something it provides energy for our bodies to use when we are active. We even need energy or calories while we are sleeping because, for example, our bodies are still breathing, our heart is pumping, and we continue to digest the food in our stomachs. If a person eats more food and more calories than is used up by activity, the body stores the excess calories in case it might need it later when food might not be available. So a person gains weight due to the extra food and calories. Similarity, if a person consumes fewer calories than are used every day over several weeks and is more active, that person will lose weight.

1. Calorie is a measure of _____ .

A. weight B. distance C. energy D. Volume

2. Animals that do not consume enough calories over a long time _____ .

A. can lose weight B. can starve

C. can maintain life D. can have a healthy life

LIVEWORKSHEETS

3. Humans use calories when _____ .

A. running
B. studying
C. sleeping
D. A, B and C are correct

4. People gain weight from _____ .

A. eating more food and calories than they use up
B. eating fewer food and calories than they use up
C. eating a lot of fat food
D. eating a lot of food and calories when they are active

5. All the following statements are true EXCEPT _____ .

A. Eating foods that contains lots of fat cause a person to gain weight faster than eating protein
B. People normally pay less attention to the difference between “calorie” and “Calorie”
C. People who are more active, like playing sports or exercising, eat fewer calories
D. People still consume energy while they are sleeping.

Give the correct form of the words in brackets:

1. The ..... system of the body is made up of our bones. It supports our body and protects our organs (***skeleton***)
2. Food is broken by the ..... system and turned into energy (***digest***)
3. Acupunture is one of the oldest ..... treatments in the world (***medicine***)
4. The recipe for this dish ..... in Japan a long time ago (***origin***)
5. The practice of acupunture involves placing hair-thin needles in ..... pressure points throughout the body (***vary***)

Finish each of the following sentences in such a way that it means the same as the original sentence.

1. We don't clean our rooms.

Our rooms _____ .

2. He gave her a watch on her birthday.

She _____ .

3. The nervous system controls all actions and feelings of the body.

All actions _____ .

4. I need to repair the roof.

The roof needs _____ .

5. He is likely to arrive late again.

He will _____ .

LIVEWORKSHEETS

LIVEWORKSHEETS