

## TEST 2 (UNIT 2: Health)

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

1. A. knife                      B. of                      C. leaf                      D. life
2. A. although                      B. enough                      C. paragraph                      D. cough
3. A. junk                      B. sun                      C. put                      D. adult
4. A. headache                      B. architect                      C. chemical                      D. children
5. A. aerobics                      B. calories                      C. cycling                      D. doctor

**II. Choose the correct answer.**

1. You can avoid some diseases by \_\_\_\_\_ yourself clean.  
A. keeping      B. taking      C. looking      D. bringing
2. The Japanese eat a lot of fish instead of meat \_\_\_\_\_ they stay more healthy.  
A. but      B. because      C. although      D. so
3. Rob eats a lot of fast food and he \_\_\_\_\_ on a lot of weight.  
A. takes      B. puts      C. spends      D. brings
4. We need to spend less time \_\_\_\_\_ computer games.  
A. play      B. to play      C. playing      D. to playing
5. Do more exercise \_\_\_\_\_ eat more fruit and vegetables.  
A. but      B. or      C. and      D. so
6. After working on computers for long hours, you should \_\_\_\_\_ your eyes and relax.  
A. sleep      B. sleep in      C. wake      D. rest
7. Watching too much television is not good \_\_\_\_\_ you or your eyes.

- A.with      B.to      C.at      D.for**
8. When you have flu, you may have a cough and a \_\_\_\_\_ nose.
- A.runny      B.running      C.floating      D.noisy**
9. When you have a temperature, you should drink more water and rest \_\_\_\_\_.
- A.most      B.more      C.most      D.less**
10. I forgot to wear a sun hat today and I got a \_\_\_\_\_.
- A.stomachache      B.earache      C.backache      D.headache**
11. We should play sports or do exercise in order to stay in \_\_\_\_\_.
- A.look      B.shape      C.fit      D.health**
12. Don't eat that type of fish: you may have a/an \_\_\_\_\_.
- A.sick      B.sore      C.energy      D.allergy**
13. Do you believe that eating \_\_\_\_\_ carrots helps you see at night?
- A.much more      B.less      C.most      D.the most**
14. We should try to keep everything around US clean and then flu will find it \_\_\_\_\_ to spread.
- A.difficult      B.difficulty      C.difficultly      D.difficulties**
15. Be careful with \_\_\_\_\_ you eat and drink.
- A.what      B.that      C.who      D.this**
16. Eating a lot of junk food may lead to your \_\_\_\_\_.
- A.obesity      B.fitness      C.pain      D.stomachache**
17. We should follow the advice from doctors and health \_\_\_\_\_ in order to keep fit.
- A.people      B.workers      C.managers      D.experts**
18. Have a healthy \_\_\_\_\_ and you can enjoy your life.
- A.lives      B.lifestyle      C.lifeline      D.lively**

19. The health \_\_\_\_\_ from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.

A. tip    B. tips    C. advices    D. ideas

20. The seafood I ate this morning makes me feel \_\_\_\_\_ all over.

A. running    B. well    C. itchy    D. weak

**III. Complete the words for the health problems.**

1. st \_\_\_\_\_ ache

2. e \_\_\_\_ ache

3. s \_\_\_\_\_ th \_\_\_\_\_

4. c \_\_\_\_\_

5. t \_\_\_\_\_ che

**IV. Fill in each blank the correct health problem from the box according to the description.**

*earache    flu    toothache    backache*

*headache    sore throat    cough    stomachache*

1. \_\_\_\_\_ : a pain caused by something being wrong with one of your teeth.

2. \_\_\_\_\_ : a pain in your back.

3. \_\_\_\_\_ : a very severe pain that you feel in your head.

4. \_\_\_\_\_ : pain in your stomach.

5. \_\_\_\_\_ : a pain in the inside part of your ear.

6. \_\_\_\_\_ : a problem which is like a very bad cold, but which causes a temperature.

7. \_\_\_\_\_ : a pain in your throat.

8. \_\_\_\_\_ : a health problem that you make a lot of loud sounds.

**V. Look at the advice for a healthy lifestyle, and complete the sentences using *more* or *less*.**

1. Eat \_\_\_\_\_ sweet food.
2. Get \_\_\_\_\_ exercise.
3. Drink \_\_\_\_\_ coffee.
4. Eat \_\_\_\_\_ fast food.
5. Eat \_\_\_\_\_ fruit and vegetables.
6. Drink \_\_\_\_\_ water.
7. Smoke \_\_\_\_\_ and give it up.
8. Relax \_\_\_\_\_.
9. Worry \_\_\_\_\_ about things
10. Spend \_\_\_\_\_ time on computer games.

**VI. Fill in each blank with the correct conjunction.**

1. Get up early \_\_\_\_\_ do more exercise.
2. Eat less junk food \_\_\_\_\_ eat more fruit and vegetables.
3. The weather is very cold today \_\_\_\_\_ I should put on a coat.
4. Watch less television \_\_\_\_\_ you can protect your eyes.
5. \_\_\_\_\_ If you spend less time on computer games \_\_\_\_\_ television programmes, you will have more time for outdoor activities.
6. I have a lot of homework to do this evening \_\_\_\_\_ I don't have time to watch the football match.
7. Take up a new hobby \_\_\_\_\_ you'll have some new friends.
8. He has toothache \_\_\_\_\_ he still eats a lot of sweets and cakes.

**VII. Complete the sentences with the words from the box.**

*cough headache burn hurts pain*

*sick stomachache temperature toothache well*

1. Is she \_\_\_\_\_ enough to run one kilometer?
2. "Ow! Be careful with that coffee." - "Look, now I have a \_\_\_\_\_ on my arm."
3. Rob has a \_\_\_\_\_ of 39.5°C.
4. Don't eat so quickly. You'll get a \_\_\_\_\_.
5. I have a \_\_\_\_\_ in my back. I'm going to lie down.
6. That's a bad \_\_\_\_\_. Why don't you have a glass of water?
7. "I have \_\_\_\_\_." - "Why don't you telephone the dentist?"
8. I feel \_\_\_\_\_. Quick, I must get to the bathroom!
9. My arm \_\_\_\_\_ after that game of table tennis.
10. "I have a \_\_\_\_\_." - "That's because you watch too much TV."

**VIII. Read the passage, and then answer the questions.**

Everyone suffers from the common cold at some time or other. It isn't a serious illness, but people spend a lot of money on medicine. The medicine can only relieve the symptoms. That is, it can make you cough less, make you feel better, and stop your nose running for a while. So far, there is no cure for the common cold and no medicine to prevent it. People also drink a lot of hot water with sugar, lemon juice. It helps provide them with a lot of vitamin C.

1 Why is the common cold very popular?

2. Is the common cold a serious illness?

3. What does the medicine help people with the common cold?

4. Besides medicine, what do people do to make them feel better?

5. Why is it useful?

**IX. Choose the correct answer A, B, c or D to fill each blank in the following passage.**

My friend, Ben, has had a few problems with his health. He didn't feel well, (1)\_\_\_\_\_ he told his parents about that. His mum said, "You should eat (2)\_\_\_\_\_ vegetables. You shouldn't eat (3)\_\_\_\_\_ every day." His dad said, "You should go to bed (4)\_\_\_\_\_. You (5)\_\_\_\_\_ stay up so late at night." He phoned me and told me about the problems. I said, "Don't play so (6)\_\_\_\_\_ computer games. Go outside (7)\_\_\_\_\_ play football."

He didn't go to school last week. He went to (8)\_\_\_\_\_ the doctor. The doctor said, "You should stay at home for a week. Don't go out and don't turn on your computer."

At school today, he looked sad. We asked him, "What's (9)\_\_\_\_\_? You should be happy. You weren't here last week."

Ben is (10)\_\_\_\_\_ his homework from last week. He's not happy at all.

1. **A.** because

**B.** or

**C.** and

**D.** but

2. **A.** more                    **B.** less                    **C.** most                    **D.** the more
3.    **A.** ready food            **B.** fresh food  
      **C.** junk food            **D.** traditional food
4. **A.** late            **B.** lately            **C.** earlier            **D.** more earlier
5. **A.** should            **B.** shouldn't            **C.** must            **D.** needn't
6. **A.** many            **B.** much            **C.** lot            **D.** lots
7. **A.** or            **B.** so            **C.** and            **D.** but
8. **A.** look            **B.** look at            **C.** find            **D.** see
9. **A.** bad            **B.** trouble            **C.** problem            **D.** wrong
10. **A.** doing            **B.** making            **C.** playing            **D.** taking

**X. Make correct sentences from the words and phrases given.**

1. You/ not/ play/ more/ computer games/ free time.

2. Doctor/ asking/ Mai/ questions/ about/ health problems.

3. Vitamins/ play/ important/ role/ our diet.

4. We/ keep/ our bodies/ warm/ avoid/ flu/ a cold.

5. Getting/ enough/ rest/ help/ you/ concentrate/ school.