E7-TEST FOR UNIT 2

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

1.	A. put	B. adult	C. junk	D. sun
2.	A. itchy	B. riding	C. sick	D. swimming
3.	A. chemical	B. children	C. headache	D. architect
4.	A. regularly	B. identify	C. really	D. healthy
5.	A. cycling	B. doctor	C. aerobics	D. calories

1.	A. coordinate	B. triathlon	C. allergy	D. calorie
2.	A. leaf	B. life	C. knife	D. of
3.	A. monopoly	B. melody	C. compound	D. concentrate
4.	A. paragraph	B. cough	C. although	D. enough
5.	A. vegetarian	B. depression	C. essential	D. attention

Choose the best one (A, B, C or D) to complete the sentence.

1. You should eat a lot of fruits and vegetables because they _____ vitamin A, which is good for the eyes.
   A. run B. take C. provide D. get
2. The health _____ from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.
   A. advices B. ideas C. tip D. tips
3. The seafood I ate this morning makes me feel _____ all over.
   A. itchy B. weak C. running D. well
4. If you want to be fit, stay outdoors more and do more _____ activities.
   A. physics B. physic C. physical D. physically
5. Do more exercise _____ eat more fruit and vegetables.
   A. and B. so C. but D. although
6. After working in computer for long hours, you should _____ your eyes and relax.
   A. wake B. rest C. sleep D. sleep in
7. Eat less high-fat foods to keep you from _____ fat.
   A. gaining B. reducing C. getting D. rising
8. We should follow the advice from doctors and health _____ in order to keep fit.
   A. managers B. experts C. people D. workers
9. Have a healthy _____ and you can enjoy your life.
   A. lifeline B. lively C. lives D. lifestyle
10. They go swims_____ outside even when it's cold.
    A. B. swiming C. swimming D. swam
11. Rob eats a lot of fast food and he _____ on a lot of weight.
    A. spends B. brings C. takes D. puts
12. We need to spend less time _____ computer games.
    A. playing B. to playing C. play D. to play

LIVEWORKSHEETS

13. To prevent _____, you should eat a lot of garlic and keep your body warm.
A. cold B. Mumps C. flu D. headache

14. Be careful with _____ you eat and drink.
A. who B. this C. what D. that

15. Eating a lot of junk food may lead to your _____.
A. pain B. stomachache C. obesity D. fitness

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1. In order to have good _____, you should eat lightly and laugh cheerfully.
A. spirit B. body C. health D. mood

2. Do you believe that eating _____ carrots helps you see at night?
A. most B. the most C. much more D. less

3. We should try to keep everything around us clean and then flu will find it _____ to spread.
A. difficultly B. difficulties C. difficult D. difficulty

4. My father does morning _____ every day.
A. running B. well C. exercise D. weak

5. We should play sports or do exercise in order to stay in _____.
A. fit B. health C. look D. shape

6. Don't eat that type of fish: you may have a/an _____.
A. energy B. allergy C. sick D. sore

7. Do you want to know how you can _____ healthy?
A. make B. have C. stay D. create

8. When you have a temperature, you should drink more water and rest _____.
A. least B. less C. most D. more

9. I forgot to wear a sun hat today and I got a _____.
A. backache B. headache C. stomachache D. earache

10. He plays computer games and watches TV a lot so his eyes are often _____.
A. light B. faint C. dry D. weak

11. Watching too much television is not good _____ your eyes.
A. at B. for C. with D. to

12. When you have flu, you may have a cough and a _____ nose.
A. following B. noisy C. runny D. runing

13. He eats a lot of burger and chips so he's putting on _____.
A. weigh B. weightless C. weight D. weighting

14. You can avoid some diseases by _____ yourself clean.
A. looking B. bringing C. keeping D. taking

15. The Japanese eat a lot of fish instead of meat _____ they are more healthy.
A. although B. so C. but D. because

LIVEWORKSHEETS

. **Fill in the blank with a suitable word in the box.**

allergy	**toothache**	**suffer**	**worse**
tired	**bad**	**flu**	**sick**

1. Some people have a very _____ habit in littering in public.
2. People who live in a dusty area often _____ on diseases.
3. Julia has a headache, and she feels _____.
4. I have an _____, so I choose food and drink very carefully.
5. You should spend less time playing computer games, or your eyes will be _____.
6. Tom feel _____, but he doesn't go to bed early.
7. Trung eats too many sweets so he has _____.
8. In prevent _____, we should keep our hands clean, our feet warm.

The word at the end of each of the following sentences can be used to form a word that fits suitably in the blank.

1.	Is she _____ enough to run one kilometer?	**GOOD**
2.	"Ow! Be careful with that coffee." - "Look, now I have a _____ on my arm"	**BURNING**
3.	Rob has a _____ of 39.5^0C	**TEMPERATE**
4.	Don't eat so quickly. You'll get a _____.	**TEETH**
5.	I have a _____ in my back. I'm going to lie down.	**PAINFUL**
6.	That's a bad _____. Why don't you have a glass of water?	**COUGHING**
7.	"I have _____." - "Why don't you telephone the doctor?"	**STOMACH**
8.	I feel _____. Quick, I must get to the bathroom!	**SICKNESS**
9.	My arm _____ after the table tennis match.	**HURT**
10.	"I have a _____." - "That's because you watch too much TV."	**HEAD**

LIVEWORKSHEETS

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

It's important to (1)_____ well, especially when you are studying. If you are at primary (2)_____, you may not go home for lunch and have a cooked meal of meat or (3)_____ and vegetables. A chicken and lettuce sandwich, with some (4)_____ fruit would be a light but (5)_____ lunch. Many people around the world eat plain, boiled (6)____ two or three times a day. Pupils and students often don't eat (7)_____ when they're revising for an exam – they eat chocolate and (8)_____ lots of black coffee! And by the way, doctors say everybody should start the day with healthy (9)_____. It's also good for you to drink a lot of (10)___ through the day.

1.	A. launching	B. emitting	C. eat	D. peaking
2.	A. school	B. weapons	C. spaceships	D. rockets
3.	A. to	B. towards	C. with	D. fish
4.	A. as soon as	B. fresh	C. as well as	D. such as
5.	A. burnt	B. explored	C. went off	D. healthy
6.	A. rice	B. audience	C. observatories	D. watcher
7.	A. sent back	B. returned to	C. well	D. except for
8.	A. weightlessness	B. drink	C. wavelengths	D. length
9.	A. space	B. atmosphere	C. vacant	D. breakfast
10.	A. scientists	B. drivers	C. water	D. astronauts

II. Fill in the blank with a suitable word in the box.

spend	**from**	**exercise**	**fit**	**ride**
for	**tired**	**energy**	**in**	**calorie**

We need calories or (1)_____ to do the things every day. For example, when we walk or (2)_____ a bike to school, we spend a certain amount of (3)_____ and even when we sleep, we also use them. But how many calories should we (4)_____ a day to stay in shape? It's difficult (5)_____ us to calculate. If people want to keep (6)_____, they should remember that everyone should have between 1600 and 2500 calories a day.

We get calories (7)_____ the food we eat. If we get too much food and don't take part (8)_____ any activities, we can get fat quickly. So besides studying, we should do some (9)_____, play sports or do the housework, such as cleaning the floor, cooking etc., if we don't eat enough, we feel (10)_____ and weak.

LIVEWORKSHEETS

III. Read the following passage and write T (true) or F (false) for each statement.

How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting and sunbathing all use about 60 calories an hour. Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving and washing up. Light activities which use about 100 calories an hour include playing the piano, getting dressed and having a shower. Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating. Energetic activities use 200-400 calories. Those activities include horse riding, cycling, swimming, skipping and dancing. Finally there are strenuous activities which use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden and playing football.

1. Horse riding uses the most amount of calories.
2. Reading uses as many calories as writing.
3. The calories we burn for eating and washing up are the same.
4. Walking is a very light activity.
5. Sunbathing uses more calories than driving.
6. When we are resting, we don't burn calories.
7. Having a shower uses only 100 calories an hour.
8. Cycling and dancing use the same amount of calories
9. Playing football uses fewer calories than swimming.
10. The amount of calories we use an hour depends on the activity we do.

VI. Fill in the blank with a suitable word.

My friend, Ben, has had a few problems with his health. He didn't feel well, (1)_____ he told his parents about that. His mom 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 school work from last week. He's not happy at all.

LIVEWORKSHEETS

VII. Read the following passage and choose the best option for each numbered blank.

Do you want to be fitter and healthier? Would you like to look younger? Do you want to feel (1)_____ relaxed? Then try a few days at a health farm. Health farms are becoming (2) _____ of the most popular places (3)_____ a short break. I went to Henley Manor for a weekend. It's (4)_____ largest health farm in the country but it isn't the most expensive. After two days of exercise and massage I (5)_____ ten times better. But the best thing for me was the food. It was all very healthy of (6)_____, but it was expensive too!

If you're looking for something a (7)_____ cheaper, try a winter break. Winter is the darkest and the coldest (8)_____ of the year, and it can also be the (9)_____ time for your body. We all eat too (10)_____ and we don't take enough exercise. A lot of health farms offer lower prices from Monday to Friday from November to March.

1.	A. like	B. more	C. less	D. Similar
2.	A. once	B. first	C. one	D. none
3.	A. with	B. of	C. to	D. for
4.	A. the	B. an	C. a	D. x
5.	A. feel	B. felt	C. fell	D. fall
6.	A. all	B. out	C. course	D. them
7.	A. little	B. few	C. a little	D. a few
8.	A. period	B. moment	C. time	D. part
9.	A. worst	B. good	C. best	D. great
10.	A. many	B. a lot	C. lot of	D. much

VIII. Fill in the blank with a suitable word in the box.

other	**much**	**cure**	**running**	**how**
illness	**nose**	**miserable**	**symptoms**	**from**

You have a headache and you sneeze and cough. Your (1)_____ is all stuffed up, and it keeps running, so you have to blow it every few minutes. You know by these (2)_____ that you have a cold, and you feel completely (3)_____.

Everyone suffers (4)_____ the common cold at some time or other. It isn't a serious (5)_____, but over a billion dollars a year is spent on different kinds of cold medicine every year.

This medicine can relieve the symptoms. That is, it can make you cough (6)_____, make your head less intense, and stop your nose (7)_____ for a while. However, it can't cure your cold. So far, there is no (8)_____ for the common cold and no medicine to prevent it.

Although there is no cure or preventive medicine for colds, people have all kinds of ideas about (9)_____ to prevent and treat colds. Some people think that if you eat a lot of onions, you won't catch cold. (10)_____ say that you should avoid getting wet and chilled, or you will catch cold. However, this is apparently not so.

LIVEWORKSHEETS

Make correct sentences from the words and phrases given.

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

_____

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

_____

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

_____

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

_____

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

_____

1. Nick/ wash/ hands a lot/ he/ not/ have the flu.

_____

2. David/ eat/ lots of junk food/ he/ not do exercise.

_____

3. doctor/ told Elena that she/ sleep more/ she/ try to relax more.

_____

4. My sister/ play/ computer games/ she does exercise too.

_____

5. Eating/ carrots help/ you see objects / more clearly/ at night.

_____

6. Going outside/ wet hair /give/ you a cold or flu.

_____

7. Eating/ fresh fish/ make/ you smarter.

_____

LIVEWORKSHEETS