E7- TEST FOR UNIT 2

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. <u>flu</u>	b. s<u>un</u>burn	c. j<u>un</u>k	d. m<u>uch</u>
5.	a. <u>w</u>ash	b. <u>w</u>ear	c. <u>w</u>ake	d. <u>w</u>rap

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, wholegrains, 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

Write the correct form or tense of the verbs in brackets.

1. _____ (you/ eat) fried chicken last night?
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.

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)

Fill in the blanks with the health problems in the box

flu	**allergy**	**cold**	**sunburn**	
obesity	**earache**	**toothache**	**fever**	

1. She feels very weak, has a high fever and her muscles hurt. She has _____.
2. He eats lots of junk food and be overweight. _____ is his problem.
3. She went outside all day long without wearing a hat. Now her skin turns red and hurts. She has got _____.
4. I think I'm getting a _____. I've got a sore throat and a runny nose.

LIVEWORKSHEETS

5. Mark had lobster for dinner, and now his skin becomes covered with red marks. Hesays he has a shellfish .
6. If you've got _____, go and see a dentist.
7. His body is too hot and soaked in sweat, but he feels very cold. I think he has a _____.
8. My sister feels pain in her ear. She has _____.

Fill in each blank with a suitable preposition.

1. Would you like to go out? - No, thanks. I'd rather stay _____ home.
2. If you're going to watch the football, you can count me _____. I don't like football.
3. I've put _____ 2kg in the last month.
4. The Japanese eat healthily, so they live _____ a long time.
5. Sitting too close _____ the TV hurts your eyes.
6. Be careful _____ what you eat and drink.
7. She runs six miles every day to help keep herself _____ shape.
8. Watching TV too much isn't good _____ your eyes.

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.

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

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
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.

LIVEWORKSHEETS

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.

Fill in each blank with a word from the box.

put	home-cooked	vitamins	weight	growing	unhealthy	like	diet

Good nutrition is especially important for (1) _____ teenagers. Unfortunately many teenagers have an unbalanced (2) _____. They buy (3) _____ takeawayfood every day or even a few times a day. If you eat fast food regularly, you are more likely to (4) _____ on weight than if you eat fast food only occasionally. About nine in ten teenagers eat junk food every day. This might be fizzy drinks and snacks (5) _____ potato chips. Compared to (6) _____ food, junk food is almost always: higher in fat, particularly saturated fat; higher in salt; higher in sugar; lower in fibre; lower in nutrients, such as (7) _____ and minerals.

Junk food is poor fuel for your body. A poor diet can cause (8) _____ gain, high blood pressure, fatigue and concentration problems.

Read the text, then decide whether the following statements are true (T) or false (F).

These are some easy habits that help you stay healthy and live longer.

Go for a jog

Exercise is key to good health. Aerobic activity, like running, is crucial for getting your blood pumping and your heart working. A recent study showed that people who run have 25 to 40 per cent reduced risk of early death, and live about three years longer.

Get more sun - but not too much

The "sunshine vitamin" – vitamin D, that is – has been shown to fight to disease, improve bone health, and prevent depression. Concerns over skin cancer are well-founded, and sunblock is generally a good idea. But getting 15 to 30 minutes of sun exposure a day should be adequate for vitamin D production.

Stress less

The impact of stress on our overall health is huge, so reducing stress is one way to lower our risk of many deadly diseases.

Eat more fruits and veggies

If you want to live longer, eat more fruits and vegetables. The vitamins, minerals, and most importantly, the fibre help control satiety so you do not need to eat much of the animal foods. High fibre diets promote lower cholesterol levels, and reduce the risk of heart disease and cancers such as colon cancer.

1. One of the most important things you can do to stay healthy is to exercise.
2. Vitamin D comes from the sun.
3. Getting too much sun can be harmful.
4. Stress doesn't impact on your health.
5. Fruits and vegetables contain vitamins, minerals and fibre.
6. A high fibre diet can cause heart disease and colon cancer.

Arrange the words to make sentences.

1. cold/ I/ sore throat/ love/ a/ drinks/ but/ have/ I.

   _____

2. Jim/ overweight/ so/ eats/ is/ fast food/ too much/ he.

   _____

3. too much/ bad/ television/ watching/ for/ health/ your/ is?

   _____

4. the flu/ should/ you/ a cold/ if/ have/ or/ you/ home/ stay.

   _____

5. Alex/ usually/ fishing/ so/ loves/ goes/ in/ near/ he/ his house/ fishing/ the lake.

   _____

6. you/ some/ clean/ yourself/ avoid/ diseases/ by/ can/ keeping.

   _____

LIVEWORKSHEETS

Write the second sentence so that it has the same meaning to the first one.

1. Sue started to eat a low carb diet two years ago.
→ Sue has _____
2. Could you take me to the airport Friday morning?
→ Would you mind_____
3. How about going to the movies tonight?
→ Let's _____
4. July stayed home from school yesterday because she had ahigh fever.
→ July had a high fever, _____
5. She eats fruits and veggies every day, but she keeps gaining weight.
→ Although_____
6. Mark's gained 5 kilos since he quit smoking.
→ Mark's put _____
7. Joana doesn't eat much in order not to be overweight.
→ Joana doesn't eat much because_____
8. It's a good idea to do exercise regularly.
→ You

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