

TEST FOR UNIT 2

Exercise 1. Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

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|---------------------|--------------------|---------------------|------------------|
| 1. A. allergy | B. digest | C. oxygen | D. sugar |
| 2. A. <u>breath</u> | B. <u>head</u> | C. <u>health</u> | D. <u>heart</u> |
| 3. A. among | B. belong | C. <u>body</u> | D. <u>strong</u> |
| 4. A. approach | B. <u>children</u> | C. <u>chocolate</u> | D. stomach |
| 5. A. intestine | B. <u>mind</u> | C. spine | D. reliable |

Exercise 2. Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of the primary stress in each of the following questions.

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|----------------------|----------------|------------------|---------------|
| 6. A. ailment | B. disease | C. poultry | D. nervous |
| 7. A. digestive | B. intestine | C. condition | D. evidence |
| 8. A. internal | B. skeletal | C. therapy | D. willpower |
| 9. A. alternative | B. bacteria | C. respiratory | D. scientific |
| 10. A. acupuncturist | B. circulatory | C. ineffectively | D. vegetarian |

Exercise 3. Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

11. The controller of the body is the ____ system. Led by the brain and nerves, it allows us to move, talk and feel emotions.
- A. circulatory B. digestive C. nervous D. respiratory
12. ____ system of the body lets us break down the food we eat and turn it into energy.
- A. Circulatory B. Digestive C. Nervous D. Respiratory
13. Skeletal system of the body is made up of our _____. It supports our body and protects our organs.
- A. bones B. muscles C. nerves D. vessels
14. In under a minute, your ____ can pump blood to bring oxygen and nutrients to every cell in your body.
- A. brain B. heart C. lungs D. vessels
15. The human ____ system is a series of organs responsible for taking in oxygen and expelling carbon dioxide.
- A. circulatory B. digestive C. nervous D. respiratory
16. A healthy ____ between work and play ensures that everyone has a chance to enjoy their lives.
- A. balance B. control C. equality D. share

17. He likes to ____ a nap for an hour when he arrives home from work.

- A. do B. get C. make D. take

18. I've been a night owl ____ up late for years, hitting the sheets anytime between 12 and 3 a.m.

- A. finishing B. getting C. staying D. waking

19. It's not too late to ____ your bad habits (smoking, drinking, overeating, etc.) and immediately start living a happier, healthier life.

- A. get rid B. give on C. kick D. remember

20. If people breathe in deeply, their ____ can expand to twice their normal size.

- A. hearts B. kidneys C. lungs D. stomachs

21. Some foods and spices may ____ your breath for days after a meal.

- A. damage B. harm C. reduce D. spoil

22. Fish, poultry, beans or nuts ____ half of their dinner plate.

- A. make of B. make out C. make up D. make up of

23. It's another name for the backbone. It is ____.

- A. brain B. leg C. pump D. spine

24. Ailments are caused by a/an ____ of yin and yang.

- A. abnormal B. imbalance C. unequal D. unfairness

25. Yoga increases endurance, ____ and flexibility.

- A. blood B. powerful C. strength D. strong

26. Food and drinks which strongly ____ the body can cause stress.

- A. boost B. develop C. encourage D. stimulate

27. As per the study, handful of nuts daily can cut people's ____ of coronary heart disease and cancer by nearly 22 per cent.

- A. chance B. luck C. opportunity D. risk

28. Acupuncture modality relies on sophisticated skills to select appropriate acupoints to ____ needles accurately.

- A. infuse B. inject C. insert D. install

Exercise 4. Mark the letter A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

29. Acupuncture originated in China and has been used as a traditional medicine for thousands of years.

- A. began B. created C. developed D. introduced

30. There is no evidence at this time that acupuncture can treat cancer itself.

- A. clue B. data C. proof D. sign

31. Acupuncture can treat from simple to complicated ailments.

- A. acupoints B. diseases C. points D. treatments

32. Some people believe that acupuncture can be a cure of cancer.

- A. allergy B. practice C. therapy D. treatment

33. Acupuncture can ease nausea and vomiting caused by chemotherapy.

- A. increase B. prevent C. reduce D. spoil

34. Are there any alternatives that might provide better options for gay people?

- A. choices B. decisions C. judgements D. votes

35. The old blood cells are broken down by the spleen and eliminated from the body.

- A. cut out B. exhaled C. removed D. held

36. Humans will enjoy longer life expectancy when they are more conscious of what they eat and do.

- A. aware of B. capable of C. responsible for D. suitable for

37. Together, all of these treatments are supposed to cleanse your body and stimulate your immune system.

- A. encourage B. generate C. increase D. expand

38. The most common side effects with acupuncture are soreness, slight bleeding and discomfort.

- A. direct B. indirect C. original D. unwanted

39. Consuming nuts can boost your heart health and lifespan.

- A. Eating B. Ingesting C. Inhaling D. Swallowing

40. Doing exercise regularly helps prevent diseases like heart disease, stroke and type 2 diabetes.

- A. avoid B. cure C. forbid D. reduce

41. Tomato juice contains a rich amount of fiber which helps in breaking down LDL or bad cholesterol in the body.

- A. compounds B. comprises C. produces D. Provides

42. The human body possesses an enormous, astonishing, and persistent capacity to heal itself.

- A. cure B. generate C. Protect D. remove

Exercise 5. Mark the letter A, B, C, or D to indicate the word(s) *OPPOSITE* in meaning to the underlined word(s) in each of the following questions.

43. The human respiratory system is a series of organs responsible for taking in oxygen and expelling carbon dioxide.

- A. breathing out B. dismissing C. exhaling D. inhaling

44. Turmeric can help in boosting immune system and fight off free radical attacks in the system.

- A. destroying B. enhancing C. weakening D. stopping

45. Although there are unanswered questions, acupuncture appears to work.

- A. be incorrect B. be ineffective C. be uncertain D. be unhelpful

46. Apart from being used as an ingredient in cooking, turmeric also promotes many health benefits.

- A. contributes to B. discourages C. stimulates D. weakens

47. Originally, there were 365 acupoints, but now this has increased to more than 2000 nowadays.

- A. reduced B. stabled C. transferred D. turned into

48. Acupuncture is considered to be very safe when enough precautions are taken.

- A. comfortable B. dangerous C. Sore D. unhealthy

49. Compound exercises can increase strength and size far effectively than isolation exercises.

- A. Light B. Heavy C. Mixed D. Single

50. Care is also needed so that inner body parts (lungs, heart liver, etc.) are not touched by the needles.

- A. external B. foreign C. superficial D. visible

Exercise 6. Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

51. Listen! There's someone at the door. I ____ the door for you.

- A. am going to open B. am opening C. open D. will open

52. "Look at those dark clouds!" - "Yes, it ____ in some minutes."

- A. will rain B. is going to rain C. are going to rain D. is raining

53. It's very hot. ____ the window. please?

- A. Are you opening B. Are you going to open C. Will you open D. Won't you open

54. Although I have taken some aspirin, the headache _____ away.

- A. isn't going B. isn't going to C. not go D. won't go

55. On Sunday at 8 o'clock I ____ my friend.

- A. meet B. am going to meet C. will be meeting D. will meet

56. Wait! I ____ you to the station.

- A. am driving B. drive C. is going to drive D. will drive

57. I ____ my sister in April as planned.

- A. have seen B. will see C. am going to see D. see

58. Perhaps I ____ New York one day.

- A. am visiting B. am going to visit C. visit D. will visit

59. What time ____ tomorrow?

- A. are you going to leave B. do you leave C. will you leave D. would you leave

60. Who ____ the next World Cup?

- A. is going to win B. is wining C. will win D. win

61. He ____ to the theatre tonight. He has got a free ticket.

- A. goes B. is going C. went D. will go

62. I ____ my parents at the weekend. I already bought a train ticket.

- A. visit B. am going to visit C. visited D. will visit

63. Don't touch that dog. It ____ you.

- A. bites B. is biting C. is going to bite D. will bite

64. It ____ that half of your plate should consist of vegetables and fruit.

- A. is suggested B. is suggesting C. suggesting D. suggests

65. Foods ____ into energy in the digestive system.

- A. are broke down and converted B. are broken down and converted
C. break down and convert D. broken down and converted