UNIT 2. EXTRA READING 1

Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

Health is the greatest wealth and the most precious thing that an individual can have in this world. In case of ill health, all the luxuries and pleasures of life lose their true charm and become meaningless to you. The poorest but healthy person can enjoy life better than the one who is the richest man of the world but is physically or mentally ill. To provide yourself with the **necessities** of life, you have to bear the pains of hard work. But if you are **in tone**, all the strenuous activities can be made really pleasant and fun-yielding! At the same time, there is also significant increase in your productivity at work. Such are the people who make great achievements in their short lifespan that startle the globe.

Do you know the easiest means of maintaining the fitness of mind and body? Availing the treasure of health does not require as much labor as accumulating heaps of money. It is so simple but requires optimum level of determination, consistency and regularity. The first important thing, in this regard, is to get at least basic knowledge of the structure and functioning of different organs and organ systems in the body. You must know what your body needs and what it doesn't. Secondly, take nutritious and balanced diet in right quantity and at the right time. Thirdly, the importance of regular exercise, particularly in the morning, has to be duly emphasized.

Smoking, excessive drinking and the use of drugs leave drastic effects on the overall performance of your body. Besides intense suffering, the efficiency at work is adversely affected. So, you have to avoid all these things only for your own health's sake. Any diseased person can realize the worth of health, but the wise thing is to value this treasure while you are healthy.

1. It is stated in paragraph 1 that _____.
   A. People's greatest wealth is their own health
   B. The poorest people are normally the healthiest
   C. The richest people are also the wealthiest
   D. The poorest can enjoy their lives better
2. The word '**necessities**' in the passage almost means _____.
   A. things that are indispensable
   B. things that are luxurious
   C. everything that people want to have
   D. anything that attract people's attention
3. The phrase '**in tone**' almost means _____.
   A. with a strong ambition
   B. having good health
   C. with good responses
   D. maintaining a good mood
4. Which of the following is NOT mentioned as a means of maintaining people's physical and mental health according to the passage?
   A. Knowing the structure and functioning of organs and organ system in the body
   B. Taking nutritious and balanced diet in right quantity and at the right time
   C. Laying emphasis on doing regular exercise, particularly in the morning
   D. Building relationships with people who share the same interest and hobby
5. Which of the following is NOT mentioned as what leaves negative effect on human body's performance?
   A. smoking B. hard work C. excessive drinking D. use of drugs

LIVEWORKSHEETS