

UNIT 10.1 - PHONETICS & GRAMMAR

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

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|-------------------------|---------------------|-----------------------|---------------------------|
| 1. A. studi <u>es</u> | B. busin <u>ess</u> | C. functi <u>o</u> ns | D. num <u>be</u> rs |
| 2. A. nur <u>s</u> e | B. film <u>s</u> | C. stop <u>s</u> | D. cough <u>s</u> |
| 3. A. lang <u>u</u> age | B. progr <u>a</u> m | C. Eng <u>l</u> and | D. appli <u>c</u> ant |
| 4. A. Eng <u>l</u> ish | B. Fr <u>e</u> nch | C. Amer <u>i</u> can | D. Celt <u>i</u> c |
| 5. A. Chin <u>a</u> | B. Lat <u>i</u> n | C. skin | D. pronun <u>ci</u> ation |

II. Choose the word which has a different stress pattern from the others.

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|-----------------|----------------|------------|-------------|
| 1. A. happen | B. visit | C. travel | D. develop |
| 2. A. offer | B. listen | C. precede | D. follow |
| 3. A. interview | B. appropriate | C. employ | D. describe |
| 4. A. support | B. fascinate | C. accept | D. believe |
| 5. A. inform | B. appeal | C. attempt | D. hesitate |

B. VOCABULARY AND GRAMMAR

I. Use the words given in the box to complete the sentences.

<i>anti-ageing</i>	<i>anti-acne</i>	<i>prescription</i>	<i>immune</i>	<i>nutritious</i>
<i>expectancy</i>	<i>meditation</i>	<i>healthy</i>	<i>sugar - free</i>	<i>stress - free</i>

1. My doctor said that these natural remedies can boost my _____ system.
2. One of the main responsibilities of a dietitian is to promote _____ and balanced diets.
3. _____ drinks are better for your teeth and general health.
4. In addition to a nutritious diet, a _____ lifestyle can boost your health and increase your life expectancy.
5. The development of effective medicines has contributed to the increase in the average life _____ in some countries.
6. An hour of _____ can help you to relieve your stress.
7. Some people believe that _____ foods can make them younger.
8. Home-made _____ masks based on fruits are completely natural and inexpensive.
9. Doctors should use more legible handwriting when giving _____.
10. Some people believe that keeping a diary of daily activities is one simple way to help you to stay _____.

II. Choose the correct words in brackets to complete the sentences.

1. **Antibacterial** / **Meditation** takes many forms, but its core is the ability to control the mind and quieten it down.

2. Learning is the most fundamental brain **workout** / **cholesterol-free** - and the more you do it, the more you'll benefit.
3. Research for more recent periods shows a surprising and continuing improvement in **life expectancy** / **oil-free** among those aged 80 or above.
4. Many individuals through the ages realised there was a very important link between health, exercise, fitness, meditation, intelligence and **longevity** / **anti-glare**.
5. A research suggests that Tai Chi may also slow **ageing** / **fat-free** by boosting a certain type of stem cell.
6. Bird's nest soup brings overall benefit to the **immune system** / **alcohol-free** and it gives you glowing skin.
7. Widespread gardening provides an opportunity for exercise, sunlight and **nutritious** / **consumption** food for people in Okinawa, Japan.
8. The first step in **boosting** / **continuing** Nagano's life span was a campaign to reduce salt consumption and promote a healthier diet and lifestyle.