

UNIT 3 TEST

A  Listen to Kim and Alex talk about their health habits. Choose the correct answers.

- Alex goes to the gym _____.
a. everyday
b. on weekdays
c. only on weekends
- Alex eats a lot of _____.
a. snacks
b. salads
c. junk food
- Kim likes to eat _____.
a. vegetables
b. meat
c. dessert
- Kim doesn't have time _____.
a. to cook
b. to exercise
c. to see her family

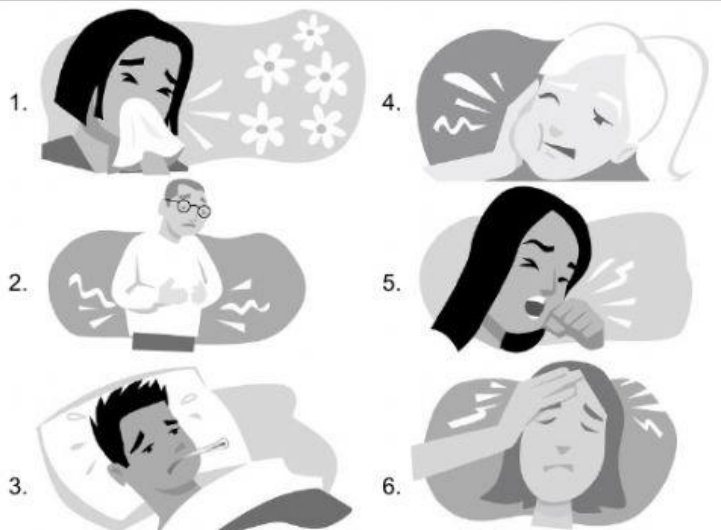
B Complete the conversations with the simple present or the present continuous. Choose the correct answers.

- A** Do Are you ever get getting (get) colds?
B Yeah, I do. Actually, I think I get am getting (get) a cold right now.
A Do Are you usually take are taking (take) something when you have are having (have) a cold?
B No, not usually.
- A** What do are you generally do doing (do) to stay in shape?
B Well, for one thing, I walk am walking (walk) to work every day.
A Uh-huh. Do Are you ever go going (go) to the gym?
B Not these days. I don't work out am not working (not work out) at all. I'm too busy.

C Complete the sentences with the problems in the box. There is one extra problem.

allergies	a fever	a sore throat
a toothache		
a cough	a headache	a stomachache

1. She has _____.
2. He has _____.
3. He has _____.
4. She has _____.
5. She has _____.
6. She has _____.



D Write answers to the questions. Use the words in parentheses. Use Capital letters at the beginning of the sentence and a comma (,) when necessary.

Example: **A** What do you do if you're very tired?

B *If / When I'm very tired, I take a hot bath* . (take a hot bath)

OR I take a hot bath if / when I'm very tired .

1. **A** What do you do when you get a sore throat?

B _____ . (drink tea with honey)

2. **A** What do you do if you have a high fever?

B _____ . (take some medicine)

3. **A** What do you do when you get a headache?

B _____ . (not do anything)

4. **A** What do you do if you get an upset stomach?

B _____ . (lie down for a while)

E Read each statement. Circle the best response to encourage the people to continue talking about the subject.

1. **A** I don't like to exercise.

B _____

a. Oh, really? How come?

b. Do you exercise every day?

c. I don't either.

3. **A** Sometimes I have interesting dreams.

B _____

a. Did you sleep well last night?

b. Really? Like what?

c. I like my dreams.

2. **A** I have a terrible toothache.

B _____

a. I'm sorry. What did you eat?

b. Yeah. I had a toothache last month.

c. That's too bad. Do you have a dentist's appointment?

4. **A** I work out about twelve hours a week.

B _____

a. Oh. That's a lot.

b. I never work out.

c. You're kidding! What do you do?

F Read the leaflet about a new class. What can you learn in this class? Choose the four things.

Do you feel tired? Do you avoid exercise? Do you need to improve your diet?

Then join our class on healthy lifestyles!

Why “lifestyles” and not “lifestyle”? Because there are many different ways to have a healthy lifestyle. However, **diet**, **exercise**, and **stress control** are the three keys to a healthy life for everyone. In this class, learn answers to these questions:

Diet

- Am I eating the right foods?
- When I go to the supermarket, what foods do I choose?
- What meals can I order when I eat out in a restaurant?
- How can I make quick, healthy meals at home?

Exercise

- Am I getting enough exercise?
- What kind of exercise is best?
- How can I find time to exercise?

Stress Control

- Is stress always bad?
- Am I too stressed?
- What can I do about stress in my life?

In this class, you can learn how to . . .

- | | |
|-------------------------------|------------------------------|
| a. become a vegetarian. | e. cope with stress. |
| b. shop for healthy food. | f. make new friends. |
| c. exercise more often. | g. choose a good restaurant. |
| d. improve your sleep habits. | h. cook healthy meals. |