# SPEAKING

**VOCABULARY**

**TOPIC: HEALTH**

**Exercise 1. Choose correct answers to fill in the blanks.**

1. Regular exercise is essential for maintaining a healthy _____.

a) immune system b) check-up c) obesity d) consumption

2. A _____ is a medical examination to assess one's overall health.

a) nutrient b) all-nighter c) cardiovascular d) check-up

3. _____ is a condition where there is an excessive accumulation of body fat.

a) cardiovascular b) endurance c) obesity d) immune system

4. A _____ diet is beneficial for heart health as it helps reduce the risk of heart diseases.

a) check-up b) vital c) well-balanced d) cardiovascular

5. Lack of sleep and pulling an _____ can have negative effects on your overall health.

a) obesity b) consumption c) all-nighter d) nutrient

**TOPIC: PLACES**

**Exercise 2. Complete the sentences below using given words.**

| | | |
|---|---|---|
| breathtaking | natter | walking |
| scenery | haggle | stroll |

1. My favorite thing about the countryside is the _____ landscapes; the rolling hills and lush green fields are simply stunning.
2. The small village is surrounded by picturesque _____, with charming cottages and a serene river flowing nearby.
3. The hotel is conveniently located within _____ distance of the main attractions, making it easy to explore the city.
4. In the evenings, locals often gather at the town square to have a _____, sharing stories and catching up with each other's lives.
5. When visiting local markets, it's common to _____ over the prices to get the best deals on unique souvenirs and handcrafted items.
6. On weekends, I love to go for a _____ along the scenic riverbanks, enjoying the fresh air and peaceful ambiance.

LIVEWORKSHEETS

# READING

**READING FOR DETAILS**

Despite being less than 250 years old, the United States has become one of the world's economic powerhouses. Although the country's location, vast size, and abundant natural resources played a large role in its success, these would have had little impact without advances in the transportation industry. Until around 1800, the country relied mainly on **water-based transportation**, such as ships and boats for its cargo needs. Since the country was rather small and most early cities were on the East Coast, early Americans could easily trade with one another and with their European trading partners using this form of transportation. However, as the 19th century got underway, the Louisiana Purchase doubled the size of the nation and it eventually reached the West Coast. This resulted in vast interior areas that were not accessible by boat and therefore ended the water-based transportation era. The problem was solved by the construction of the transcontinental rail system, which brought the country into the **land-based transportation** era. The new railways allowed large-scale shipping of large items from one coast to the other for the first time. Later, after the invention of the automobile, highways mirrored this transcontinental system and people could easily drive across the country on their own. These land-based systems dominated transportation in America until the mid to late-1900s. The following period saw the simultaneous rise of air travel and information technology. As the air**- based transportation** era began, people could travel or send parcels across the country in a matter of hours rather than days or weeks, and transferring information became instantaneous.

*Classify the following statements as referring to*

| |
|---|
| A. Air-based transportation era |
| B. Land-based transportation era |
| C. Water-based transportation era |

1. The speed of the postal service was reduced to less than a day.
2. A new form of travel emerged at the same time as a new technology.
3. A new system provided a way of travelling alone across the country.
4. The location of cities on one coast made trade easy.

LIVEWORKSHEETS