(A) Should you follow a specific diet and exercise plan based on your blood type? (B) According to the Blood Type Diet created by Dr. Peter J. D'Adamo, a naturopathic doctor, people with different blood types digest lectins differently, and if people eat food that is not compatible with their blood type, they will experience many health problems. (C) On the other hand, if a person eats food that is compatible for the body to digest more effectively, _____. (D) D'Adamo claims that one's blood type may determine which diseases and illnesses you may develop resulting from the foods you eat that react chemically with your blood type. (E) However, you'll lose weight, have more energy, and help prevent disease. (F) The Blood Type Diet also recommends exercises based on your blood type. (G) **For instance**, it suggests Yoga or Tai Chi for type A's, and vigorous aerobic exercises like jogging or biking for up to an hour a day for type O's.

1. Which of the following would be the best title for this passage?

    1. Eat to Cure Your Blood
    2. Food Can Bring Diseases and Illness
    3. Healthy Food for Good Digestion.
    4. Different Blood Types
    5. Eat Right for Your Blood Type

2. Which of the following best completes Sentence C?

    1. he or she will be healthier
    2. they seem to face various health problems
    3. that person may gain weight easily
    4. the blood circulation can help the body relax
    5. which he or she will have less energy

3. Which sentence should NOT be included in the paragraph?

    1. Sentence D
    2. Sentence E
    3. Sentence F
    4. Sentence G
    5. Sentence G

4. The phrase **"For instance"** (sentence G) can best be replaced by _____.

    1. For better or for worse
    2. For the time being
    3. For example
    4. In short
    5. For all it's worth.

5. Which statement is TRUE according to the highlighted context in Sentence D?

    1. The more you eat, the more problems you have.
    2. Whatever you eat can make you feel uncomfortable and sick.
    3. Your blood type will be chemically contaminated if you take improper food.
    4. You may be sick if you eat improper food for your blood type.
    5. You can get diseases easily unless you have some healthful nutrition.



LIVEWORKSHEETS

(A) Teenage pregnancy is currently among the important problems in Thailand. (B) Risky sexual behavior has the effect of magnifying the problem of teenage pregnancy. (C) A study done on factors affecting teenagers' pregnancy states that most pregnancies arise due to inconsistent use of birth control methods. (D) Or, they do not practice birth control at all due to lack of knowledge, or _____, that having sex one time only will not result in pregnancy. (E) She also has the feeling that using condoms blocks sexual satisfaction and deliberate pregnancy. (F) **Plus**, they do not know what the general conditions of getting pregnant are. (G) In addition, teenagers are reluctant to access birth control services, and staff providing such services do not have a good attitude towards teenagers with sexual problems.

1. Which of the following would be the best title for this passage?
    1. Thai Teenagers' Sexual Risk Behavior and Pregnancy
    2. Failures of Birth Control Methods for Thai teenagers
    3. The Effects of Teenage Pregnancy in Thailand
    4. Risky Conditions for Sexual Problems in Thailand
    5. Thailand's Adolescents with Pregnant Difficulties



2. Which of the following best completes Sentence D?
    1. try to protect themselves carefully
    2. consult how to have safe sex with her partner
    3. have misunderstandings about sexual relations
    4. ask for useful information about birth control
    5. desire to have safer birth control
3. Which sentence should NOT be included in the paragraph?
    1. Sentence B
    2. Sentence C
    3. Sentence D
    4. Sentence E
    5. Sentence F
4. The word **"Plus"** (sentence F) can best be replaced by_____.
    1. Accordingly
    2. Likewise
    3. Afterwards
    4. Lest
    5. Moreover
5. Which statement is TRUE according to the highlighted context in Sentence G?
    1. Teenagers do not want to follow birth control methods.
    2. Teenagers have negative feelings towards birth control services and their staff.
    3. Teenagers do not like the attitude of the staff working for birth control services.
    4. Teenagers feel more comfortable consulting staff regarding their sexual problems.
    5. Teenagers have positive attitudes when properly [illegible]

LIVEWORKSHEETS