Your name: _____

UNIT 2: HEALTHY LIVING

Exercise 7. Choose the word which best fits each gap.

Breakfast is the (1) _____ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) _____ and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (3) _____ to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4) _____ weight if you eat in the morning rather than later in the day. Dividing the day's calories (5) _____ three meals helps take-off weight more efficiently than (6) _____ breakfast and having two larger meals a day does.

1.	A. healthy	B. tasty	C. main	D. most
2.	A. strength	B. power	C. energy	D. effort
3.	A. able	B. enable	C. unable	D. capable
4.	A. lose	B. put	C. gain	D. drop
5.	A. in	B. into	C. up	D. for
6.	A. skipping	B. making	C. buying	D. serving

Exercise 8. Read the following passage and circle the letter A, B, C, or D to indicate the correct answer to each of the questions.

WE ALL NEED EXERCISE

The body needs exercise. Exercise uses up food and keeps the body strong. It makes your heart and muscles strong. Exercise also makes you feel good. If you exercise a few times a week, you will stay healthy and happy.

Some people in America do not get enough exercise. They work in office buildings sitting in a chair all day in front of computers. They live far from their offices, and they have to drive their cars to get to work. Therefore, when they get home at night, they don't want to exercise after work.

Today, many Americans are overweight. This causes health problems for some people. Doctors say that exercise can help people both lose weight and improve their health. So, many people are trying to get more exercise. But it takes time to change, and when people do not see a difference right away, they **lose interest** in exercising.

1. The writer says that exercise_____.

A. only makes your muscles strong.

B. send blood to your muscle.

C. is only done in a gym.

D. makes your heart work hard to send blood to your muscles.

2. The writer mentions that in America, _____.

A. many people spend much time driving to work.

B. most office workers can get a lot of exercise.

C. many people are overweight because they don't get enough exercise.

D. Americans don't like doing exercise.

3. Why don't the Americans get enough exercise?

A. They find it difficult to exercise.

B. They don't have enough time to exercise.

C. They feel tired of exercising.

D. They don't want to lose weight.

LIVEWORKSHEETS

4. According to the reading, which fact is NOT TRUE?

A. Exercise makes you feel good.

B. Some people do not get enough exercise.

C. Many people have to drive their cars to work.

D. Many people don't want to get exercise after work because they are lazy.

Exercise 9. Reorder the words and phrases to make sentences.

1. eating/ My grandmother / tofu/ likes/.

→ _____

2. us / vitamins / Coloured vegetables / a lot of / provide /.

→ _____

3. regularly / John/ does / stay healthy / karate / to/.

→ _____

4. there / Are / protein / much / in / and fish / meat /?

→ _____

5. on / causes / Acne / usually / the face / small, red spots /.

→ _____

6. acne /You / to go to bed /early/ should / avoid /.

→ _____

Exercise 10. Write the second sentence so that it has the same meaning to the first one.

1. If you often go swimming, you will keep fit.

→ **Swimming** _____

2. It is bad for your heart if you eat too much meat.

→ **Eating too much meat** _____

3. She took an aspirin because she wanted to stop her toothache.

→ **She took an aspirin to** _____

4. You can learn things better if you do exercise. (help)

→ **Exercise** _____

5. It's a good idea to do exercise regularly.

→ **You** _____

6. Tom gained 5 kilos after he quit smoking.

→ **Tom put** _____

LIVEWORKSHEETS