

GE9 UNIT 2 WELL-BEING 2

1. Read the article and complete it with suitable words:

Taking care of your health is one _____ the best investments you can make in life. Good nutrition provides the nutrients your body needs to work efficiently and to fight _____ illnesses. Without a balanced diet, people are more susceptible _____ disease, such as diabetes, and they may be _____ likely to suffer from high blood pressure later _____ life. Eating well also helps the immune system banish harmful bacteria and viruses, _____ constantly try to attack the body.

Unfortunately, many people skip meals, _____ leads to the reduction of their energy and concentration. Others often crave sugary snacks, but these do not really suppress hunger _____ long. Over time, these habits put people _____ risk of serious health problems. A better choice is to eat small, nutritious meals throughout the day, which can help to restore energy levels and improve focus.

Well-being is not _____ about avoiding illness but also about learning how to wind _____ after a stressful day. Exercise, sleep, and even making time to take care of appearance can all improve self-confidence and reduce anxiety. _____ people adopt these habits, they will feel healthier, stronger, and _____ positive in their daily lives.

Work out the meaning of the following words from the context (DO NOT USE A DICTIONARY/GOOGLE)

Susceptible: _____

Banish: _____

Crave: _____

Suppress: _____

Wind down: _____

Restore: _____

Adopt: _____

What are the dangers of letting technology interrupt your sleep? What should you do to prepare for a good night's sleep?

2. Rewrite COMPARATIVE and SUPERLATIVE sentences using the words given:

The film is nowhere near as interesting as the book. **(far)**

The book _____.

The film is nowhere near as interesting as the book. **(much)**

_____.

Solar panels produce electricity in a better way than traditional power plants. **(more efficient)**

Solar panels are _____.

John can speak English much more fluently than everyone in his class. **(far less)**

John's classmates _____.

Because he rarely studies, he will probably not pass the test. **(less likely to)**

Because he rarely studies, he is _____.

My brother cooks better than me. **(as)**

I can't _____.

These days, people don't visit libraries as often as they used to. **(less frequently)**

These days, people _____.

Teenagers often catch colds more easily than adults. **(more susceptible)**

Teenagers _____.

Without regular practice, students cannot solve complex problems as easily as before. **(less able)**

Students _____ without regular practice.

3. Listen and choose the correct answer:

1 You hear two friends talking about a boy who's just completed a trek to the South Pole. What do they agree about? A It must have been difficult being away from friends. B He must be strong mentally as well as physically. C They'd like to do something as extraordinary.	2 You hear a news item about the penguins at Edinburgh Zoo in Scotland. What is the speaker explaining? A how penguins came to be at the zoo B how young penguins are looked after at the zoo C how successful penguin breeding programmes have been at the zoo
3 You hear two friends talking about celebrating Chinese New Year. What did the girl find most memorable about the experience? A making preparations in a Chinese home B watching a friend in a Chinese parade C trying typical Chinese food	4 You hear a radio report about a teenager who won a science competition. What is the speaker doing? A explaining her reasons for entering B describing the topic of her project C giving information about her background
5 You hear a woman talking about growing up as a junior chess champion. What did she find difficult about it? A the effect it had on her friendships B the amount of travelling that was required C the pressure from her parents to succeed	6 You hear two teenagers talking about a television drama. What do they agree about it? A The humour was unconvincing. B The storyline was hard to follow. C The action scenes were badly done.