Task 1.Read the paragraph and choose the correct answer

Stress can have many (1)_____ on our physical health. It can affect the heart such as increasing the pulse rate, making the heart miss beats, or causing (2)_____ blood pressure. Stress can also affect the breathing system. It can make a person breathe too fast, resulting in a loss of carbon dioxide. Emotions are also (3)_____ affected by stress. Stressful people often anxious. They may have panic attacks or feel tired all the time. When people are (4)_____ stress, they often overreact to little problems. For example, a normally gentle parents under a lot of stress at work may shout at his/ her child for dropping a glass of juice. Stress can make people angry, (5)_____, or nervous. It is obvious that stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. (6)_____, to reduce stress, you should stop the work or study and rest for a while.

1. A. effects	B. affects	C. pressure	D. imposes
2. A. low	B. average	C. high	D. long
3. A. easily	B. difficulty	C. hardly	D. normally
4. A. in	B. under	C. at	D. below
5. A. happy	B. positive	C. moody	D. excited
6. A. So	B. But	C. For	D. And

Task 2.Choose the best answer

1. You should turn off the _____ on your phone to avoid being disturbed.

A. notice B. notifications C. information D. power

2. Mary wants to go abroad, _____ she saves money from now.

A. and B. or C. but D. so

3. They used to be friends, _____ now they are not.

A. and B. or C. but D. so

4. Ann is very sensitive; _____, you shouldn't comment on his new shoes.

A. but B. therefore C. however D. so

5. This event is held to commemorate the national heroes, _____ it teaches children to respect and be grateful to the heroes.

A. and B. or C. but D. so

6. You can take a seat, _____ you can go around and take a look. It's up to you.

A. and B. or C. but D.so

7. Could you _____ me more about the English club?

A. tells B. tell C. to tell D. told

8. Facebook is used _____ with friends all over the world.

A. connect B. to connect C. connecting D. connects

9. The Maths club starts at 6 p.m _____ Mondays and Fridays.

A. in B. at C. on D. for

10. Let's _____ the chess club, for it is interesting.

A. join B. take part C. take D. join in

Task 3.Rewrite the sentences

1. It took her nearly an hour to do the crossword.

➔ She spent _____

2. Making crafts or collecting things like stamps and coins are very interesting.

➔ It's very _____

3. I am interested in going camping with my close friends.

➔ I fancy _____

LIVEWORKSHEETS