

REVISION BEFORE THE TEST

Vocabulary: Complete the sentences, the first letter of the missing word has been given to you.

1. Tea and coffee contain a lot of C_____.
2. In my opinion the best way to L_____ weight is to eat vegetables and exercise regularly.
3. I often F_____ sick when I eat too much.
4. Sue has stopped eating fast food - she doesn't want to put on W_____.
5. I want to feel F_____ and healthy and be as active as I can.
6. Orange juice contains a lot of V_____ C, which is very good for you.
7. When you don't eat properly, you may H_____ H_____.
8. If you go out on Saturday and you drink too much A_____ next day you will feel terrible.
9. Having S_____ D_____ like psoriasis is a very serious problem, mainly for teenagers.
10. The more you exercise, the more E_____ you have.

READING: Read the text and select the correct answers.

Most people want to be healthy and look and feel good. They have some idea about what's good or bad for them. But they are confused by all the information out there about how to have a healthy lifestyle.

There are three equally important requirements for a healthy life: nutrition, exercise and rest. Humans have complicated bodily systems. You need to eat healthy food to give your bodily systems energy. You need exercise to keep them strong. You need sleep to give them rest. You won't be healthy if you usually make unhealthy decisions about these things. Today I'm going to talk about one part of living a healthy life: nutrition.

Choices about nutrition, exercise and sleep must be consistent and sustainable. Sometimes people say they are going on a diet to be healthy. But, what happens later when they go back off that diet? Even worse, some people think a diet means not eating. But, not eating is one of the worst things they can do. Our bodies must have a balance of carbohydrates, proteins, and fats; these are called macronutrients. We also need vitamins and minerals, or micronutrients, in order to stay healthy.

To have good health, find out how much food your body needs. Next, learn about what is in the foods you usually like to eat. Finally, replace the bad foods with healthier options.

I hope this information is helpful.

Choose the best answer.

1. This article is about _____.
a. food b. vitamins c. sleep d. exercise
2. Proteins, fats, and _____ are macronutrients.
a. minerals b. carbohydrates c. vitamins d. foods
3. There are _____ equally important requirements for a healthy life.
a. two b. three c. four d. five
4. People have to make _____ and sustainable choices about their health.
a. confused b. helpful c. worse d. consistent

Passive voice. Multiple choice. Choose the correct option.

- 1) People eat fresh fish regularly.
a-Fresh fish eat regularly
b-Fresh fish be eaten regularly
c-Fresh fish is eaten regularly
- 2) They sell cold drinks there.
a-Cold drinks are sold there.
b-Cold drinks were sold there.
c-Cold drinks is sold there
- 3) You parked cars on that road.
a-Cars is parked on that road.
b-Cars are parked on that road.
c-Cars were parked on that road.
- 4) The police arrested an old man yesterday.
a-An old man is arrested yesterday.
b-An old man was arrested yesterday.
c-An old man are arrested yesterday.
- 5) They clean your room every day.
a-Your room is cleaned every day.
b-Your room are cleaning every day.
c-Your room was cleaned every day.