

## Unit 2. YOUR BODY AND YOU

### Part I. PHONETICS

**Exercise 1.** Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. <u>allergy</u>	B. <u>digest</u>	C. <u>oxygen</u>	D. <u>sugar</u>
2. A. <u>breath</u>	B. <u>head</u>	C. <u>health</u>	D. <u>heart</u>
3. A. <u>among</u>	B. <u>belong</u>	C. <u>body</u>	D. <u>strong</u>
4. A. <u>approach</u>	B. <u>children</u>	C. <u>chocolate</u>	D. <u>stomach</u>
5. A. <u>intestine</u>	B. <u>mind</u>	C. <u>spine</u>	D. <u>reliable</u>

**Exercise 2.** Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of the primary stress in each of the following questions.

6. A. ailment	B. disease	C. <u>poultry</u>	D. nervous
7. A. <u>digestive</u>	B. <u>intestine</u>	C. condition	D. evidence
8. A. <u>internal</u>	B. skeletal	C. <u>therapy</u>	D. willpower
9. A. <u>alternative</u>	B. <u>bacteria</u>	C. <u>respiratory</u>	D. scientific
10. A. <u>acupuncturist</u>	B. <u>circulatory</u>	C. <u>ineffectively</u>	D. <u>vegetarian</u>

**Exercise 3.** Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

11. The controller of the body is the \_\_\_\_ system. Led by the brain and nerves, it allows us to move, talk and feel emotions.

A. circulatory      B. digestive      C. nervous      D. respiratory

12. \_\_\_\_ system of the body lets us break down the food we eat and turn it into energy.

A. Circulatory      B. Digestive      C. Nervous      D. Respiratory

13. Skeletal system of the body is made up of our \_\_\_\_\_. It supports our body and protects our organs.

A. bones      B. museles      C. nerves      D. vessels

14. In under a minute, your \_\_\_\_ can pump blood to bring oxygen and nutrients to every cell in your body.

A. brain      B. heart      C. lungs      D. vessels

15. The human \_\_\_\_ system is a series of organs responsible for taking in oxygen and expelling carbon dioxide.

A. circulatory      B. digestive      C. nervous      D. respiratory

16. A healthy \_\_\_\_ between work and play ensures that everyone has a chance to enjoy their lives.

A. balance      B. control      C. equality      D. share

17. He likes to \_\_\_\_ a nap for an hour when he arrives home from work.

A. do      B. get      C. make      D. take

18. I've been a night owl \_\_\_\_ up late for years, hitting the sheets anytime between 12 and 3 a.m.

A. finishing      B. getting      C. staying      D. waking

19. It's not too late to \_\_\_\_ your bad habits (smoking, drinking, overeating, etc.) and immediately start living a happier, healthier life.

A. get rid      B. give on      C. kick      D. remember

20. If people breathe in deeply, their \_\_\_\_ can expand to twice their normal size.

A. hearts      B. kidneys      C. lungs      D. stomachs

21. Some foods and spices may \_\_\_\_ your breath for days after a meal.

A. damage      B. harm      C. reduce      D. spoil

22. Fish, poultry, beans or nuts \_\_\_\_ half of their dinner plate.

A. make of      B. make out      C. make up      D. make up of

23. It's another name for the backbone. It is \_\_\_\_.

A. brain      B. leg      C. pump      D. spine

24. Ailments are caused by a/an \_\_\_\_ of yin and yang.

A. abnormal      B. imbalance      C. unequal      D. unfairness

25. Yoga increases endurance, \_\_\_\_ and flexibility.

A. blood      B. powerful      C. strength      D.  **LIVEWORKSHEETS**