

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

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. poultry D. nervous
7. A. digestive B. intestine C. condition D. evidence
8. A. internal B. skeletal C. therapy D. willpower
9. A. alternative B. bacteria C. respiratory D. scientific
10. A. acupuncturist B. circulatory C. ineffectively D. vegetarian

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. muscles 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. 