GEOS INTERNATIONAL ENGLISH CENTER

WORKSHEET 1_UNIT 2

I. Choose the best one (A, B, C or D) to complete the sentence.

1. You should eat a lot of fruits and vegetables because they_____vitamin A, which is good for the eyes.

   A. run B. take C. provide D. get

2. The health_____from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.

   A. advices B. ideas C. tip D. tips

3. The seafood I ate this morning makes me feel_____all over.

   A. itchy B. weak C. running D. well

4. If you want to be fit, stay outdoors more and do more_____activities.

   A. physics B. physic C. physical D. physically

5. Do more exercise_____eat more fruit and vegetables.

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

6. After working in computer for long hours, you should_____your eyes and relax.

   A. wake B. rest C. sleep D. sleep in

7. Eat less high-fat foods to keep you from_____fat.

   A. gaining B. reducing C. getting D. rising

8. We should follow the advice from doctors and health_____in order to keep fit.

   A. managers B. experts C. people D. workers

9. Have a healthy_____and you can enjoy your life.

   A. lifeline B. lively C. lives D. lifestyle

10. They go outside even when it's cold.

    A. Swims B. swiming C. swimming D. swam

11. Rob eats a lot of fast food and he_____on a lot of weight.

    A. spends B. brings C. takes D. puts

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12. We need to spend less time_____computer games.

A. playing B. to playing C. play D. to play

13. To prevent_____, you should eat a lot of garlic and keep your body warm.

A. cold B. mumps C. flu D. headache

14. Be careful with_____you eat and drink.

A. who B. this C. what D. that

15. Eating a lot of junk food may lead to your_____.

A. pain B. stomachache C. obesity D. fitness

II. Matching 1-8 with A-H.

1. A pain cause by something being wrong with one of your teeth. .....
2. A pain in your back. .....
3. A very serve pain that you feel in your head.....
4. Pain in your stomach. .....
5. A pain in the inside part of your ear. .....
6. A problem which is like a very bad cold, but which cause a temperature. .....
7. A pain in your throat. .....
8. A health problem that you make a lot of loud sounds. .....

A. *Headache*
B. *Stomachache*
C. *Toothache*
D. *Backache*
E. *Sore throat*
F. *Cough*
G. *Earache*
H. *Flu*

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III. Look at the advice for a healthy lifestyle, and complete the sentences using *more* or less

1. You have toothache. Eat.....candy.
2. Get up early and do.....exercise.
3. The examination is coming. Watch.....TV.
4. Watch.....television and you can protect your eyes.
5. You look tired, sleep .....
6. She should eat.....fast food.
7. You are putting on weight. Eat.....fast food.
8. I will spend_.....time on computer games.
9. You have a cough. Drink.....warm water.
10. We should eat.....junk food and eat.....fruit and vegetables.

IV. Fill in each blank with the correct conjunction: *if, so, and, but, or, when.*

1. Do more exercise.....you want to lose weight.
2. I have a lot of homework to do this evening,__I don't have time to _..... watch the football match.
3. Eat more vegetables,.....you will feel healthier.
4. Take up a new hobby.....you'll have some new friends.
5. Eat more fish,_.....you will be smarter.
6. He has toothache_.....he still eats a lot of sweets and cakes.
7. Try to talk less.....you have a sore throat.
8. Smoke less.....give it up.
9. Sunbathe less,_.....you'll get sunburn.

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VI. Fill in the blank with siutable words.

spend	from	exercise	fit	ride
for	tired	energy	in	calorie

We need calories or (1).....to do the things every day. For example, when we walk or (2).....a bike to school, we spend a certain amount of (3).....and even when we sleep, we also use them. But how many calories should we (4).....a day to stay in shape? It's difficult (5).....us to calculate. If people want to keep (6).....,they should remember that everyone should have between 1600 and 2500 calories a day.

We get calories (7)_____the food we eat. If we get too much food and don't take part (8).....any activities, we can get fat quickly. So besides studying, we should do some (9)....._, play sports or do the housework, such as cleaning the floor, cooking etc., if we don't eat enough, we feel (10).....and weak.

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