

WORKSHEET 2 _ UNIT 2

Ex 1. Choose the words whose underlined part is pronounced differently from that of the others in each group

1. A. <u>see</u>	B. <u>seen</u>	C. <u>sportsman</u>	D. <u>sure</u>
2. A. <u>pull</u>	B. <u>sugar</u>	C. <u>plural</u>	D. <u>study</u>
3. A. <u>course</u>	B. <u>court</u>	C. <u>encourage</u>	D. <u>cough</u>
4. A. <u>bark</u>	B. <u>share</u>	C. <u>dare</u>	D. <u>bare</u>
5. A. <u>cotton</u>	B. <u>bottle</u>	C. <u>old</u>	D. <u>common</u>
6. A. <u>dear</u>	B. <u>hear</u>	C. <u>bear</u>	D. <u>clear</u>
7. A. <u>bury</u>	B. <u>curtain</u>	C. <u>burn</u>	D. <u>turn</u>
8. A. <u>folk</u>	B. <u>work</u>	C. <u>pork</u>	D. <u>corn</u>
9. A. <u>shout</u>	B. <u>sugar</u>	C. <u>share</u>	D. <u>surgery</u>
10. A. <u>about</u>	B. <u>amount</u>	C. <u>should</u>	D. <u>ground</u>

Ex 2. Choose the word whose main stressed syllable is placed differently from that of the other in each group.

1. A. wonder	B. import	C. include	D. reduce
2. A. garbage	B. certain	C. liquid	D. protect
3. A. government	B. remember	C. natural	D. chemicals
4. A. recycle	B. satisfy	C. citizen	D. universe
5. A. teacher	B. habit	C. escape	D. worker

Ex 3. Fill in the blank with suitable words

1. This c.....is too hot for me to drink.
2. Some people have a bad habit of L.....in public places.
3. My son is t.....in the bathroom now.
4. My mother likes j.....in a park near our house in the morning.
5. Please put the r.....into the rubbish bin over there, boy!
6. If you eat too much f....., you will put on weight.
7. Human beings should plant more t.....to protect the environment.
8. Jenny has dirty clothes. She is w.....at the moment.
9. Does she prefer apple juice or o.....?

Ex 4. Choose the best answer.

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

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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

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

16. In order to have good _____, you should eat lightly and laugh cheerfully.
A. spirit B. body C. health D. mood

17. Do you believe that eating _____ carrots helps you see at night?
A. most B. the most C. much more D. less

18. We should try to keep everything around us clean and then flu will find it _____ to spread.
A. difficultly B. difficulties C. difficult D. difficulty

19. My father does morning _____ every day.
A. running B. well C. exercise D. weak

20. We should play sports or do exercise in order to stay in _____.
A. fit B. health C. look D. shape

21. You can avoid some diseases by _____ yourself clean.
A. keeping B. taking C. looking D. bringing

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22. The Japanese eat a lot of fish instead of meat _____ they stay more healthy.

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

23. She looks tired. What's the with her?

A. matter B. happen C. wrong D. right

24. Minh is absent from class today he is ill.

A. but B. because C. when D. so

25. He is a(n) _____. He doesn't have a habit of eating meat.

A. patient B. expert C. vegetarian D. adult

Ex 5. Put the verbs in brackets in the correct tense form.

1. Nam looks brown. He was on holiday last week. He (get) sunburn.
2. Getting plenty of rest is very good. It (help) you to avoid depression.
3. The Japanese (eat) a lot of fish so they are very intelligent.
4. If you wash your hands more, you (have) less chance of catching flu.
5. Eating carrots regularly (help) you see better.
6. It is very hot outside. Please (wear) a sun hat when you go out.
7. Do more exercise and you (feel) healthier.
8. I don't want (be) tired tomorrow so I go to bed early.
9. Nowadays, I don't feel well. I often (feel) sick and weak.
10. People who (smile) more are happier and they live longer.

Ex 6. Fill in the blank with "more" or "less"

1. Eat _____ fruits and vegetables.
2. Stay outdoor and do _____ exercises to be healthier.
3. Drink _____ alcohol or you will be weak.

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4. Sleep _____ and don't go to bed too late.
5. Practice _____ and you will improve your skills.
6. Spend _____ time on smartphone and laptop or you will ruin your eyes.
7. Go out _____ and make some new friends, so you won't be lonely.
8. Drink _____ coffee. It's not good for your brain.
9. Read _____ books to broaden your knowledge.
10. Play _____ computer games and study _____
11. Take _____ vitamin A to strengthen your immune system.
12. Put _____ wood into the campfire to keep warm
13. Smoke _____ or you will have lung cancer.
14. Eat _____ raw food or you will have stomachache.
15. Spend _____ time on TV and pay _____ attention to your siblings.
16. Sunbathe _____ if you don't want to have skin cancer.
17. Take _____ photos of this beautiful mountainous area.
18. Wear _____ warm clothes or you'll be cold.
19. Put _____ more effort in your work to achieve best result.
20. Watch _____ documentaries about Nile River and write a report.

Ex 7: Choose the correct phrase

1. (Spend more/ do more) time doing morning exercises.
2. (Play more/ do more) sports like biking, swimming or yoga.
3. Give up junk food and (eat less/ eat more) food high in fat, salt, and cholesterol.
4. (Take in more/ Eat less) healthy foods like fruits, vegetables, fish or nuts in your daily meals.
5. If you get fat, (eat less/ sleep more) and (exercise more/ sleep less).
6. Don't (take in more/ take in less) calories than you burn.

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7. (Spend more/ Spend less) time with family and friends.
8. (Pay more/ Pay less) attention to your health.
9. If you want to be taller, (drink more/ drink less) coca and (take in more/ take in less) calcium.
10. If you want to avoid obesity, (eat more/take in less) sugar.
11. (Wear less/ Put on more) clothes or you will have the flu.
12. (Go out more/ Go out less) on sunny days to avoid sunburn and skin cancer

Ex 8. Find the mistake and correct

Mistake	Correct
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1. Studies more or you won't pass the test.
2. Exercise less during daytime and you will have a decent night sleep.
3. Read less books and you can learn new things.
4. Don't drink less beer or you will have a big belly.
5. Don't smoke more and you will have poor health condition.
6. Talk more and keep quiet. I need to concentrate on my homework.
7. Spend more time on computer and hang out more with friend.
8. Eat less carrots because they are good for your eyes.