

UNIT 2 – HEALTH

I. Find the word which has a different sound in the underlined part.

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|--------------------------|----------------------|----------------------|-----------------------|
| 1. A. p <u>u</u> t | B. ad <u>u</u> lt | C. j <u>u</u> nk | D. s <u>u</u> n |
| 2. A. i <u>t</u> chy | B. r <u>i</u> ding | C. s <u>i</u> ck | D. sw <u>i</u> mming |
| 3. A. <u>ch</u> emical | B. <u>ch</u> ildren | C. head <u>a</u> che | D. arch <u>i</u> tect |
| 4. A. regular <u>l</u> y | B. ident <u>i</u> fy | C. reall <u>y</u> | D. health <u>y</u> |
| 5. A. <u>c</u> ycling | B. doct <u>o</u> r | C. aerob <u>i</u> cs | D. <u>c</u> alories |

II. Find the odd one out A, B, C or D.

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|---------------|-------------|------------|----------------|
| 6. A. tired | B. weak | C. sick | D. temperature |
| 7. A. do | B. although | C. and | D. but |
| 8. A. allergy | B. fat | C. flu | D. stomachache |
| 9. A. well | B. sick | C. healthy | D. fit |
| 10. A. live | B. smile | C. sleep | D. happy |

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

11. 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
12. 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
13. The seafood I ate this morning makes me feel all over.
- A. itchy B. weak C. running D. well
14. If you want to be fit, stay outdoors more and do more activities.
- A. physics B. physic C. physical D. physically
15. Do more exercise eat more fruit and vegetables.
- A. and B. so C. but D. Although

16. After working in computer for long hours, you should ____ your eyes
and relax.
A. wake B. rest C. sleep D. sleep in
17. Eat less high-fat foods to keep you from ____ fat.
A. gaining B. reducing C. getting D. rising
18. We should follow the advice from doctors and health _ in order to keep fit.
A. managers B. experts C. people D. workers
19. Have a healthy _____ and you can enjoy your life.
A. lifeline B. lively C. lives D. lifestyle
20. They go swims _____ outside even when it's cold.
A. - B. swimming C. swimming D. swam
21. Rob eats a lot of fast food and he ____ on a lot of weight.
A. spends B. brings C. takes D. puts
22. We need to spend less time ____ computer games.
A. playing B. to playing C. play D. to play
23. To prevent _____, you should eat a lot of garlic and keep your body warm.
A. cold B. Mumps C. flu D. headache
24. Be careful with _____ you eat and drink.
A. who B. this C. what D. that
25. Eating a lot of junk food may lead to your ____.
A. pain B. stomachache C. obesity D. Fitness

IV. 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.

V. 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 sunburnt.
10. If you spend less time on computer games _____ television programmes, you will have more time for outdoor activities.

