

Name:

Class:

Unit 2: Your body and you

Reading Review

MARK

Exercise 1. Mark the letter A, B, C, or D to indicate the correct response to each of the following exchanges.

1. Doctor: 'Good morning. What can I do for you?'
Patient: Good morning. _____
A. I am fine. Thank you. B. I feel very bored.
C. I have got a bad cough. D. I want to know it, too.
2. Doctor: 'How long has your headache been going on?'
Patient: " _____"
A. After midnight. B. For a week.
C. Last month. D. Three times a day.
3. Doctor: 'Can I listen to your chest?'
Patient: " _____"
B. All up to you. B. My pleasure. C. No, thanks. D. Of course.
4. Patient: 'Will I get better soon?'
Doctor: " _____ Take these tablets and it should clear up in a few days.'
A. Don't worry B. I am sorry C. No way D. Not at all
5. Patient: 'Please tell me how shall I take this medicine?'
Doctor: " _____"
A. Take it home with you. B. Take it back to me.
C. Take it twice per day. D. Take as much as you can.
6. Patient: " _____"
Doctor: "Yes. But don't worry. You'll be given painkillers."
A. Will I get better soon? B. Will I be checked for temperature?
C. Will it be painful afterwards? D. Will there be any side effects?
7. "How are you coming to the dentist tomorrow?" – " _____"
A. At 8 o'clock. B. By bus or car. C. Just in time. D. Nearly 20 minutes.
8. "I don't think we should exercise late at night." – " _____"
A. So do I. B. I think not. C. Neither do I. D. I don't, neither.
9. "Have you had a flu shot in the past year?" – "No, _____"
A. I am too scared to have one. B. I have one last years.
C. I will have one next year. D. not in the last few years.
10. Doctor: 'Here is your medical certificate!'
Patient: " _____"
A. Thank you. B. What's a pity. C. Congratulation. D. You're welcome.

Exercise 2. Read the following passage and mark the letter A, B, C, or D to indicate the correct word or phrase that best fits each of the numbered blanks.

GOOD HEALTH

Most people would agree with the definition of good health as being a state (11) _____ you are free from sickness. (12) _____ this, there are many different opinions about how a person can actually have good health. People used to only think of their health (13) _____ they were sick. But these days more and more people are taking measures to (14) _____ sure that they don't get sick in (15) _____ place.

One of the best things you can do for your body is exercise. But how (16) _____ is enough? Some people think that doing simple things (17) _____ cleaning the house is helpful. Other people do heavy exercise every day. (18) _____ instance, running or swimming. One thing experts do agree on is that (19) _____ kind of exercise is good for you.

Along with exercise, having a healthy diet can help promoted good health. Foods like vegetables and fruit should (20) _____ several times each day. It is also important to eat foods high in fiber such as beans, grains, fruit and vegetables. Fiber helps your body to (21) _____ the food you eat. It also helps your body in (21) _____ ways such as decreasing the chance of getting some cancers, heart disease and diabetes.

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|-----------------|------------|------------|--------------|
| 11. A. how | B. when | C. where | D. which |
| 12. A. Although | B. Because | C. Despite | D. Due to |
| 13. A. even if | B. when | C. whereas | D. while |
| 14. A. get | B. make | C. have | D. take |
| 15. A. first | B. once | C. one | D. the first |

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|----------------|---------------|---------------|-------------|
| 16. A. far | B. many | C. more | D. much |
| 17. A. as | B. like | C. rather | D. such |
| 18. A. by | B. for | C. in | D. with |
| 19. A. all | B. any | C. both | D. some |
| 20. A. eat | B. eating | C. been eaten | D. be eaten |
| 21. A. consume | B. digest | C. pump | D. spoil |
| 22. A. another | B. each other | C. other | D. others |

Exercise 3. Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

My first piece of advice to people who want to start getting fit is: don't buy an exercise bike. Typically, people who buy them use them for a week or so and then forget about them. They are effective if they are used regularly but you need to be **determined**. Most people will find it much easier to go for a gentle jog around the park.

As well as being easy to do, jogging is also relatively cheap compared to most other sports. You don't need to buy expensive clothes if you're just going running around the park or on the beach. The main thing is that they're comfortable, and that they keep you warm in the winter and cool in the summer. There is one piece of equipment, however, that you will have to spend time and money on, and that's your running shoes. Remember that you are not looking for a fashion item, but for something that will support your feet and protect you from **injury**. They can be expensive, but if they are good quality they will last you a long time. It's always best to get expert advice, and the best place for that is a sports shop.

As for the actual jogging, the secret is to start **gently**, and not to do too much at the beginning – especially if you haven't had any exercise for a long time. Try a mixture of walking and running for ten minutes about three times a week at first. Once you are happy doing **that** you can then start to increase the amount you do gradually. After a few months you should hope to be able to run at a reasonable speed for twenty minutes three or four times a week. It's important that you feel comfortable with whatever you do. If you do, you'll start to enjoy it and will probably keep doing it. If it makes you feel uncomfortable, you'll probably stop after a short time and return to your bad habits. In any case, training too hard is not very effective. Research has shown that somebody who exercises for twice as long or twice as hard as another person doesn't automatically become twice as fit.

(Source: Solutions intermediate student's book)

23. Which of the following would serve as the best title for the passage?
 A. Exercise bikes B. Gentle jogging C. Keeping fit D. Running shoes
24. What is true about the exercise bikes?
 A. Exercise bikes do not help you get fit. B. It is more costly than most other sports.
 C. Many people prefer it to gentle jogging. D. Most people don't use it for very long.
25. The word "**determined**" in the passage probably means _____.
 A. confident B. decisive C. flexible D. positive
26. According to the author, you should _____.
 A. go jogging around a park or on the beach
 B. go to sports shop for high quality running shoes
 C. keep warm at all times when you are jogging
 D. spend time and money on fashionable items
27. The word "**injury**" in the passage is closest in meaning to _____.
 A. bleeding B. breaking C. shocking D. suffering
28. It is stated in the passage that _____.
 A. you are advised to start jogging by walking for ten minutes
 B. you should expect to feel much uncomfortable when jogging
 C. you should jog three days a week and walk on the other days
 D. you won't necessarily be a lot fitter by running twice as fast
29. The word "**gently**" in the passage is opposite in meaning to _____.
 A. abruptly B. effectively C. rapidly D. smoothly
30. The word "**that**" in the passage probably refers to _____.
 A. a mixture of walking and running B. about three times a week
 C. actual jogging at first D. exercise for a long time