

TEST 2 (UNIT 2: Health)

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

1. A. knife B. of C. leaf D. life
2. A. although B. enough C. paragraph D. cough
3. A. junk B. sun C. put D. adut
4. A. headache B. architect C. chemical D. children
5. A. aerobics B. calories C. cycling D. doctor

II. Choose the correct answer.

1. You can avoid some diseases by _____ yourself clean.
A. keeping B. taking C. looking D. bringing
2. The Japanese eat a lot of fish instead of meat _____ they stay more healthy.
A. but B. because C. although D. so
3. Rob eats a lot of fast food and he _____ on a lot of weight.
A. takes B. puts C. spends D. brings
4. We need to spend less time _____ computer games.
A. play B. to play C. playing D. to playing
5. Do more exercise _____ eat more fruit and vegetables.
A. but B. or C. and D. so
6. After working on computers for long hours, you should _____ your eyes and relax.
A. sleep B. sleep in C. wake D. rest
7. Watching too much television is not good _____ you or your eyes.

A.with B.to C.at D.for
8. When you have flu, you may have a cough and a _____ nose.

A.runny B.running C.floating D.noisy
9. When you have a temperature, you should drink more water and rest _____.

A.most B.more C.most D.less
10. I forgot to wear a sun hat today and I got a _____.
A.stomachache B.earache C.backache D.headache

11. We should play sports or do exercise in order to stay in _____.

A.look B.shape C.fit D.health
12. Don't eat that type of fish: you may have a/an _____.

A.sick B.sore C.energy D.allergy
13. Do you believe that eating _____ carrots helps you see at night?

A.much more B.less C.most D.the most
14. We should try to keep everything around US clean and then flu will find it _____ to spread.

A.difficult B.difficulty C.difficultly D.difficulties
15. Be careful with _____ you eat and drink.

A.what B.that C.who D.this
16. Eating a lot of junk food may lead to your _____.
A.obesity B.fitness C.pain D.stomachache

17. We should follow the advice from doctors and health _____ in order to keep fit.

A.people B.workers C.managers D.experts
18. Have a healthy _____ and you can enjoy your life.
A.lives B.lifestyle C.lifeline D.lively

19. The health _____ from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.

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

20. The seafood I ate this morning makes me feel _____ all over.

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

III. Complete the words for the health problems.

1. st _____ ache
2. e _____ ache
3. s _____ th _____
4. c _____
5. t _____ che

IV. Fill in each blank the correct health problem from the box according to the description.

<i>earache</i>	<i>flu</i>	<i>toothache</i>	<i>backache</i>
<i>headache</i>	<i>sore throat</i>	<i>cough</i>	<i>stomachache</i>

1. _____ : a pain caused by something being wrong with one of your teeth.
2. _____ : a pain in your back.
3. _____ : a very severe 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 causes a temperature.
7. _____ : a pain in your throat.
8. _____ : a health problem that you make a lot of loud sounds.

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

1. Eat _____ sweet food.
2. Get _____ exercise.
3. Drink _____ coffee.
4. Eat _____ fast food.
5. Eat _____ fruit and vegetables.
6. Drink _____ water.
7. Smoke _____ and give it up.
8. Relax _____.
9. Worry _____ about things
10. Spend _____ time on computer games.

VI. Fill in each blank with the correct conjunction.

1. Get up early _____ do more exercise.
2. Eat less junk food _____ eat more fruit and vegetables.
3. The weather is very cold today _____ I should put on a coat.
4. Watch less television _____ you can protect your eyes.
5. _____ If you spend less time on computer games _____ television programmes, you will have more time for outdoor activities.
6. I have a lot of homework to do this evening _____ I don't have time to watch the football match.
7. Take up a new hobby _____ you'll have some new friends.
8. He has toothache _____ he still eats a lot of sweets and cakes.

VII. Complete the sentences with the words from the box.

cough headache burn hurts pain

sick stomachache temperature toothache well

1. Is she _____ enough to run one kilometer?
2. "Ow! Be careful with that coffee." - "Look, now I have a _____ on my arm."
3. Rob has a _____ of 39.5°C.
4. Don't eat so quickly. You'll get a _____.
5. I have a _____ in my back. I'm going to lie down.
6. That's a bad _____. Why don't you have a glass of water?
7. "I have _____." - "Why don't you telephone the dentist?"
8. I feel _____. Quick, I must get to the bathroom!
9. My arm _____ after that game of table tennis.
10. "I have a _____." - "That's because you watch too much TV."

VIII. Read the passage, and then answer the questions.

Everyone suffers from the common cold at some time or other. It isn't a serious illness, but people spend a lot of money on medicine. The medicine can only relieve the symptoms. That is, it can make you cough less, make you feel better, and stop your nose running for a while. So far, there is no cure for the common cold and no medicine to prevent it. People also drink a lot of hot water with sugar, lemon juice. It helps provide them with a lot of vitamin C.

1 Why is the common cold very popular?

2.Is the common cold a serious illness?

3.What does the medicine help people with the common cold?

4.Besides medicine, what do people do to make them feel better?

5.Why is it useful?

IX. Choose the correct answer A, B, c or D to fill each blank in the following passage.

My friend, Ben, has had a few problems with his health. He didn't feel well, (1)_____ he told his parents about that. His mum said, "You should eat (2)_____ vegetables. You shouldn't eat (3)_____ every day." His dad said, "You should go to bed (4)_____. You (5)_____ stay up so late at night." He phoned me and told me about the problems. I said, "Don't play so (6)_____ computer games. Go outside (7)_____ play football."

He didn't go to school last week. He went to (8)_____ the doctor. The doctor said, "You should stay at home for a week. Don't go out and don't turn on your computer."

At school today, he looked sad. We asked him, "What's (9)_____? You should be happy. You weren't here last week."

Ben is (10)_____ his homework from last week. He's not happy at all.

1.A. because

B. or

C. and

D. but

2. **A.** more **B.** less **C.** most **D.** the more
3. **A.** ready food **B.** fresh food
 C. junk food **D.** traditional food
4. **A.** late **B.** lately **C.** earlier **D.** more earlier
5. **A.** should **B.** shouldn't **C.** must **D.** needn't
6. **A.** many **B.** much **C.** lot **D.** lots
7. **A.** or **B.** so **C.** and **D.** but
8. **A.** look **B.** look at **C.** find **D.** see
9. **A.** bad **B.** trouble **C.** problem **D.** wrong
10. **A.** doing **B.** making **C.** playing **D.** taking

X. Make correct sentences from the words and phrases given.

1. You/ not/ play/ more/ computer games/ free time.

2. Doctor/ asking/ Mai/ questions/ about/ health problems.

3. Vitamins/ play/ important/ role/ our diet.

4. We/ keep/ our bodies/ warm/ avoid/ flu/ a cold.

5. Getting/ enough/ rest/ help/ you/ concentrate/ school.