

YOUR NAME: _____

YOUR CLASS: _____

UNIT 2 - READING

I. Choose the correct option A, B, c or d for each gap to complete the passage

We need calories or (1) _____ to do the things every day. For example, when we walk to school 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. Otherwise, we don't eat enough, we will feel (10) _____ and weak.

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|----------------|-------------|-------------|
| 1. A. food | B. energy | C. drink |
| 2. A. ride | B. come | C. drive |
| 3. A. things | B. food | C. calories |
| 4. A. do | B. spend | C. have |
| 5. A. for | B. with | C. in |
| 6. A. health | B. fit | C. active |
| 7. A. in | B. of | C. from |
| 8. A. with | B. in | C. on |
| 9. A. exercise | B. activity | C. healthy |
| 10. A. good | B. tired | C. thirsty |

II. Read the passage and answer the following questions

We know that the food we eat affects our whole life, so we must remember to eat sensibly. We should have a balanced diet. What does a "balanced diet" mean? It means you eat a variety of food without eating too much of anything. Moderation is very important. Eat the food you enjoy, but don't have too much. This will help you stay fit and healthy.

1. Does the food we eat affect our life?

- A. No B. Never C. Yes, it does D. Yes, they do

2. How should we eat?

- A. regular B. regularly C. sensible D. sensibly

3. What does a “balanced diet” mean?

- A. Eat many kinds of food. B. Drink much.
C. Eat many kinds of fruit. D. Eat many kinds of food with moderation.

4. Should we eat the food we enjoy?

- A. No B. Of course not C. Yes D. Yes, a lot of food.

5. What will a “balanced diet” help you?

- A. Stay strong and healthy B. Become tall and healthy
C. Become fit and tall D. Stay fit and healthy