Grade 10

TEST FOR UNIT 2

Exercise 1. Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. allergy	B. digest	C. oxygen	D. sugar
2. A. breath	B. head	C. health	D. heart
3. A. among	B. belong	C. body	D. strong
4. A. approach	B. children	C. chocolate	D. stomach
5. A. intestine	B. mind	C. spine	D. reliable

Exercise 2. Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of the primary stress in each of the following questions.

6. A. ailment	B. disease	C. pultry	D. nervous
7. A. digestive	B. intestine	C. condition	D. evidence
8. A. internal	B. skeletal	C. therapy	D. willpower
9. A. alternative	B. bacteria	C. respiratory	D. scientific
10. A. acupuncturist	B. circulatory	C. ineffectively	D. vegetarian

Exercise 3. Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

11. The controller of the body is the ____ system. Led by the brain and nerves, it allows us to move, talk and feel emotions.

A. circulatory B. digestive C. nervous D. respiratory

12. ____ system of the body lets us break down the food we eat and turn it into energy.

A. Circulatory B. Digestive C. Nervous D. Respiratory

13. Skeletal system of the body is made up of our ____. It supports our body and protects our organs.

A. bones B. museles C. nerves D. vessels

14. In under a minute, your ____ can pump blood to bring oxygen and nutrients to every cell in your body.

A. brain B. heart C. lungs D. vessels

15. The human ____ system is a series of organs responsible for taking in oxygen and expelling carbon dioxide.

A. circulatory B. digestive C. nervous D. respiratory

16. A healthy ____ between work and play ensures that everyone has a chance to enjoy their lives.

A. balance B. control C. equality D. share

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17. He likes to ____ a nap for an hour when he arrives home from work.

A. do B. get C. make D. take

18. I've been a night owl ____ up late for years, hitting the sheets anytime between 12 and 3 a.m.

A. finishing B. getting C. staying D. waking

19. It's not too late to ____ your bad habits (smoking, drinking, overeating, etc.) and immediately start living a happier, healthier life.

A. get rid B. give on C. kick D. remember

20. If people breathe in deeply, their ____ can expand to twice their normal size.

A. hearts B. kidneys C. lungs D. stomachs

21. Some foods and spices may ____ your breath for days after a meal.

A. damage B. harm C. reduce D. spoil

22. Fish, poultry, beans or nuts ____ half of their dinner plate.

A. make of B. make out C. make up D. make up of

23. It's another name for the backbone. It is ____.

A. brain B. leg C. pump D. spine

24. Ailments are caused by a/an ____ of yin and yang.

A. abnormal B. imbalance C. unequal D. unfairness

25. Yoga increases endurance, ____ and flexibility.

A. blood B. powerful C. strength D. strong

26. Food and drinks which strongly ____ the body can cause stress.

A. boost B. develop C. encourage D. stimulate

27. As per the study, handful of nuts daily can cut people's ____ of coronary heart disease and cancer by nearly 22 per cent.

A. chance B. luck C. opportunity D. risk

28. Acupuncture modality relies on sophisticated skills to select appropriate acupoints to ____ needles accurately.

A. infuse B. inject C. insert D. install

Exercise 4. Mark the letter A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

29. Acupuncture originated in China and has been used as a traditional medicine for thousands of years.

A. began B. created C. developed D. introduced

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30. There is no evidence at this time that acupuncture can treat cancer itself.

A. clue B. data C. proof D. sign

31. Acupuncture can treat from simple to complicated ailments.

A. acupoints B. diseases C. points D. treatments

32. Some people believe that acupuncture can be a cure of cancer.

A. allergy B. practice C. therapy D. treatment

33. Acupuncture can ease nausea and vomiting caused by chemotherapy.

A. increase B. prevent C. reduce D. spoil

34. Are there any alternatives that might provide better options for gay people?

A. choices B. decisions C. judgements D. votes

35. The old blood cells are broken down by the spleen and eliminated from the body.

A. cut out B. exhaled C. removed D. held

36. Humans will enjoy longer life expectancy when they are more conscious of what they eat and do.

A. aware of B. capable of C. responsible for D. suitable for

37. Together, all of these treatments are supposed to cleanse your body and stimulate your immune system.

A. encourage B. generate C. increase D. expand

38. The most common side effects with acupuncture are soreness, slight bleeding and discomfort.

A. direct B. indirect C. original D. unwanted

39. Consuming nuts can boost your heart health and lifespan.

A. Eating B. Ingesting C. Inhaling D. Swallowing

40. Doing exercise regularly helps prevent diseases like heart disease, stroke and type 2 diabetes.

A. avoid B. cure C. forbid D. reduce

41. Tomato juice contains a rich amount of fiber which helps in breaking down LDL or bad cholesterol in the body.

A. compounds B. comprises C. produces D. Provides

42. The human body possesses an enormous, astonishing, and persistent capacity to heal itself.

A. cure B. generate C. Protect D. remove

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Exercise 5. Mark the letter A. B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

43. The human respiratory system is a series of organs responsible for taking in oxygen and expelling carbon dioxide.

A. breathing out B. dismissing C. exhaling D. inhaling

44. Turmeric can help in boosting immune system and fight off free radical attacks in the system.

A. destroying B. enhancing C. weakening D. stopping

45. Although there are unanswered questions, acupuncture appears to work.

A. be incorrect B. be ineffective C. be uncertain D. be unhelpful

46. Apart from being used as an ingredient in cooking, turmeric also promotes many health benefits.

A. contributes to B. discourages C. stimulates D. weakens

47. Originally, there were 365 acupoints, but now this has increased to more than 2000 nowadays.

A. reduced B. stabled C. transferred D. turned into

48. Acupuncture is considered to be very safe when enough precautions are taken.

A. comfortable B. dangerous C. Sore D. unhealthy

49. Compound exercises can increase strength and size far effectively than isolation exercises.

A. Light B. Heavy C. Mixed D. Single

50. Care is also needed so that inner body parts (lungs, heart liver, etc.) are not touched by the needles.

A. external B. foreign C. superficial D. visible

Exercise 6. Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

51. Listen! There's someone at the door. I ____ the door for you.

A. am going to open B. am opening C. open D. will open

52. "Look at those dark clouds!" - "Yes, it ____ in some minutes."

A. will rain B. is going to rain C. are going to rain D. is raining

53. It's very hot. ____ the window. please?

A. Are you opening B. Are you going to open C. Will you open D. Won't you open

54. Although I have taken some aspirin, the headache _____ away.

A. isn't going B. isn't going to C. not go D. won't go

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55. On Sunday at 8 o'clock I ____ my friend.

A. meet B. am going to meet C. will be meeting D. will meet

56. Wait! I ____ you to the station.

A. am driving B. drive C. is going to drive D. will drive

57. I ____ my sister in April as planned.

A. have seen B. will see C. am going to see D. see

58. Perhaps I ____ New York one day.

A. am visiting B. am going to visit C. visit D. will visit

59. What time ____ tomorrow?

A. are you going to leave B. do you leave C. will you leave D. would you leave

60. Who ____ the next World Cup?

A. is going to win B. is wining C. will win D. win

6l. He ____ to the theatre tonight. He has got a free ticket.

A. goes B. is going C. went D. will go

62. I ____ my parents at the weekend. I already bought a train ticket.

A. visit B. am going to visit C. visited D. will visit

63. Don't touch that dog. It ____ you.

A. bites B. is biting C. is going to bite D. will bite

64. It ____ that half of your plate should consist of vegetables and fruit.

A. is suggested B. is suggesting C. suggesting D. suggests

65. Foods ____ into energy in the digestive system.

A. are broke down and converted B. are broken down and converted

C. break down and convert D. broken down and converted

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