

I. Fill in the blank with a suitable word in the box.

spend	from	exercise	fit	ride
for	tired	energy	in	calorie

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

II. Read the following passage and write T (true) or F (false) for each statement.

How many calories can you burn in one hour? Well, it all depends on the activity. You use calories all the time, even when you are resting. Reading, sleeping, sitting and sunbathing all use about 60 calories an hour. Very light activities use 75 calories. Examples are eating, writing, knitting, shaving, driving and washing up. Light activities which use about 100 calories an hour include playing the piano, getting dressed and having a shower. Under moderate activities which use between 100 and 200 calories an hour we can put walking, doing housework, shopping and skating. Energetic activities use 200-400 calories. Those activities include horse riding, cycling, swimming, skipping and dancing. Finally there are strenuous activities which use up to 600 calories an hour. These activities include climbing stairs, jogging, digging the garden and playing football.

1. Horse riding uses the most amount of calories.
2. Reading uses as many calories as writing.
3. The calories we burn for eating and washing up are the same.
4. Walking is a very light activity.
5. Sunbathing uses more calories than driving.
6. When we are resting, we don't burn calories.
7. Having a shower uses only 100 calories an hour.
8. Cycling and dancing use the same amount of calories
9. Playing football uses fewer calories than swimming.
10. The amount of calories we use an hour depends on the activity we do.

III. 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. adult
4. A. headache B. architect C. chemical D. children
5. A. aerobics B. calories C. cycling D. doctor

IV. 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. flowing 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

V. 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.

VI. Fill in the blanks with *and, so, but, or*.

1. We stayed at home _____ watched a film.

2. I want to buy a new car, _____ I don't have enough money.

3. She had a terrible headache last night, _____ she couldn't go out.

4. I eat cake, _____ I never eat biscuits; I don't like them.

5. Would you like cake _____ biscuits with your coffee?

6. My job is very interesting, _____ it doesn't pay very well.

7. We can go by bus, _____ we can walk.

8. My classmate studies very hard, _____ she always gets good marks.

9. You had better hurry up, _____ you'll be late for work.

10. The Japanese eat healthily, _____ they have high life expectancy.

VII. Fill in each blank with a suitable preposition.

1. Would you like to go out? - No, thanks. I'd rather stay _____ home.

2. If you're going to watch the football, you can count me _____. I don't like football.

3. I've put _____ 2kg in the last month.

4. The Japanese eat healthily, so they live _____ a long time.

5. Sitting too close _____ the TV hurts your eyes.

6. Be careful _____ what you eat and drink.

7. She runs six miles every day to help keep herself _____ shape.

8. Watching TV too much isn't good _____ your eyes.

VIII. Write the correct form or tense of the verbs in brackets.

1. _____ (you/ eat) fried chicken last night?
2. He _____ (put) on a lot of weight recently.
3. I often _____ (drink) coca cola when I was a child.
4. Joana _____ (wash) her face regularly to prevent spots.
5. I think he _____ (not pass) the exam. He hasn't studied at all.
6. She _____ (have) a sore throat, and she _____ (cough) terribly now.
7. You should try _____ (exercise) a couple times a week.
8. He keeps _____ (sneeze), so I think he's got a cold.
9. What _____ (you/ do) tomorrow evening?
10. My mother doesn't like _____ (eat) fast food.

IX. Supply the correct form of the words in brackets.

1. The Japanese eat _____, so they have high life expectancy. (health)
2. Drinking unclean water can cause _____. (sick)
3. My uncle is a _____. He doesn't eat meat or fish. (vegetable)
4. _____ can increase the risk of heart disease and diabetes. (obese)
5. I'm _____ to shellfish, so I can't eat lobster and shrimp. (allergy)
6. I got _____ during my beach vacation. (sunburn)
7. Lack of vitamin E can cause skin diseases and _____. (tired)
8. The symptoms of the disease include fever and _____. (head)

X. Choose the word which best fits each gap.

Breakfast is the (1) _____ important meal of the day. It provides the nutrients your body needs for good health, the calories it needs for (2) _____ and helps to maintain your blood sugar level. Studies have shown that people who don't have breakfast have a low blood sugar level and are often slow, tired, hungry and (3) _____ to concentrate. Surprisingly, breakfast actually plays a part in weight control. It's easier to (4) _____ weight if you eat in the morning rather than later in the day. Dividing the day's calories (5) _____ three meals helps take off weight more efficiently than (6) _____ breakfast and having two larger meals a day does.

- | | | | |
|----------------|-----------|-----------|------------|
| 1. a. healthy | b. tasty | c. main | d. most |
| 2. a. strenght | b. power | c. energy | d. effort |
| 3. a. able | b. enable | c. unable | d. capable |
| 4. a. lose | b. put | c. gain | d. drop |
| 5. a. in | b. into | c. up | d. for |
| 6. a. skipping | b. making | c. buying | d. serving |

XI. Read the text carefully then choose the correct answers.

The island of Okinawa in Japan has some of the oldest people in the world. It's famous for its high number of centenarians – men and women who live beyond 100 years of age.

There have been many scientific studies of their lifestyle and you can even buy cookery books based on their diets. Some of the reasons for their good health are that they ...

- go fishing and eat what they catch.
- regularly do gardening and grow their own fruit and vegetables.
- go cycling and never drive when they can walk.
- often spend time with friends. They meet at people's houses and play games.
- rarely buy food from a supermarket.
- do regular exercise, go swimming and lead active lives.

1. According to the passage, Okinawa is well known for .
a. its beauty b. its centenarians c. its subtropical climate d. its cuisine
2. The people of Okinawa _____.
a. cook very well b. **eat** a lot of meat
c. have an unhealthy diet d. have the longest lifespan
3. Which of the followings is NOT true about the Okinawans?
a. They eat what they fish and grow. b. They often buy food at the supermarket.
c. They do exercise regularly. d. They enjoy socializing with friends.
4. A centenarian is a person who _____.
a. is 100 years old b. is almost 100 years old
c. is 100 years old or more d. is 100 years old or less
5. The Okinawans live a long life because _____.
a. they have healthy diets and living habits. b. they walk as much as they can.
c. they love gardening and going fishing. d. they only eat fruit and vegetables.