

Unit 10. HEALTHY LIFESTYLE AND LONGEVITY

TEST YOURSELF

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

1. A. recognize B. medium C. Japanese D. seat
2. A. spontaneous B. official C. control D. work
3. A. carry B. battle C. day D. hat
4. A. near B. bear C. hear D. dear
5. A. said B. brain C. drain D. train

II. Choose the word which has a different stress pattern from the others.

1. A. swallow B. survive C. digest D. finish
2. A. product B. satisfy C. pleasure D. however
3. A. happiness B. rewrite C. eject D. oblige
4. A. compare B. compose C. company D. consist
5. A. manage B. recognize C. argue D. discriminate

III. Choose the best answer A, B, C or D to complete the sentences.

1. The government proposes to increase the excise ____ on tobacco
A. fee B. money C. obligation D. duty
2. When I was a boy we had no ____ in this village.
A. electric B. electricity C. electrify D. electrical
3. Baking soda is considered the best home ____ for acne as it soothes itching and inflammation around spots.
A. dealing B. medicine C. remedy D. substance
4. Most ____ is caused by wishing things that you are unable to achieve them right now.
A. disease B. injury C. stress D. wound
5. Ann could not speak Chinese and ____ could John.
A. either B. also C. neither D. so
6. By tomorrow morning everything ____ set up in time for the performance.
A. will have been B. will be C. had already been D. have already been
7. By paying attention to your hunger signals and switching to healthy snacks, you can ____ nutrition, control cravings, and lose weight.
A. succeed B. boost C. stimulate D. request
8. Reducing saturated fat is the single most important ____ change you can make to cut blood cholesterol.
A. life B. food C. menu D. dietary
9. He was very ashamed ____ his friend's bad manner.
A. at B. of C. on D. through
10. HIV is listed as one of the most life-threatening ____ diseases.
A. antibiotics B. infectious C. nutritious D. check-up

11. The acid in nonstick pans is associated with birth and developmental defects, ____ system problems, and cancer.
 A. immune B. immunity C. immunization D. immunized
12. Whey protein may account for many of the health benefits ____ to dairy products.
 A. believed B. attributed C. resulted D. dietary
13. Not only my son but also I ____ tired from walking so far.
 A. is B. are C. am D. were
14. Many doctors recommend ____ as a way to reduce stress.
 A. medication B. thinking C. silence D. calmness
15. Chocolate and cakes cause our blood sugar to rise and give us a quick ____.
 A. boost B. power C. action D. success
16. They all laughed because the film was very ____.
 A. amuse B. amusement C. amused D. amusing
17. 'Which of these two men is Chinese?' – ' ____ is.'
 A. Both of them B. All of them C. Neither of them D. None of them
18. A ____ makes the body more efficient and enhances the body's ability to respond to stress.
 A. fitness B. morning exercise C. training D. workout
19. Tobacco not only affects you and the people around you, but can ____ to serious health conditions including lung and heart disease.
 A. go B. influence C. lead D. point
20. The committee ____ among themselves for hours.
 A. has been arguing B. have been arguing C. has been argued D. have been argued

IV. Put the correct preposition for the sentences below.

<i>immune</i>	<i>dietary</i>	<i>nutritious</i>	<i>expectancy</i>
<i>boost</i>	<i>remedies</i>	<i>prescription</i>	<i>attributed</i>

- Obese patients should strictly follow health experts'
- Science has shown that many types of chronic diseases areto people's bad eating habits.
- My doctor gave me afor antibiotics.
- You canyour health by leading a stress-free life, eating low-cholesterol food and exercising every day.
- In general, Japanese people having higher lifethan people in other countries because their diet is rich in fish.
- Lack of exercise and fatty food consumption can weaken oursystem.
- Honey and lemon juice are often used as naturalfor coughs.
- School canteens should provide only highlymeals to young children.

V. Choose the word in the box to complete the text.

conscious *well-being* *endorphins* *balance* *well-balanced*
obligations *dealing* *refers* *Take* *properly*

Having a healthy lifestyle is not just about eating healthily and exercising. It often (1)to having a balance between work and life.

To start with, make sure you get plenty of sleep. Some research suggests that teenagers need more sleep than adults, however, it's often the case that they get less than they need. With homework and social (2), you can be staying up late still have to get up early to get to classes, work or other activities. To function (3)your body and mind need a minimum of eight hours of sleep each night.

Eating a (4)diet can sound much easier than it is. A lot of people are really (5)about what they eat, and try and make healthy choices. If you think you have too much junk food and want to make some changes to your diet, don't try and eliminate all junk food. You should drink plenty of water, eat a balance of protein, whole grains, fruit and vegetables daily, and don't skip breakfast - eat something for breakfast every day.

Exercising regularly is part of having a healthy lifestyle. Physical activity helps build a strong body and mind. Doing physical activity releases (6), which are a chemical your body produces, which gives you a good feeling. Physical activity is also an effective way to manage moods and is a really good lifestyle choice to improve your overall (7)

Having friends and family that you can confide in is really important. To be a healthy person, you need to have people around you that you can talk to about what's happening to you, rather than (8) with them alone.

Another important part of having a healthy lifestyle is remembering to "play". Just taking time to laugh, have fun and being around people who make you feel good is part of having (9)in your life.

(10)time to learn about what makes you feel good and remember to include some of those things in your day.

VI. Choose the word or phrase among A, B, C or D that best fits the blank space in the following passage.

HEALTH BENEFITS OF YOGA

Yoga is a healthy lifestyle. One of the (1) ____ of yoga is that you can choose a yoga style that is suitable for your lifestyle, such as hot yoga, power yoga, relaxation yoga, etc. If you are a yoga beginner, Hatha Yoga, (2) ____ focuses on basic postures at a comfortable pace, would be great for you. If you want to increase (3) ____ through using more of your own body's resistance, Power Yoga may be right for you. Whether you prefer you're at home, in a available to suit your goals and needs.

Improved (4) ____ is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes. (5) ____ if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. Each of the yoga poses (6) ____ to (7) ____ the muscles around the spine, the very center of your body, which is the core from which everything else operates.

When the core is working properly, posture is improved, thus (8) ____ back, shoulder, and neck pain.

Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the (9) ____ of flexibility.

Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is related.

Many studies found that a consistent yoga practice improved (10) ____ and led to greater levels of happiness and better immune function.

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|---------------------|-------------|----------------|----------------|
| 1. A. disadvantages | B. ritual | C. benefits | D. differences |
| 2. A. that | B. which | C. who | D. when |
| 3. A. strong | B. strongly | C. strengthen | D. strength |
| 4. A. flexibility | B. shell | C. union | D. gratitude |
| 5. A. As | B. But | C. Even | D. On |
| 6. A. was built | B. builds | C. is built | D. are built |
| 7. A. weaken | B. release | C. increase | D. reinforce |
| 8. A. alleviating | B. ceremony | C. approaching | D. creation |
| 9. A. life | B. depth | C. expense | D. death |
| 10. A. trouble | B. problem | C. confliction | D. depression |

VII. Read a text about common wedding rituals in the USA and answer the questions that follow.

Acupuncture involves the insertion of very thin needles through the patient's skin at specific points on the body, and the needles are inserted to various depths. The medical community is not in conclusive agreement about how acupuncture works scientifically. However, we know that it does have some therapeutic benefits, including pain relief.

According to WHO, acupuncture is effective for treating 28 conditions, while evidence indicates it may have an effective therapeutic value for many more. People with tension, headaches or migraines may find acupuncture to be very effective in alleviating their symptoms. Another study found that twice weekly acupuncture treatments relieve debilitating symptoms of xerostomia - severe dry mouth - among patients treated with head and neck cancer.

Traditional Chinese medicine explains that health is the result of a harmonious balance of the complementary extremes of *yin* and *yang* of the life force known as *chi* or *qi*. *Qi* is said to flow through pathways in the human body. Through 350 acupuncture points in the body, these pathways and energy flows may be accessed. Illness is said to be the consequence of an imbalance of the forces. If needles are inserted into these points with appropriate combinations, it is said that the energy flow can be brought back into proper balance.

In Western societies and several other parts of the world, acupuncture is explained, including concepts of neuroscience. Acupuncture points are seen by Western practitioners as places where nerves, muscles and

connective tissue can be stimulated. Acupuncture practitioners say that the stimulation increases blood flow while at the same time **triggering** the activity of our own body's natural painkillers.

1. The word "**triggering**" in paragraph 4 is closest in meaning to _____.
 - A. making something happen suddenly
 - B. making something develop very quickly
 - C. causing a device to start operating
 - D. causing something to explore
2. With the practice of acupuncture, it is believed that _____.
 - A. patients can get proper balance between yin and yang
 - B. illness causes the imbalance of qi throughout the body
 - C. the energy flow can be brought back to patients
 - D. energy can go through acupuncture points in the body
3. It is thought that acupuncture is effective in treating all of the following symptoms EXCEPT _____.
 - A. migraines
 - B. nervousness
 - C. headaches
 - D. cancer
4. According to Western medicine, the insertion of needles through acupuncture points in the body may _____.
 - A. help to explain where nerves and muscles can be stimulated
 - B. increase blood flow and stimulate our instinct of pain relief
 - C. stimulate the effect of painkillers in our bodies for treatment
 - D. be used only in China and the Far East not the Western countries
5. In acupuncture, the insertion of the very thin needles involve with _____.
 - A. agreement from scientists
 - B. the locations, and the depths
 - C. the thinness of needles and skin
 - D. therapeutic benefits of pain relief