

Unit 10 HEALTHY LIFESTYLE AND LONGEVITY

A. PRONUNCIATION

1. Choose the word that has a different stress pattern from the other three by circling A, B, C, or D.

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|------------------|----------------|-----------------|----------------|
| 1. A. teacher | B. pretty | C. action | D. immune |
| 2. A. importance | B. ornament | C. employment | D. relation |
| 3. A. expectancy | B. cholesterol | C. meditation | D. nutritional |
| 4. A. organ | B. consume | C. system | D. diet |
| 5. A. massage | B. ageing | C. acne | D. speaker |
| 6. A. medicine | B. nutrition | C. prescription | D. effective |
| 7. A. welcome | B. headache | C. lifestyle | D. advise |
| 8. A. possible | B. cultural | C. confident | D. supportive |
| 9. A. office | B. nature | C. result | D. farmer |
| 10. A. answer | B. reply | C. singer | D. future |

B. VOCABULARY & GRAMMAR

1. Fill in the missing words from the word bank. You may have to change the form of the words.

X-ray	meditation	surgeon	crutch
Insomnia	scald	prescription	Contagious
Nutrition	Natural remedy		

1. The piece of paper you get from the doctor to take to the chemist's to obtain medicine is called a(n)
2. Be careful with that boiling water; you might yourself!
3. If a disease is..... , it means it can be spread from person to person, especially in the air.
4. are medicinal products in which the active ingredients are derived from natural sources and have not been processed too much.
5. If you suffer from..... your doctor may recommend taking sleeping tablets.
6. A(n)..... is a doctor whose job is to perform operations.
7. Even though they taste great, fast foods don't contain much..... value.
8. You may have broken one of your ribs. I think we'd better take a(n), just to make sure.
9. When she broke her leg, she had to go around onfor several weeks afterwards.
10. If you can take out 30 minutes each day from your busy schedule to sit still and, it will do you wonders.

2. Complete the blanks with the best answer by circling A, B, C or D.

1. If someone is seriously ill, they may need to go to hospital to have a/an
 A. operation B. plaster C. filling D. drug
2. If you want antibiotics, you'll have to ask the doctor for a
 A. recipe B. note C. prescription D. receipt
3. He didn't feel like going to the party because he had a terrible
 A. disease B. headache C. homesickness D. cholesterol
4. Her mother sent her to bed because she had quite a high
 A. cough B. fever C. illness D. ache
5. Her baby boy is 5 weeks old today, so she took him to get a
 A. scratch B. stab C. vaccination D. wound

3. Match the verbs with the words. Some verbs can be matched with more than one words/phrases.

- | | |
|------------|-------------------|
| 1. give | A. a temperature |
| 2. take | B. an injection |
| 3. check | C. a prescription |
| 4. feel | D. a diagnosis |
| 5. write | E. an illness |
| 6. perform | F. an operation |
| 7. cure | G. sick |
| 8. treat | H. ill |
| | I. a disease |
| | J. the heart beat |

4. Put each of the following words or phrases in the correct space in the passage below.

look after - treat - ache - examine - suffer - stay - cure - operate
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I am a family doctor. I have a nurse to help me and a receptionist to help the patients when they come to see me. When I see patients in my surgery, first I listen to their problems, then I (1)

..... them. Then, if I can, I (2) them for their illnesses. Some simply have sore throats, headaches or flu and I give them a prescription to take to the chemist's. Others (3) from serious diseases of the heart, lungs, stomach or even brain. I can't always (4) them myself and sometimes I have to send them to hospital for treatment. If something is seriously wrong with them, the hospital will decide to (5) on them. The trouble is people don't (6) themselves properly. It really isn't so difficult to (7) healthy. If your head begins to (8), have a rest. If you always feel tired, get more exercise. Eat well. Have a good diet. And have a regular check-up with the doctor.

5. Complete the following sentences by circling the best choice (A, B, C or D)

1. The teacher promised _____.

- A. that we can learn three English songs
- B. if we learn three English songs
- C. we would learn three English songs
- D. whether we would learn three English songs

2. Bill: "Have you seen any interesting comedy lately, Nancy?"

Bill asked Nancy _____.

- A. if she will see an interesting film
- B. if she saw an interesting comedy lately
- C. what comedy Nancy saw lately
- D. if she had seen any interesting comedy lately

3. Nick: "Did you see a bird in the tree?"

Nick wonders _____ in the tree.

- A. if I saw a bird
- B. that I saw a bird
- C. if I had seen a bird
- D. whether I see a bird

4. Dick to Lucy: Have you received my telegram?

Dick asked if _____.

- A. Lucy had received his telegram
- B. Lucy has received his telegram
- C. Lucy would receive his telegram
- D. Lucy will receive his telegram

5. Ann: Write down my address.

Ann asked me _____.

- A. writing down my address
- B. to write down her address
- C. had written her address
- D. writes down her address

6. He said, "I'm very busy today."

He said _____.

- A. he had been very busy that day
- B. he is very busy today
- C. he was very busy that day
- D. I had been very busy that day

7. Lena said, "Where have you been yesterday?"

Lena asked _____.

- A. where she had been the day before
- B. where she had been yesterday
- C. where she was the day before
- D. where she could be the day before

8. He thought: "What am I going to do?"

He thought_____.

A. what was he going to do

A. what he is going to do

9. Mother asked me_____.

A. why I have spent all the money

C. if I had spent all the money

10. "Don't play in the street!"

A. My mother told me don't play in the street.

B. My mother said to play in the street.

C. She asked me to play in the street.

D. My mother told me not to play in the street.

11. Ann: "Is your sister good at English?"

Ann asked me_____.

A. that my sister is good at English

C. whether my sister is good at English

12. Tom: "Don't forget to bring my book, Ann".

Tom asked Ann:_____.

A. that she didn't forget to bring his book

C. not to forget to bring his book

13. Mother: "We are going to have supper".

Mother says_____.

A. they are going to have supper

C. that they would have supper

14. Jack said: "I was at home yesterday."

Jack said_____.

A. he was at home.

C. he will be at home.

15. "Do you go in for sports?", he asked.

He asked_____.

A. he went in for sports.

C. if I'll go in for sports.

B. what he was going to do

D. what he can do

B. that I had spent all the money

D. when I spend all the money

B. if my sister was good at English

D. my sister is good at English

B. that she doesn't bring his book

D. if she didn't forget to bring the book

B. they were going to have supper

D. they won't have supper

B. Jack said he was at home the day before

D. he had been at home the day before.

B. if I went in for sports.

D. I should go in for sports.

C. READING

1. Read the following short texts about old people who still lead physically and mentally healthy lives. Answer the questions underneath each text by circling the best answer (A, B or C).

Text 1. Barbara

An 80-year-old pensioner from England passed her 55-minute Grade 7 ballet exam with merit.

Barbara began ballet at the age of two, and while she stopped taking exams in her twenties, she never stopped teaching ballet. She says that it has kept her healthy.

Barbara's daughter, who began taking adult ballet classes, recently persuaded her to start taking exams again. To prepare, she had to train two hours every day for three weeks.

Although Barbara lost her flexibility and has not done the splits for ten years, she plans to keep on dancing and has her sights on her Grade 8 ballet exams.

(Text and image retrieved from: <https://goo.gl/wjtRAV>)

1. Match each word with its definition.

- | | |
|------------------|--|
| i. merit | a. talk and convince someone to do something |
| ii. persuade | b. the action of seeing something |
| iii. flexibility | c. with around 60%-70% of points |
| iv. split | d. the ability to bend easily without breaking |
| v. sight | e. putting your legs apart completely |

2. Which of the following is true about Barbara?

- A. She is retired.
- B. She has passed her Grade 8 ballet exam.
- C. She started ballet in her twenties.

3. According to Barbara, what has contributed to her health?

- A. Taking ballet exams
- B. Dancing ballet
- C. Training for ballet competitions

4. What is true about Barbara's daughter?

- A. She doesn't like ballet.
- B. She convinced Barbara to take ballet exams.
- C. She has passed the Grade 8 ballet exam.

5. What do we learn about Barbara from the last paragraph?

- A. She can still do the splits after 10 years.
- B. She is still very flexible.
- C. She is determined to pass the exam.

Text 2. Ursula

Eighty-seven-year-old Ursula Shepherd from the UK left school in 1944 without being able to read, and she never had time to learn to read because she had to look after her *poorly* parents. At school in the 1930s and 1940s, she had *pretended* to read by turning the page when her classmates did.

Ursula felt that she had *missed out* and felt really sad seeing other people read the papers or a book and decided that it was time to finally learn to read. She is making *progress* and hopes that she can *inspire* other people to read, too.

(Text and image retrieved from: <https://goo.gl/CPNU5f>)

6. Match each word with its definition.

- | | |
|---------------|--|
| i. poorly | a. advancement or development |
| ii. pretend | b. ill, unwell |
| iii. miss out | c. act as if something is true, although it is not |
| iv. progress | d. encourage someone to do something |
| v. inspire | e. lose an opportunity to do |

7. What is true about Ursula?

- A. She never went to school.
 - B. Her family was poor.
 - C. She pretended to read in school.
8. Why has she started learning how to read?
- A. She missed books and papers.
 - B. She wanted to read books.
 - C. She didn't like seeing other people read.

Text 3. Yuko

Ninety-year-old geisha Yuko Asakusa has sat in front of her mirror putting on make-up and *adjusting* her kimono for 75 years.

The Asakusa Geisha Association said Yuko is the city's oldest geisha who still maintains a busy *schedule* with up to 20 *reservations* a month.

Yuko has been working as a geisha in the Asakusa district of Tokyo since she was 16 and says she's *proud* of her age and doesn't hide it. When she was 13, Yuko asked to become a geisha after she was *influenced* by a geisha film she watched with her mother.

While she no longer dances due to her age, Yuko says she'll be singing and playing the Japanese three-stringed instrument called the shamisen until her last breath.

Today there are a few geishas left in the profession in which female entertainers sing, dance and engage in *witty* conversations at dinner parties for *exorbitant* prices. The number of geishas, which means performer in Japanese, peaked at 80,000 in 1928, but now only about a thousand remain.

(Text adapted from: <https://goo.gl/rG7hav>)

9. Match each word with its definition.

- | | |
|-------------------------|--|
| i. <i>adjust</i> | a. feeling happy with something you've done |
| ii. <i>schedule</i> | b. clever and entertaining |
| iii. <i>reservation</i> | c. a booking for a service or room, etc. |
| iv. <i>proud</i> | d. make somebody do something |
| v. <i>influence</i> | e. change something slightly to make it better |
| vi. <i>profession</i> | f. career or job |
| vii. <i>witty</i> | g. be the highest |
| viii. <i>exorbitant</i> | h. timetable |
| ix. <i>peak (v)</i> | i. very high |

10. How long has Yuko been a geisha?

- A. Ninety years
- B. Seventy-five years
- C. Twenty year

11. Which of the following is NOT true about Yuko?

- A. She is the oldest geisha in the city.
- B. She sees guests up to 20 times a month.
- C. She is no longer popular.

12. What do we learn from paragraph 3?

- A. Yuko is embarrassed about her age.

- B. Yuko was 13 when she became a geisha.
 - C. She doesn't hide the fact she is old.
13. Why did Yuko want to be a geisha?
- A. Because her mother was a geisha.
 - B. Because she was influenced by a movie.
 - C. Because her mother wanted her to.
14. Which of the following performances could we see Yuko do?
- A. Dancing
 - B. Singing
 - C. Playing shamisen
15. What do we learn about the geisha profession from the last paragraph?
- A. There are 80,000 geishas in Japan.
 - B. Geishas perform at very high prices.
 - C. The geisha profession is growing.