

**Unit 10. HEALTHY LIFESTYLE AND LONGEVITY****PHONETICS**

**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. <u>sug</u> ar	B. <u>consu</u> me	C. <u>trans</u> -fat	D. <u>obes</u> ity
2. A. <u>vitam</u> in	B. <u>miner</u> al	C. <u>diet</u>	D. <u>fit</u> ness
3. A <u>medicin</u> e.	B. <u>remed</u> y	C. <u>exercis</u> e	D. <u>obes</u> ity
4. A <u>balan</u> ced	B. <u>yoga</u>	C. <u>fatty</u>	D. <u>natural</u>
5. A. <u>vegetab</u> le	B. <u>hygiene</u>	C. <u>sugary</u>	D. <u>longevity</u>

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

6. A. prevent	B. injure	C. sugar	D. fitness
7. A. healthy	B. consume	C. diet	D. headache
3. A. yopa	B. fatal	C. immune	D. careful
9. A. infectious	B. essential	C. precaution	D. properly
10. A. unhealthy	B. vitamin	C. mineral	D. natural

**GRAMMAR**

**Exercise 5.** Mark the letter A, B, C, or D to indicate the underlined part that needs correction in each of the following questions.

11. We need some cholesterols to help our skin, brain, and other organs grow, but too much of it can cause health problems

A                    B                    C                    D

12. People who eat lots of red meat are at risk of develop heart diseases.

A                    B                    C                    D

13. Your body may not be able to fights infections naturally if your immune system is weakened.

A                    B                    C                    D

14. I told him that if I drank coffee before bedtime, I can't sleep.

A                    B                    C                    D

15. Dr Lam said that we'd boost our immune system if we have a healthy lifestyle.

A                    B                    C                    D

16. Nam's wife told him that it would be nice if he spends more time with the children.

A                    B                    C                    D

17. Peter explained to us that if Ann called him back, he'll arrange an appointment for her.

A                    B                    C                    D

18. The travel agent explained to us that if we travelled to a foreign country, we need a valid passport.

A                    B                    C                    D

19. My grandmother keeps to tell us that if we catch a cold, we should try natural remedies before taking any medicine.

A                    B                    C                    D

20. John told me that if he were rich, he'd donate money for charity.

A                    B                    C                    D

21. Mira's father said that she would recover quickly if she follows the doctor's advice.

A                    B                    C                    D

22. Khanh's father promised buying her a pair of Nike shoes if she passed her English test.

A B C D

23. Lan's mother reminded her to turn off the lights before leaving a house.

A B C D

24. The doctor advise him not to exercise too hard because it was not good for his heart.

A B C D

25. Mai invited me spend my summer holidays on her grandparents' farm.

A B C D

26. Jack's father advised him not eating fast food every day.

A B C D

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

27. Hoa reminded Lan \_\_\_\_ some groceries on the way home.

A. buying B. to buying C. buy D. to buy

28. My friend suggested \_\_\_\_ on a yoga course to lose weight.

A. enrolled B. enroll C. enrolling D. to enroll

29. Tom and Ken admitted \_\_\_\_ to submit the assignments the day before.

A. to forget B. to forgetting C. forget D. forgot

30. The mother told her two daughters \_\_\_\_ too much fast food.

A. not to eat B. to not eat C. to eat not D. not eat

31. The doctor said to Mr Black that if he ate lots of fatty food, he \_\_\_\_ increase his chance of developing heart disease.

A. will be B. will C. would be D. would

32. My yoga instructor asked me to close my eyes, breathe slowly and deeply, and \_\_\_\_ about my problems.

A. not thinking B. to think not C. not to think D. not think

33. The patient admitted \_\_\_\_ his doctor's advice.

A. to not follow B. not to following C. to follow not D. to following not

34. Le's friend suggested \_\_\_\_ some games to relax because they had studied for three hours.

A. playing B. play C. to play D. played

35. Nam's mother advised \_\_\_\_ some ginger tea if he wants to feel better.

A. to him drink B. to drink him C. him drink D. him to drink

36. Lan said that if I wanted to try natural remedies, I \_\_\_\_ find useful information on the Internet.

A. will B. can C. could D. am able to

37. Huong told me that if she \_\_\_\_ strong tea, she usually starts feeling dizzy.

A. drank B. drinks C. will drink D. has drunk

38. Lan's doctor advised \_\_\_\_ a yoga class to relieve stress.

A. her taking B. her take C. to take her D. her to take

39. Kim's father reminded \_\_\_\_ to his fitness class.

A. to him going B. him go C. him to go D. he goes

40. Our fitness instructor warned \_\_\_\_ work out more than two hours a day.

A. us not to B. us to not C. us not D. not us to

41. Tom's father told him if he goes to bed on an empty stomach, he \_\_\_\_ be able to sleep well.

A. doesn't B. won't C. wouldn't D. hasn't

42. My mother warned me that if I work too much and \_\_\_\_ rest, I will weaken my immune system.  
A. didn't                    B. won't                    C. don't                    D. wouldn't

43. Ann's doctor told her that if she \_\_\_\_ his advice, her health will be much better.  
A. followed                    B. will follow                    C. follows                    D. would follow

44. My doctor explained that if children \_\_\_\_ enough calcium, they won't grow strong and healthy bones.  
A. don't get                    B. get                            C. got                            D. will get

45. Anna said that if she \_\_\_\_ a lot of fast food, she could become overweight.  
A. consumes                    B. consumed                    C. will consume                    D. would consume

46. Lan's father reminded \_\_\_\_ her medicine regularly.  
A. to take                    B. her take                    C. her to take                    D. her taking

47. Her yoga instructor insisted \_\_\_\_ those relaxation techniques every day to improve her health.  
A. her practise                    B. her to practise                    C. on her practise                    D. on her practising

48. My doctor warned me \_\_\_\_ out if air pollution levels are very high.  
A. not to go                    B. to not go                    C. not go                            D. go not

49. John apologised \_\_\_\_ his doctor's instructions.  
A. not for following                    B. for not following                    C. to follow                            D. to not follow

50. The swimming instructor told the children \_\_\_\_ into the pool.  
A. to not jump                    B. not jump                    C. not to jump                    D. not jumping