Unit 10. HEALTHY LIFESTYLE AND LONGEVITY

I.. 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. sugar	B. consume	C. trans-fat	D. obesity
2. A. vitamin	B. mineral	C. diet	D. fitness
3. A medicine.	B. remedy	C. exercise	D. obesity

II. 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.

9. A. infectious	B. essential	C. precaution	D. properly
10. A. unhealthy	B. vitamin	C. mineral	D. natural

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

6. 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

7. Huong told me that if she ____ strong tea, she usually starts feeling dizzy.

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

8. Lan's doctor advised ____ a yoga class to relieve stress.

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

9. Kim's father reminded ____ to his fitness class.

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

10. 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

11. 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

12. 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

13. 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

14. 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

15. Anna said that if she ____ a lot of fast food, she could become overweight.

A. consumes B. consumed C. will consume D. would consume

16. Lan's father reminded ____ her medicine regularly.

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

17. Her yoga instructor insisted ____ those relaxation techniques every day to improve her health.

LIVEWORKSHEETS

A. her practise B. her to practise C. on her practise D. on her practising

18. 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

19. John apologised ____ his doctor's instructions.

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

20. The swimming instructor told the children ____ into the pool.

A. to not jump B. not jump C. not to jump D. not jumping

21. My friend suggested ____ on a yoga course to lose weight.

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

22. 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

23. 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

24. The patient admitted ____ his doctor's advice.

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

25. Le's friend suggested ____ some games to relax because they had studied for three hours.

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

IV. 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.

26. Life expectancy for both men and women has improved greatly in the past twenty years.

A. Living standard B. Longevity C. Life skills D. Lifeline

27. You should also exercise early in the morning when it's not too hot.

A. have a rest B. do housework C. do homework D. work out

V. 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.

28. Stretching will relax your muscles and prevent any damage to your joints.

A. allow B. avoid C. limit D. protest

29. I have just received my first job offer after having been unemployed for two years.

A. got B. gained C. rejected D. acquired

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

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

A B C D

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

A B C D

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

A B C D

LIVEWORKSHEETS

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

A B C D

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

A B C D

VII. Read the following passage and mark the letter A, B, C, or D to indicate the correct word or phrase that best fits each of the numbered blanks.

HEALTHY LIVING

Millions of people today are overweight and out of shape. This is due in part (35) ____ their diet, which is often high in sugars and fats. Another (36) ____ is that too many of us spend our evenings gluing to the television, instead of doing something to keep ourselves fit. Today hectic lifestyles also prevent us (37) ____ spending as much time as we should on staying in shape. Long hours at school and work don't leave much time for healthy eating. Convenience food, such as (38) ____ meals and canned vegetables, saves time but is often unhealthy .Fast food and takeaways are also responsible for many health problems.

In order to enjoy good health, a regular programme of exercise is essential. This can be anything from gentle forms of yoga . to body building. Doing a little exercise every day so as not to develop (39) ____ problems is something that all of us should consider, young and old. If you don't practise any form of exercise now, it is for you to choose one and start today and get in shape!

35. A. of	B. to	C. in	D. at
36. A. reason	B. effect	C. result	D. consequence
37. A. from	B. against	C. about	D. with
38. A. freeze	B. freezing	C. frozen	D. unfrozen
39. A. healthy	B. unhealthy	C. health care	D. health

VIII. Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

Super Size Me is a 2004 film by Morgan Spurlock, in which he documents his experiment to eat only McDonald's fast food three times a day, every day, for thirty days.

Spurlock made himself a short list of rules for the experiment, including an obligation to eat all of the three meals he ordered. He also had to 'Super Size', which means accepting a **giant** portion every time the option was offered to him. He ended up vomiting after the first Super Size meal he finished, after taking nearly twenty minutes to consume it.

After five days Spurlock put on almost 5kg, and he soon found himself feeling depressed, with no energy. The only thing that got rid of his headaches and made him feel better was another McDonald's meal, so his doctors told him he was addicted. More seriously, around day twenty, he started experiencing heart palpitations and one of the doctors detected liver problems. However, in spite of his doctor's advice, Spurlock continued to the end of the month and achieved a total weight gain of 11kg. His body mass index also increased from a healthy 23.2 to an overweight 27.

LIVEWORKSHEETS

It took Spurlock fifteen months to recover from his experiment and return to his original weight, but the film also had a wider impact. Just after **its** showing in 2004, McDonald's phased out the Super Size option and healthier options like salads appeared on the menu. Unfortunately, McDonald's denied the connection between the film and the changes, but it is interesting to note how closely they coincided with the release of the film.

40. Which of the following is the best title for the passage?

A. An experiment with McDonald's fast food
B. Putting on weight due to eating fast food
C. Connection between fast food and heart diseases
D. How fast food trigger liver damage

41. In paragraph 2, the word "giant" is closest in meaning to ____.

A. light B. balanced C. big D. healthy

42. Which of the following could get rid of Spurlock's headaches?

A. salad B. a McDonald's meal C. a pain killer D. nothing

43. According to the passage, all of the following are the results of the experiment EXCEPT ____.

A. Spurlock put on weight
B. the experiment affected his heart
C. the experiment affected his liver
D. he became fairly relaxed and energetic

44. The word "its" in paragraph 4 refers to ____.

A. McDonald's B. the experiment C. the film *Super Size Me* D. the menu

IX. Read the first sentence and then complete the second sentence with the same meaning.

45. Mark said, "I went camping 5 days ago."

➔ *Mark said* .....

46. Tom said to me "If I have spare time, I will go fishing with you".

➔ Tom told me .....

47. The man said to the boy "Can you show me the way to the bank?"

➔ The man asked .....

X. Rearrange the words / phrases to make meaningful sentences:

48. *to keep fit/ people/ many/ take/ sports/ up/ so as/..*

➔. .....

49. *healthy/ I/ try/ eat/ lots of/* to/ *fruit / stay/ to/ in order/.*

➔.....

50. *wore/ I/ coat/ warm/ a/ cold/ catch/ a/ in order/ not/ scarf/ a/and / to /*

➔.....

LIVEWORKSHEETS