

## UNIT 10.1 - PHONETICS & GRAMMAR

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

1. A. studies      B. business      C. functions      D. numbers
2. A. nurse      B. films      C. stops      D. coughs
3. A. language      B. program      C. England      D. applicant
4. A. English      B. French      C. American      D. Celtic
5. A. China      B. Latin      C. skin      D. pronunciation

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

1. A. happen      B. visit      C. travel      D. develop
2. A. offer      B. listen      C. precede      D. follow
3. A. interview      B. appropriate      C. employ      D. describe
4. A. support      B. fascinate      C. accept      D. believe
5. A. inform      B. appeal      C. attempt      D. hesitate

## B. VOCABULARY AND GRAMMAR

### I. Use the words given in the box to complete the sentences.

*anti-ageing*      *anti-acne*      *prescription*      *immune*      *nutritious*  
*expectancy*      *meditation*      *healthy*      *sugar - free*      *stress - free*

1. My doctor said that these natural remedies can boost my \_\_\_\_\_ system.
2. One of the main responsibilities of a dietitian is to promote \_\_\_\_\_ and balanced diets.
3. \_\_\_\_\_ drinks are better for your teeth and general health.
4. In addition to a nutritious diet, a \_\_\_\_\_ lifestyle can boost your health and increase your life expectancy.
5. The development of effective medicines has contributed to the increase in the average life \_\_\_\_\_ in some countries.
6. An hour of \_\_\_\_\_ can help you to relieve your stress.
7. Some people believe that \_\_\_\_\_ foods can make them younger.
8. Home-made \_\_\_\_\_ masks based on fruits are completely natural and inexpensive.
9. Doctors should use more legible handwriting when giving \_\_\_\_\_.
10. Some people believe that keeping a diary of daily activities is one simple way to help you to stay \_\_\_\_\_.

### II. Choose the correct words in brackets to complete the sentences.

1. **Antibacterial** / **Meditation** takes many forms, but its core is the ability to control the mind and quieten it down.

2. Learning is the most fundamental brain **workout** / **cholesterol-free** - and the more you do it, the more you'll benefit.
3. Research for more recent periods shows a surprising and continuing improvement in **life expectancy** / **oil-free** among those aged 80 or above.
4. Many individuals through the ages realised there was a very important link between health, exercise, fitness, meditation, intelligence and **longevity** / **anti-glare**.
5. A research suggests that Tai Chi may also slow **ageing** / **fat-free** by boosting a certain type of stem cell.
6. Bird's nest soup brings overall benefit to the **immune system** / **alcohol-free** and it gives you glowing skin.
7. Widespread gardening provides an opportunity for exercise, sunlight and **nutritious** / **consumption** food for people in Okinawa, Japan.
8. The first step in **boosting** / **continuing** Nagano's life span was a campaign to reduce salt consumption and promote a healthier diet and lifestyle.