

## UNIT 2: HEALTH

### TEST 2

*I. Choose the word whose main stressed syllable is placed differently from that of the other in each group.*

- |                  |              |              |              |
|------------------|--------------|--------------|--------------|
| 1. A. healthy    | B. lifestyle | C. soda      | D. advice    |
| 2. A. candy      | B. doctor    | C. address   | D. dentist   |
| 3. A. midnight   | B. problem   | C. structure | D. repeat    |
| 4. A. solution   | B. chocolate | C. principal | D. exercise  |
| 5. A. understand | B. interview | C. introduce | D. underline |

*II. Supply the correct forms of the given words to complete the sentences.*

6. Having a \_\_\_\_\_ lifestyle is very important. (**health**)
7. Unhealthy habits will make you tired and \_\_\_\_\_. (**weight**)
8. Having enough sleep will help you focus and remember things more \_\_\_\_\_. (**easy**)
9. She should go to the doctor because she has an \_\_\_\_\_. (**ear**)
10. My \_\_\_\_\_ even falls asleep at her desk because she stayed up too late last night. (**class**)

*III. Use should/ shouldn't to complete the sentences.*

11. She has a toothache. She **should/ shouldn't** eat so much candy.
12. I have a headache. - You **should/ shouldn't** take some medicine.
13. Mary wants to lose weight. She **should/ shouldn't** eat junk food.
14. What **should** I do to lose weight? - You **should/ shouldn't** eat more fruit and vegetables.
15. You look very tired. You **should/ shouldn't** get some rest.
16. Linda has a stomachache. She **should/ shouldn't** drink lots of soda.
17. I feel tired. - You **should/ shouldn't** take a rest.
18. I have a sore eye. - You **should/ shouldn't** play a lot of video games.
19. I am putting on weight. - You **should/ shouldn't** do more exercise.
20. This food contains a lot of fat and sugar. You **should/ shouldn't** eat too much.

*IV. Read the text and choose the correct answer.*

#### KEEPING OUR TEETH HEALTHY

It's very important to have healthy teeth. Good teeth help us chew our food. They also help us look nice. How does a tooth go bad? The decay begins in a little crack in the enamel covering of the tooth. This happens after germs and bit of food have collected there. Then the decay slowly spreads inside to the tooth. Eventually, poison goes into the blood, and we may feel quite ill.

How can we keep our teeth healthy? First, we ought to visit the dentist twice a year. He can fill the small holes in our teeth before they destroy the teeth. He can examine our teeth to check that they are growing in the right way.

Secondly, we should brush our teeth with a toothbrush and fluoride toothpaste at least twice a day once after the breakfast and once before we go to bed. We can also use wooden toothpicks to clean between our teeth after a meal.

Thirdly, we should eat food that is good for our teeth and our body: milk, cheese, fish, brown bread, potatoes, red rice, raw vegetables, and fresh fruits. Chocolates, sweets, biscuits and cakes are bad, especially when we eat them between meals. They are harmful because they stick to our teeth and cause decay.

**21.** Good teeth help us \_\_\_\_\_ our food.

A. be nice

B. have good eyesight

C. chew

D. be important

**22.** When food and germs collect food in a small crack, our teeth \_\_\_\_\_.

A. become hard

B. send poison into the blood

C. begin to decay

D. make us feel quite ill

**23.** The dentist fills the small holes in our teeth and \_\_\_\_\_.

A. brushes our teeth

B. destroys the teeth

C. grows our teeth

D. examines our teeth

**24.** We ought to clean our teeth \_\_\_\_\_.

A. once a day

B. at least twice a day

C. between meals

D. before breakfast

**25.** We shouldn't eat too much \_\_\_\_\_.

A. red meat

B. fresh fruit

C. fish

D. chocolate

**V. Put the words in the correct order to make correct sentences.**

**26.** I/ do/ every day./ think/ we/ morning exercise/ should

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**27.** You/ junk food./ so/ much/ eat/ shouldn't

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**28.** How much/ do/ eat/ every week?/ fast food/ you

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**29.** The dentist/ me/ to/ told/ brush / teeth/ my/ three times/ a day.

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**30.** I/ am/ to/ stay / healthy/ doing/ by/ trying/ exercise every day.

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