

TEST YOURSELF 1

I. Choose the word whose underlined part is pronounced differently from the others.

1. a. <u>laugh</u>	b. <u>cough</u>	c. <u>bought</u>	d. <u>tough</u>
2. a. <u>game</u>	b. <u>gym</u>	c. <u>girl</u>	d. <u>bag</u>
3. a. <u>calorie</u>	b. <u>labour</u>	c. <u>community</u>	d. <u>volunteer</u>
4. a. <u>environmental</u>	b. <u>benefit</u>	c. <u>service</u>	d. <u>sick</u>
5. a. <u>danced</u>	b. <u>helped</u>	c. <u>watched</u>	d. <u>enjoyed</u>

II. Choose the odd one out.

1. a. flu	b. cough	c. headache	d. hobby
2. a. gymnastics	b. stamps	c. books	d. dolls
3. a. elderly people	b. donors	c. disabled people	d. sick children
4. a. fresh fish	b. fruit	c. junk food	d. vegetables
5. a. service	b. non-profit	c. charitable	d. homeless

III. Fill in each blank with a suitable word.

1. My friend loves _____ dolls. She has a large doll collection.
2. Two people were severely physically _____ in the crash.
3. My father carves eggshells as a _____.
4. He keeps sneezing and coughing. I think he has a _____.
5. Walking is one of the best ways to stay in _____.
6. The government should provide housing for _____ people.

IV. Choose the best answer a, b, c, or d to complete the sentence.

8. I've already done my homework, _____ I am going to watch TV.
a. so b. because c. but d. and

9. They could not afford to buy the house because it was _____.
a. too pretty b. too tight c. too expensive d. too cheap

10. _____ do you do volunteer work? - Every weekend.
a. How long b. How far c. How much d. How often

V. Write the correct tense or form of the verbs in brackets.

1. I _____ (already/ read) that book. It's fantastic.
2. We _____ (not do) any volunteer work five years ago.
3. James _____ (do) lots of volunteer work when he was in high school.
4. I think people _____ (eat) more healthy food in the future.
5. People _____ (need) about 2,000 calories a day to stay in shape.
6. _____ (Alex/ ever/ be) to Seattle? ~ Yes, he _____ (be) to Seattle once.
7. Right now, Margaret _____ (have) a shower. Do you want to ring later?
8. Be a Buddy _____ (establish) in 2011.
9. We encouraged people _____ (recycle) bottles, cans and paper.
10. My mother enjoys _____ (do) charitable work.

VI. Supply the correct form of the words in brackets.

1. Mike's hobby is listening to music. He gets a lot _____ from listening to music. (enjoy)
2. John is a stamp _____. He has a lot of rare and valuable stamps. (collect)
3. One third of children in the U. S. is _____ or obese. (weigh)
4. I have _____ so I must go to a dentist. (tooth)
5. Junk food is _____, so we shouldn't eat too much junk food. (health)
6. Blood _____ give blood for use in hospitals. (donate)
7. They aren't forced to do charity work. They do it _____. (volunteer)
8. They opened a shelter to provide housing for the _____. (home)

VII. Each sentence has a mistake. Find and correct it.

1. My brother loves play chess when he has free time.
2. I find woodcarving interest because it's creative.
3. Many people wait for the dentist at the moment.
4. They have donated blood three months ago.
5. Did you finished your homework yet?
6. I'd like to go, and I have to study for my test tonight.
7. Eat more fast food, or you'll put on weight.
8. Do you think staying at home all day is bored?

VIII. Make questions for the underlined parts.

1. A: _____
B: My favourite hobby is taking photos.
2. A: _____
B: He spends most of his free time carving eggshells.
3. A: _____
B: I often share my hobby with my best friend.
4. A: _____
B: She went to the doctor because she had a high fever.
5. A: _____
B: People need about 2.000 calories a day to stay in shape.
6. A: _____
B: I started working as a volunteer in 2015.
7. A: _____
B: So far, we have provided food and clothes to people in
8. A: _____
B: My mother has done charitable work for five years.

IX. Fill in each blank with a word from the box.

feed disabled helping care parents donating how charitable

It's not uncommon in America for a person to belong to some kind of volunteer group. (1) _____ one's time and services is very much a part of the American way of life. Most (2) _____ activities are organized by churches and groups around the nation and even encouraged by the government. The (3) _____ hand is extended to the poor, the homeless and the (4) _____.

Some people work to teach youngsters (5) _____ to read, others open up soup kitchens to (6) _____ the homeless. Volunteers also take (7) _____ of the disabled by making reading tapes for the blind and working in orphanages to help children without (8) _____.

X. Read the text carefully then choose the correct answers.

Maintaining a healthy body is not that easy and not so difficult also. Most important tip for a healthy body is to have healthy food and eat them at proper time. Avoid eating junk food. Your diet should contain food which has more nutrients. Try to include vegetables, fruits, milk, and fish in your daily diet. Make sure you are having your breakfast regularly. Skipping your breakfast regularly will definitely affect your health. Make sure you drink more amount of water daily. Regular exercise will also keep your body in good health. You can go for running, do cycling, walking faster etc. Apart from these always try to manage your stress. By controlling your stress you can maintain a healthy body. Your body should get enough time to take rest. Make sure you get a sleep of 8 hours daily. Sleep is very important for healthy body and also for mental and emotional happiness.

2. Skipping breakfast is _____ for your health.
a. good b. bad c. necessary d. important
3. Which of the followings is not keep your body in good health?
a. smoking b. cycling c. running d. jogging
4. Managing stress can help people _____.
a. have a good body b. live longer c. sleep enough time d. stay healthy
5. Which of the followings is NOT true?
a. It's difficult to maintain a healthy body.
b. Water is important for your health.
c. Getting enough sleep can make you happier.
d. Eating healthy and exercising are tips to stay healthy.