I. Choose the correct answers to complete the passage.

Do you skip breakfast most mornings? If you're (1) _____ most kids, you probably do! A new school year can be a good time to get (2) _____ the habit of eating a healthful breakfast, say experts. Recent studies show that eating breakfast (3) _____ both your health and your brainpower. "Breakfast supplies children with the (4) _____ they need and fuels them for a day of learning," nutrition expert Virginia Campbell told *Weekly Reader*.

Did you know that the word breakfast means "break the fast"? (5) _____ you're asleep at night, you're fasting, or not eating. You "break the fast" when you eat a morning meal. Breakfast (6) _____ , or restores, the energy that is lost after a night's sleep. That is (7) _____ it is often called the most important meal of the day.

Studies show that kids who eat a (8) _____ breakfast learn better, pay (9) _____ attention in class, and are less likely to miss school. Experts also say that kids who eat breakfast are less likely to overeat later in the day. That is good news. (10) _____ regular exercise, eating breakfast can lower the risk of becoming obese, or severely overweight.

1.	a. unlike	b. likely	c. like	d. likable
2.	a. over	b. on	c. into	d. by
3.	a. maintains	b. deteriorates	c. recovers	d. boosts
4.	a. nutrition	b. nutrients	c. nutritionists	d. nutritious
5.	a. While	b. Since	c. Though	d. Whether
6.	a. reassures replenishes	b. restrains	c. replaces	d.
7.	a. why	b. which	c. when	d. where
8.	a. small	b. healthful	c. quick	d. cooked
9.	a. some	b. many	c. much	d. more
10.	a. Thanks to with	b. Because of	c. Involved in	d. Along

II.Read the passage and do the exercises that follow by choosing the corresponding letter (A,B,C or D) of the correct answers.

Discipline is an important virtue in one's life. Discipline means complete obedience to certain rules and regulations. Life without discipline is just like a house without a roof. It is absolutely essential for successful life.

Discipline is the structural and fundamental unit of a successful person. It is essential for us at home, for soldiers in battlefield, for students in school, for players in

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playground. A team of experienced players often lose the match because of indiscipline in the team. A horrible battle can be won by a disciplined army. Discipline is very important in a student's life. We must obey our teachers, must follow the rules of the school. We should be sincere, dedicated, firm, and focus on our goals. If we violate, we will suffer a great deal in our future.

As a student is the future of the country, we needs to be very punctual to our routine, hard working, healthy and fit. Discipline demands self-control and dedication. It leads to the formation of a good society and nation as well.

20. What is discipline?

A. Obedience to rules and regulations B. House without a roof

C. successful life D. rules and regulations

21. What does the word "fundamental" mean?

A. tiny B. trivial C. basic D. small

22. Discipline is _____.

A. student's life B. our teachers

C. decication D. very important

23. The word "follow" can best be replaced by _____.

A. move B. obey C. remember D. forget

24. Discipline requires _____.

A. a good society B. a good nation

C. routine D. self-control and dedication

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