

ENGLISH 11- UNIT 10- GETTING STARTED AND LANGUAGE

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

1. A. obesity B. overweight C. consume D. focus
2. A. yoga B. expectancy C. dramatic D. massage
3. A. vision B. boost C. cholesterol D. support

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

4. A. meditation B. longevity C. expectancy D. cholesterol
5. A. essential B. survival C. nutrition D. vegetable

III. Choice the best answer A, B, C or D to complete the sentences.

6. A makes the body more efficient and enhances the body's ability to respond to stress.

A. fitness B. morning exercise C. training D. calmness

7. Many doctors recommend as a way to reduce stress.

A. medication B. thinking C. silence D. workout

8. The acid in nonstick pans is associated with birth and developmental defects,..... system problems, and cancer.

A. immune B. immunity C. immunization D. immunized

9. By paying attention to your hunger signals and switching to healthy snacks, you can..... nutrition, control cravings, and lose weight.

A. succeed B. boost C. stimulate D. request

10. Baking soda is considered the best home for acne as it smooths itching and inflammation around spots.

A. dealing B. medicine C. remedy D. substance

11. My own.....for health is less paperwork and more running barefoot through the grass

A. routine B. treatment C. medicine D. prescription

12. Whole grains are high in fiber and contain a variety of.....that support healthy blood

A. nutrition B. nutrients C. nutritionists D. nutritious

13. Living to an average of 83 years old, Japan is the nation with the highest..... in the world.

A. lifetime B. lifework C. life force, D. life expectancy

14. a byproduct of the fats that are found in animal-based foods like eggs, dairy products and meat.

A. Diet B. Dietary C. Meal D. Food

15. In order to avoid bad eating habits, you'll have to replace unhealthy fat with more food.

A. nutrition B. nutritional C. nutritious D. nutritive