

## TEST YOURSELF 2

### I. Put the intonation for the following sentences, Fall or Rise.

1. Who is the man in the blue T-shirt? \_\_\_\_\_
2. Does he usually get up late? \_\_\_\_\_
3. Which one do you like better? \_\_\_\_\_
4. Are the offices open on Saturdays? \_\_\_\_\_
5. Whose books are these? \_\_\_\_\_

### II. Choose the correct option.

1. Do you (eat/drink) soda during the day and struggle to sleep at night?
2. I think eating all that junk food is really (healthy/unhealthy).
3. I have got (toothache/ earache), so I must go to a dentist.
4. Several students complained of feelings of (health/sickness) and headaches.
5. You needed blankets to keep (warm/cold) because the heating was no use.
6. You may (feel/have) a stomachache if you are unable to eat properly.
7. When eating any kind of (candy/coke), you should eat it in small amounts.
8. I like to get up (early/late) and get a bit of work done before breakfast.

### III. Fill in the gaps using the phrases in the frame.

feels sick	ask for advice	lose weight	had a fever
eat fresh fruit	do morning exercise	get enough sleep	need a health check

1. After dinner, I usually \_\_\_\_\_ or drink fruit juice for dessert.
2. She always \_\_\_\_\_ when she sits in the back seat of the car.
3. Waking up early to \_\_\_\_\_ helps to sleep better.

4. You \_\_\_\_\_ to know the general state of your health.
5. The doctor put a thermometer in my mouth to see if I \_\_\_\_\_.
6. I'm feeling very tired today because I didn't \_\_\_\_\_ last night.
7. Go to your doctor, describe your symptoms carefully, and \_\_\_\_\_.
8. I'm trying to \_\_\_\_\_, so I'm keeping count of the number of calories I eat every day.

#### IV. Choose the correct answer A, B, or C.

1. \_\_\_\_\_ people want to go to the gym.  
A. Much      B. A lot of      C. Any
2. Did it cost \_\_\_\_\_ to buy these ingredients?  
A. a lot of      B. lots of      C. much
3. He's very busy; he has \_\_\_\_\_ things to do.  
A. lots of      B. much      C. any
4. Bill didn't drink all the juice. There's \_\_\_\_\_ left.  
A. many      B. any      C. a little
5. I haven't got \_\_\_\_\_ stamps, but Ann has got \_\_\_\_\_.  
A. any - any      B. any - some      C. some - any
6. Would you like \_\_\_\_\_ lemonade for dessert?  
A. any      B. some      C. many
7. We'll have to hurry. We don't have \_\_\_\_\_ time.  
A. some      B. any      C. much
8. Would you like milk in your coffee? - Yes, \_\_\_\_\_.  
A. any      B. a little      C. a lot of
9. There aren't \_\_\_\_\_ bus stops near here.  
A. any      B. some      C. much
10. Bob has \_\_\_\_\_ free time, but Tim doesn't have \_\_\_\_\_.  
A. lots of - many      B. a lot of - much      C. much - much

## V. Fill in the gaps with *should* or *shouldn't*.

1. That isn't a good film. You \_\_\_\_\_ watch it.
2. The doctor told her dad that he \_\_\_\_\_ drink too much alcohol.
3. My mum said I \_\_\_\_\_ spend so much time on video games.
4. The teacher said to Kim, "You \_\_\_\_\_ get up earlier because you are late again!"
5. I need help, doctor. I can't sleep well. What \_\_\_\_\_ I do?
6. You get bad mark again. You \_\_\_\_\_ put more effort into your work.
7. We \_\_\_\_\_ be hopeless. We can still have another try.
8. I'm not sure whether I \_\_\_\_\_ tell you this or not.
9. She \_\_\_\_\_ wear a thinner shirt in summer, not that thick one.
10. He \_\_\_\_\_ be so selfish and speak so disrespectfully.

## VI. Match the sentences to make a pair of dialogues.

1. I caught a cold from you.	a. I have got toothache.
2. How much do you know about nutrition?	b. Why do they want to move there?
3. You're very sporty and fit.	c. Not much.
4. What are soybeans rich in?	d. Thanks for your compliment.
5. Would you like tea or a cold drink?	e. I think she has a stomachache.
6. You look tired. What's the matter with you?	f. Soybeans are very rich in protein.
7. My parents want to move to the suburbs.	g. But I haven't had any cold for a month.
8. Where do you buy your fruit?	h. I'm quite unhealthy really.
9. Jodie seems too tired. She's holding her belly.	i. Tea, please.
10. Why did you go to a dentist?	j. We buy our fruit at the supermarket.

## VII. Read the text and choose the correct answers to fill in the gaps.

Gardening has widespread (1) \_\_\_\_\_ for the body, providing moderate to vigorous physical activity, improving mental well-being and even supporting a healthy

diet. The pastime can improve hand (2) \_\_\_\_\_, relieve pain and improve overall physical health for older adults.

But tending to the land isn't just for the (3) \_\_\_\_\_; kids can also benefit, especially in community gardens. For kids in at-risk neighborhoods, community gardening has proven to be a (4) \_\_\_\_\_ tool for building relationships, connecting to the community and developing teamwork skills.

Community gardens also benefit the community as a whole, (5) \_\_\_\_\_ in low-income areas. They stabilize neighborhoods, grow the economy and (6) \_\_\_\_\_ health and recreational activity for neighbors. Bringing home a bag of fresh, hearty vegetables is just the cherry - or carrot - on top.

1. A. benefits	B. habits	C. routines	D. hobbies
2. A. strong	B. strength	C. strongly	D. strengthen
3. A. poor	B. rich	C. elderly	D. needy
4. A. helpless	B. helpful	C. hopeful	D. hopeless
5. A. special	B. specially	C. especial	D. especially
6. A. encourage	B. decline	C. reduce	D. improve

### **VIII. Read the text and write True or False after each statement.**

In North America and in Europe, people usually eat three meals a day. The morning meal is called breakfast. It usually includes foods made from grain (cereal, porridge, or bread), fruit (apple, banana, or an orange), and milk products (milk, yogurt, or cottage cheese). Many people drink coffee or tea with their breakfast.

Around noon, people eat their lunch. People who are working at jobs are given a break to eat their lunch. The lunch meal includes foods such as a sandwich, soup, vegetables, fruit, and milk. In some countries, such as Italy, people serve an alcoholic drink with lunch. In England, some people have a glass of beer with their lunch.

In the evening, people eat their supper or dinner. Dinners are different in different countries. Usually dinners include a "main course" such as roast beef, a grain (such as rice or pasta), a vegetable (such as carrots or cauliflower) and a dessert (called a "sweet" or "pudding" in England).

In some cases, a starter or appetizer is served before the dinner. Appetizers are a small serving of food such as olives, cheese, or bread. In many countries, people serve an alcoholic drink with dinner, such as wine or beer.

1. In Europe, many people only drink coffee or tea for breakfast. \_\_\_\_\_
2. People who are working at jobs eat their lunch in the afternoon. \_\_\_\_\_
3. In England and Italy, people never have an alcoholic drink with their lunch. \_\_\_\_\_
4. People don't usually have a dessert in their supper. \_\_\_\_\_
5. Dinners usually include an appetizer, a main course, and a dessert. \_\_\_\_\_
6. In many countries, people drink beer or wine in dinners. \_\_\_\_\_

#### **IX. Write the complete sentences, using the given prompts.**

1. It / be / probably / most polluted body of water / world.  
\_\_\_\_\_
2. Overweight people tend / be / unhealthier / others.  
\_\_\_\_\_
3. This restaurant / have / very reasonable set menu / lunchtime.  
\_\_\_\_\_
4. There / be / not / time for breakfast yesterday, / so / I / skip / it / and / go / school.  
\_\_\_\_\_
5. One of the boys / class / have / fever / last week, / and he / infect / other children.  
\_\_\_\_\_