

## UNIT 2 | HEALTH

### Ι/ PRONUNCIATION

**A. Choose the word whose underlined part differs from the other three in pronunciation in each of the following questions.**

1. A. little      B. morning      C. lifestyle      D. drink  
2. A. check      B. rest      C. bench      D. fever

**B. Choose the word that differs from the other three in the position of the main stress in each of the following questions.**

3. A. vitamin      B. medicine      C. favorite      D. overweight  
4. A. unhealthy      B. vegetable      C. effectively      D. provide

### ΙΙ/ VOCABULARY AND GRAMMAR

**Choose the best option (A, B, C or D) to complete each of the following questions.**

5. My mom eats vegetables and does exercises every day. She has a \_\_\_\_\_ lifestyle.  
A. unhealthy      B. active      C. fast      D. healthy

6. A \_\_\_\_\_ makes the body more efficient and enhances the body's ability to respond to stress.  
A. exercise      B. workout      C. fitness      D. training

7. He goes to the sports center every week. He does \_\_\_\_\_ exercise.  
A. a little      B. a lot of      C. many      D. any

8. Student A: "I'm not feeling well. I think I have a fever."

Student B: "\_\_\_\_\_"

A. You shouldn't eat junk food.      B. You shouldn't take vitamins.  
C. You should go home and get some rest.      D. You should get enough sleep every day.

9. You shouldn't \_\_\_\_\_ up too late. It's very harmful.  
A. stays      B. staying      C. stayed      D. stay

10. My dad hurt his \_\_\_\_\_ when he was moving the sofa yesterday. It hurt so much that he couldn't stand up.  
A. head      B. back      C. stomach      D. ear

11. I just watch \_\_\_\_\_ TV everyday because looking at the screen for too long is bad for my eyes.  
A. much      B. lots of      C. a little      D. any

12. People should have eight hours of \_\_\_\_\_ every day.  
A. food      B. sleep      C. meal      D. drink

### ΙΙΙ/ ERROR CORRECTION

**Find the underlined part that needs correction in each of the following questions.**

13. I want to buy any vegetables and fruit for tonight's dinner.

A B C D

14. Could you bring me some glass of lemonade?

A B C D

15. She has a sore throat. She should to drink warm water and get some rest.

A B C D

16. Don't worry about the lunch. I've bought any sandwiches.

A B C D

#### IV/ WORD FORM

Write the correct form of the given words.

17. Eating more fruit will help us study \_\_\_\_\_ (GOOD) and feel healthier.

18. Mike couldn't sleep last night. Today he was really tired, so he fell \_\_\_\_\_ (SLEEP) in math class.

19. Tom wants to get good grades so he makes an \_\_\_\_\_ (EFFECTIVELY) study plan.

20. Louisa never does any exercise. She's \_\_\_\_\_ (FIT) and feels tired all the time.

#### V/ READING

Read the online post and choose the word/ phrase (A, B, C or D) that best suits each blank.

#### WHAT SHOULD I DO?

My name is Libby and I'm 12 years old. I never manage to go to bed early during the week. I know I (21) \_\_\_\_\_ use my phone or tablet late at night, but I always do. I find it (22) \_\_\_\_\_ to fall asleep, but I don't know why. I often miss breakfast, so I'm hungry by the morning break. In my school, you don't need to go far for unhealthy food. There is a vending machine with (23) \_\_\_\_\_ sugary snacks and fizzy drinks like Coke or soda. My mum says I should eat some fruit or yogurt for a snack, but I keep forgetting to bring it to school with me. I also feel (24) \_\_\_\_\_ and have no energy during the day, which is really annoying. I really need to get fit and healthy for the school bicycle race. What do you think I should do to prepare for the race? Please give me (25) \_\_\_\_\_ advice on how to become a better me.

21. A. should	B. shouldn't	C. don't	D. must
22. A. difficult	B. easy	C. harder	D. healthy
23. A. much	B. a little	C. few	D. lots of
24. A. healthy	B. strong	C. weak	D. a fever
25. A. an	B. some	C. many	D. a few

#### VI/ WRITING

A. Put the words in the correct order to make correct sentences.

26. should/ three/ You/ teeth/ a/ brush/ day/ your/ times/.

27. ask you/ the cafeteria/ to provide/ I'm writing/ to/ us with/ healthier food/ in/.

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28. fruit/ day/ My/ lots/ eat/ friends/ of/ every/.

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**B. Rewrite the following sentences without changing their meaning. Use the given word(s) if any.**

29. Jimmy doesn't do as much exercise as Janet.

Janet \_\_\_\_\_

30. My father gives up smoking. It's harmful to his health. (BECAUSE)

My father \_\_\_\_\_