

FLYERS 9

TASK 1. PHONETICS. Choose the word whose underlined part is pronounced differently from the others.

1. A. <u>put</u>	B. <u>adult</u>	C. <u>junk</u>	D. <u>sun</u>
2. A. <u>itchy</u>	B. <u>riding</u>	C. <u>sick</u>	D. <u>swimming</u>
3. A. <u>chemical</u>	B. <u>children</u>	C. <u>headache</u>	D. <u>architect</u>
4. A. <u>regularly</u>	B. <u>identify</u>	C. <u>really</u>	D. <u>healthy</u>
5. A. <u>cycling</u>	B. <u>doctor</u>	C. <u>aerobics</u>	D. <u>calories</u>

TASK 2. Look at the advice for a healthy lifestyle, and complete the sentences using MORE or LESS.

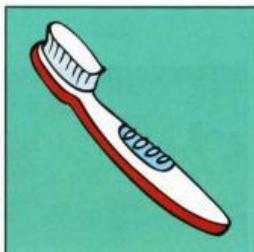
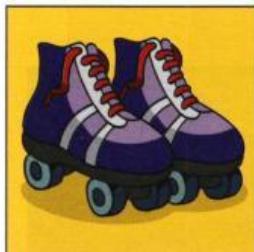
1. You have toothache. Eat _____ candy.
2. Get up early and do _____ exercise.
3. The examination is coming. Watch _____ TV.
4. Watch _____ television and you can protect your eyes.
5. You look tired, sleep _____.
6. She should eat _____ fast food.
7. You are putting on weight. Eat _____ fast food.
8. I will spend _____ time on computer games.
9. You have a cough. Drink _____ warm water.
10. We should eat _____ junk food and eat _____ fruit and vegetables.

TASK 3. Choose the correct option A, B, C or D

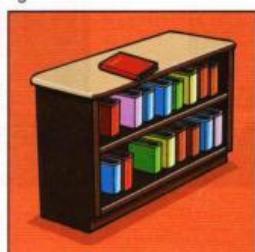
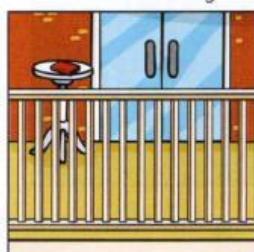
1. You should eat a lot of fruits and vegetables because they _____ vitamin A, which is good for the eyes.
A. run B. take C. provide D. get
2. The health _____ from that diet expert is that you should eat less junk food and count your calories if you are becoming fat.
A. advices B. ideas C. tip D. tips
3. The seafood I ate this morning makes me feel _____ all over.
A. itchy B. weak C. running D. well
4. If you want to be fit, stay outdoors more and do more _____ activities.
A. physics B. physic C. physical D. physically
5. Do more exercise _____ eat more fruit and vegetables.
A. and B. so C. but D. although
6. After working in computer for long hours, you should _____ your eyes and relax.
A. wake B. rest C. sleep D. sleep in
7. Eat less high-fat foods to keep you from _____ fat.
A. gaining B. reducing C. getting D. rising
8. We should follow the advice from doctors and health _____ in order to keep fit.
A. managers B. experts C. people D. workers
9. Have a healthy _____ and you can enjoy your life.
A. lifeline B. lively C. lives D. lifestyle
10. They go swims _____ outside even when it's cold.
A. B. swiming C. swimming D. swam

TASK 4. LISTENING. Listen and choose the correct picture.

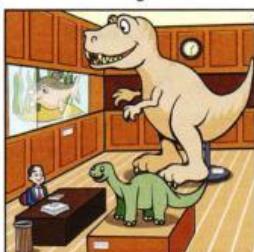
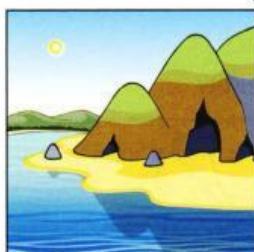
1 What must Harry take on holiday?



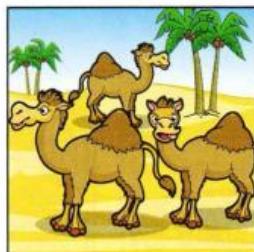
2 Where is Harry's diary?



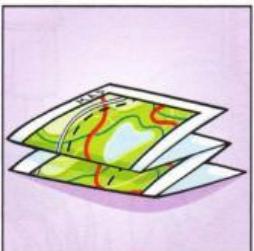
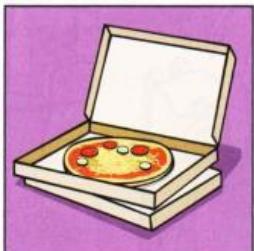
3 Where would Harry most like to go?



4 What animal did Harry's family film last year?



5 What is Harry's mum going to buy?



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