

## Review 1.4

**Mark the letter A, B, C, or D to indicate the word whose underlined part is pronounced differently from the others.**

1. A <u>medicine</u>	B. <u>remedy</u>	C. <u>exercise</u>	D. <u>obesity</u>
2. A <u>balanced</u>	B. <u>yoga</u>	C. <u>fatty</u>	D. <u>natural</u>
3. A. <u>vegetable</u>	B. <u>hygiene</u>	C. <u>sugary</u>	D. <u>longevity</u>
4. A. <u>acne</u>	B. <u>happy</u>	C. <u>natural</u>	D. <u>dietary</u>
5. A. <u>longevity</u>	B. <u>immune</u>	C. <u>nutrition</u>	D. <u>prescription</u>
6. A. <u>obesity</u>	B. <u>overweight</u>	C. <u>consume</u>	D. <u>focus</u>

**Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of primary stress in each of the following questions.**

7. A. healthy	B. unwell	C. lifestyle	D. factor
8. A. principle	B. vegetable	C. natural	D. relieve
9. A. medicine	B. increase	C. consume	D. immune

**Mark the letter A, B, C or D to indicate the correct answer to each of the following questions.**

10. 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
11. If you're tired, even if you feel that you need to get more done, give yourself \_\_\_\_ to sleep.  
A. request      B. requirement      C. permission      D. permit
12. The student failed to meet the necessary \_\_\_\_ for admission to the course.  
A. fulfillments      B. qualities      C. aptitudes      D. requirements
13. After \_\_\_\_, people feel more refreshed and alert.  
A. meditation      B. attention      C. determination      D. prescription
14. Make sure the \_\_\_\_ for your glasses or contact lens is up-to-date and adequate for computer use.  
A. medicine      B. prescription      C. size      D. introduction
15. Most \_\_\_\_ is caused by wishing things that you are unable to achieve them right now.  
A. disease      B. injury      C. stress      D. wound
16. Tobacco not only affects you and the people around you, but can \_\_\_\_ to serious health conditions including lung and heart disease.  
A. go      B. influence      C. lead      D. point
17. Whole grains are high in fiber and contain a variety of \_\_\_\_ that support healthy blood sugar levels.  
A. nutrition      B. nutrients      C. nutritionists      D. nutritious
18. 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
19. China has already been experimenting with ways to make its cities more \_\_\_\_ for the last two decades.  
A. sustain      B. sustainable      C. survival      D. available
20. Vancouver is often considered to be one of the most \_\_\_\_ cities in the world.  
A. fit      B. liveable      C. endurable      D. suitable
21. Telecommunications and cloud computing will \_\_\_\_ transportation for moving ideas and intellectual property.  
A. change      B. replace      C. remove      D. eliminate
22. He was \_\_\_\_ because she didn't arrive at his birthday party.  
A. disappoint      B. disappoints      C. disappointed      D. disappointment
23. My sister \_\_\_\_ for you since yesterday.  
A. is looking      B. was looking      C. looked      D. has looked

24. He last wrote home two months ago.

A. He hasn't written home for two months.  
C. He wrote home every two months.

B. He didn't write home for two months.  
D. He often wrote home twice a month.

25. Where \_\_\_\_\_ yesterday?

A. do you go      B. did you go

C. you went      D. did you went

26. They \_\_\_\_\_ football for two hours.

A. play      B. are playing

C. have played      D. played

**Mark the letter A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.**

27. This kind of fruit helps to boost the immune system.

A. decrease      B. reduce      C. increase      D. maintain

28. Life expectancy for both men and women has improved greatly in the past twenty years.

A. Living standard      B. Longevity      C. Life skills      D. Lifeline

29. Here are some principles for people to follow if they want to stay healthy.

A. rules      B. principals      C. laws      D. duties

30. We should consume healthy food and exercise regularly.

A. store      B. purchase      C. buy      D. eat

**Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.**

31. When you walk, don't look at your feet. This will slow you down and cause back pain.

A. result in      B. result from      C. lead to      D. activate

32. After hundreds of rejections by the employers, I decided that I need to do something about my obesity.

A. denial      B. approval      C. refusal      D. rebuttal

33. I found a website advertising an effective way to lose weight in one month.

A. drop      B. waste      C. maintain      D. gain

34. I have just received my first job offer after having been unemployed for two years.

A. got      B. gained      C. rejected      D. acquired

35. You need to do some warm-up exercise such as stretching before you start your yoga practice.

A. remaining      B. declining      C. developing      D. shrinking

**Choose the word among A, B, C or D that best fits the blank space in the following passage.**

#### How to take care of your body skin

To keep your skin healthy, do not go out in the sun (36) \_\_\_\_\_ protection. It is also highly (37) \_\_\_\_\_ to stay out of the sun during the hottest hours of the day. It is important to use gentle, soap-free skincare products for your cleansing (38) \_\_\_\_\_. If you use products that are too harsh, your skin can become extremely dry and feel very (39) \_\_\_\_\_.

A shower is better for your skin than a bath. Make sure that the water is (40) \_\_\_\_\_ enough. Before you get out of the shower, rinse your entire body off really well to (41) \_\_\_\_\_ all traces of your cleansing product. Then, rapidly dry your skin with your towel.

36. A. with      B. without      C. on      D. from

37. A. showed      B. expressed      C. recommended      D. stated

38. A. set      B. routine      C. order      D. task

39. A. comfortable      B. uncomfortable      C. comfortably      D. uncomfortably

40. A. warm      B. hot      C. dry      D. cold

41. A. have      B. do      C. make      D. eliminate

**Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.**

### **Health Benefits of Yoga**

Yoga is a healthy lifestyle. One of the benefits of yoga is that you can choose a yoga style that is suitable for your lifestyle, such as hot yoga, power yoga, relaxation yoga, etc. If you are a yoga beginner, Hatha Yoga, which focuses on basic postures at a comfortable pace, would be great for you. If you want to increase strength through using more of your own body's resistance, Power Yoga may be right for you. Whether you prefer you're at home, in a private session, watching a DVD or at a studio or gym, there are a huge variety of options available to suit your goals and needs.

Improved flexibility is one of the first and most obvious benefits of yoga. During your first class, you probably won't be able to touch your toes. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. Each of the yoga poses is built to reinforce the muscles around the spine, the very center of your body, which is the core from which everything else operates. When the core is working properly, posture is improved, thus **alleviating** back, shoulder, and neck pain.

Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once the twist is released.

Many studies found that a consistent yoga practice improved depression and led to greater levels of happiness and better immune function.

42. Yoga is a very convenient type of exercise because\_\_\_\_\_.

- A. we can watch a DVD at a studio or gym and follow it
- B. we can choose a yoga style that is suitable for our lifestyle
- C. we can choose Hatha Yoga to focus on basic postures or to increase strength
- D. there are a huge variety of options available for our private session

43. According to yoga's principles, the spine is of great importance because\_\_\_\_\_.

- A. when the spine is working properly, postures will become possible
- B. seemingly impossible poses will become possible
- C. it is the center of your body, from which other muscles operate
- D. we can avoid back, shoulder, and neck pain

44. Yoga can improve our circulation because\_\_\_\_\_.

- A. it helps to provide more oxygen to cells or internal organs
- B. it helps us to perform twisting poses more easily
- C. we can have more relaxation exercises
- D. it helps to provide more blood to internal organs than others

45. The word "**alleviating**" in paragraph 2 is closest in meaning to\_\_\_\_\_.

- A. keeping
- B. relieving
- C. worsening
- D. boosting

### **The end**

*One smile can start a friendship. One word can end a fight.*

*One look can save a relationship. One person can change your life.*