Unit 10. HEALTHY LIFESTYLE AND LONGEVITY

Part I. PHONETICS

Exercise 1. Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

1. A. sugar	B. consume	C. trans-fat	D. obesity
2. A. vitamin	B. mineral	C. diet	D. fitness
3. A medicine.	B. remedy	C. exercise	D. obesity
4. A balanced	B. yoga	C. fatty	D. natural
5. A. vegetable	B. hygiene	C. sugary	D. longevity

Exercise 2. 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.

6. A. prevent	B. injure	C. sugar	D. fitness
7. A. healthy	B. consume	C. diet	D. headache
3. A. yopa	B. fatal	C. immune	D. careful
9. A. infectious	B. essential	C. precaution	D. properly
10. A. unhealthy	B. vitamin	C. mineral	D. natural

Part II, VOCABULARY

Exercise 3, 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.

11. Children often get vaccinated in order to be immune to fatal diseases.

A. susceptible B. vulnerable C. allowed D. resistant

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

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

13. 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

14. Here are some principles for people to stick to if they want to stay healthy.

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

15. We should consume healthy food and exercise regularly.

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

16. There are several ways to exercise and stay healthy.

A. apply B. exploit C. keep fit D. operate

17. We should take prescription medicine only when other methods fail.

A. decline B. not succeed C. break D. fall

18. If you take this medicine, you will recover quickly.

A. get well B. get on C. get up D. get in

19. The doctor warned his patient not to take too much sugar.

A. shouted B. threatened C. punished D. cautioned

20. In order to stay healthy, make sure you have a balanced intake of vitamins and minerals.

LIVEWORKSHEETS

A. take-off B. take-away C. consumption D. digestion

21. Too much fast food consumption can increase the risk of obesity and heart disease.

A. being underweight B. being overweight C. malnutrition D. fitness

22. A popular way to relieve stress in today's busy lifestyles is practising meditation.

A. reduce B. relax C. repeat D. require

23. People can fight infection more easily if they have an adequate diet.

A. injection B. disease C. hygiene D. each other

24. We should drink a lot of water to prevent water loss.

A. boost B. stimulate C. avoid D. trigger

25. In order to avoid sunburn, many people wear protecting clothes when they go out.

A. continue B. encourage C. facilitate D. block

26. Remember to wash your face twice a day with warm water and mild soap to remove dirt.

A. light B. destructive C. strong D . protective

27. Squeezing pimples can lead to swelling, redness, and infection.

A. falling B. declining C. shrinking D. becoming bigger

28. Eating a wide variety of fruit and vegetables provides you with vitamins and nutrients.

A. broad B. narrow C. limited D. certain

29. She gave us some tips for keeping our skin healthy and preventing common skin problems.

A. particular B. normal C. infrequent D. accepted

30. Having healthy skin is especially essential to women to maintain their beauty.

A. trivial B. meaningless C. vital D. contributory

31. If you stare at a computer screen for too long, it may damage your eyesight.

A. peep B. look C. glance D. gaze

32. The increase in life expectancy can be attributed to health lifestyle, better nutrition, and advances in medical science and technology.

A. activities B. advisers C. delays D. breakthroughs

33. Mass media have helped to raise people's awareness of lifestyle choices.

A. stabilise B. reduce C. lift D. encourage

34. John Keith has been a fitness instructor for more than ten years.

A. practitioner B. trainer C. learner D. intern

35. Here are some precautions for us to take when doing different types of physical activities.

A. safety measures B. safety levels C. safety rules D. safety factors

36. If you do workout outdoors in the hot and sunny weather, your body can overheat and lose a lot of fluid.

A. liquid B. vitamins C. minerals D. nutrients

37. Losing a lot of fluid can lead to heat stroke.

A. result from B. result in C. originate D. be due to

38. You should drink a glass of water before a workout and then pause regularly to drink more.

A. break up B. break down C. break off D. break in

LIVEWORKSHEETS

39. You should also exercise early in the morning when it's not too hot.

A. have a rest B. do housework C. do homework D. work out

40. Make sure you have warmed up your body by stretching or jumping before swimming.

A. exercised B. put on warm clothes C. had a warm bath D. rested

41. If you are swimming and lightning strikes, you risk serious injury or death.

A. trivial B. bad C. important D. minor

42. If yoga is not done properly, it can do more harm than good.

A. socially accepted B. morally accepted C. correctly D. easily

Exercise 4. 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.

43. 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

44. Stretching will relax your muscles and prevent any damage to your joints.

A. allow B. avoid C. limit D. protest

45. 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

46. 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

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

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

48. I have followed a special diet and joined a fitness class for overweight people for over six months.

A. refused B. obeyed C. adhered to D. carried on

49. My family totally supported me during my fight against obesity.

A. aided B. discouraged C. assisted D. promoted

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

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

Part III. GRAMMAR

Exercise 5. Mark the letter A, B, C, or D to indicate the underlined part that needs correction in each of the following questions.

51. We need some cholesterols to help our skin, brain, and other organs grow, but too much of it can cause

A B C D

health problems.

52. People who eat lots of red meat are at risk of develop heart diseases.

A B C D

53. Your body may not be able to fights infections naturally if your immune system is weakened.

A B C D

54. I told him that if I drank coffee before bedtime, I can't sleep.

A B C D

LIVEWORKSHEETS

55. Dr Lam said that we'd boost our immune system if we have a healthy lifestyle.

A B C D

56. Nam's wife told him that it would be nice if he spends more time with the children.

A B C D

57. Peter explained to us that if Ann called him back, he'll arrange an appointment for her.

A B C D

58. The travel agent explained to us that if we travelled to a foreign country, we need a valid passport.

A B C D

59. My grandmother keeps to tell us that if we catch a cold, we should try natural remedies before taking

A B C

any medicine.

D

60. John told me that if he were rich, he'd donate money for charity.

A B C D

61. Mira's father said that she would recover quickly if she follows the doctor's advice.

A B C D

62. Khanh's father promised buying her a pair of Nike shoes if she passed her English test.

A B C D

63. Lan's mother reminded her to turn off the lights before leaving a house.

A B C D

64. The doctor advise him not to exercise too hard because it was not good for his heart.

A B C D

65. Mai invited me spend my summer holidays on her grandparents' farm.

A B C D

66. Jack's father advised him not eating fast food every day.

A B C D

Exercise 6. Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

67. Hoa reminded Lan ____ some groceries on the way home.

A. buying B. to buying C. buy D. to buy

68. My friend suggested ____ on a yoga course to lose weight.

A. enrolled B. enroll C. enrolling D. to enroll

69. Tom and Ken admitted ____ to submit the assignments the day before.

A. to forget B. to forgetting C. forget D. forgot

70. The mother told her two daughters ____ too much fast food.

A. not to eat B. to not eat C. to eat not D. not eat

71. The doctor said to Mr Black that if he ate lots of fatty food, he ____ increase his chance of developing heart disease.

A. will be B. will C. would be D. would

LIVEWORKSHEETS

12. My yoga instructor asked me to close my eyes, breathe slowly and deeply, and ____ about my problems.

A. not thinking B. to think not C. not to think D. not think

73. The patient admitted ____ his doctor's advice.

A. to not follow B. not to following C. to follow not D. to following not

74. Le's friend suggested ____ some games to relax because they had studied for three hours.

A. playing B. play C. to play D. played

75. Nam's mother advised ____ some ginger tea if he wants to feel better.

A. to him drink B. to drink him C. him drink D. him to drink

76. Lan said that if I wanted to try natural remedies, I ____ find useful information on the Internet.

A. will B. can C. could D. am able to

77. Huong told me that if she ____ strong tea, she usually starts feeling dizzy.

A. drank B. drinks C. will drink D. has drunk

78. Lan's doctor advised ____ a yoga class to relieve stress.

A. her taking B. her take C. to take her D. her to take

79. Kim's father reminded ____ to his fitness class.

A. to him going B. him go C. him to go D. he goes

80. Our fitness instructor warned ____ work out more than two hours a day.

A. us not to B. us to not C. us not D. not us to

81. Tom's father told him if he goes to bed on an empty stomach, he ____ be able to sleep well.

A. doesn't B. won't C. wouldn't D. hasn't

82. My mother warned me that if I work too much and ____ rest, I will weaken my immune system.

A. didn't B. won't C. don't D. wouldn't

83. Ann's doctor told her that if she ____ his advice, her health will be much better.

A. followed B. will follow C. follows D. would follow

84. My doctor explained that if children ____ enough calcium, they won't grow strong and healthy bones.

A. don't get B. get C. got D. will get

85. Anna said that if she ____ a lot of fast food, she could become overweight.

A. consumes B. consumed C. will consume D. would consume

86. Lan's father reminded ____ her medicine regularly.

A. to take B. her take C. her to take D. her taking

87. Her yoga instructor insisted ____ those relaxation techniques every day to improve her health.

A. her practise B. her to practise C. on her practise D. on her practising

88. My doctor warned me ____ out if air pollution levels are very high.

A. not to go B. to not go C. not go D. go not

89. John apologised ____ his doctor's instructions.

A. not for following B. for not following C. to follow D. to not follow

90. The swimming instructor told the children ____ into the pool.

A. to not jump B. not jump C. not to jump D. not jumping

LIVEWORKSHEETS

Part IV. SPEAKING

Exercise 7. Mark the letter A, B, C, or D to indicate the correct response to each of the following exchanges.

Two friends Nam and Lan are talking about the topic of healthy lifestyle and longevity.

91. Nam: What do you personally do to keep fit?

Lan: ____

A. I think keeping fit is necessary for everyone.

B. As far as I know, more and more people exercise to keep fit.

C. Fitness centres are mushrooming.

D. I just do morning exercise and maintain a balanced diet.

92. Lan: Do you think it's important for young people to keep fit?

Nam: ____

A. Why do they need to keep fit?

B. It's very important for old-aged people to have a healthy lifestyle.

C. I do think so. As the main labour force of the country, they must be strong.

D. It doesn't cost much to work out in the gym these days.

93. Nam: Do you do any sports ?

Lan: ____

A. More and more people are talking about sports events these days.

B. I used to, but now I don't. I'm too busy.

C. There are different types of sports.

D. Sportsmen should be highly paid.

94. Lan: What do people do to keep fit?

Nam: ____

A. Everyone wants to keep fit these days.

B. So many people do harm to their health by smoking or drinking.

C. They combine exercising and having a balanced diet.

D. Not many people can afford to eat healthily.

95. Nam: Do young people you know get enough exercise?

Lan: ____

A. Not really. They are a little bit lazy.

B. Getting enough exercise is very important.

C. They tend to eat too much junk food.

D. Fast food is the young people's favourite food.

96. Nam: What could we do to encourage them to exercise more?

Lan: ____

A. Exercising in the morning is really encouraging.

B. What about forming some sports clubs after school hours?

C. Young people tend to exercise less than before.

LIVEWORKSHEETS

D. Lack of exercise will weaken your body.

97. Nam: Do you think we are healthier today than people were fifty years ago?

Lan: ____

A. People always want to live long and stay healthy.

B. Life fifty years ago was much harder than nowadays.

C. People in the past had to overcome lots of hardship.

D. Not really. People nowadays live in a more polluted environment.

98. Nam: What are the main health problems young people face?

Lan: ____

A. There are so many health problems these days.

B. Young people tend to eat a lot of convenience food.

C. Diabetes and obesity are the biggest threats to them.

D. It is easy for young people to overcome their health problems.

99. Nam: Do you think all medical care should be free?

Lan: ____

A. I think it should be. People's life must be protected.

B. Medical equipment is very expensive.

C. Public schools are also free in many countries.

D. Not all people can get access to free medical care.

100. Nam: What is a healthy diet?

Lan: ____

A. All people need to eat healthily.

B. Healthy diets are getting more expensive.

C. Fast food is not healthy food.

D. It must be a balanced, nutritious and healthy diet.

101. Lan: In your opinion, do you have a healthy diet?

Nam: ____

A. I prefer to cook my own meals.

B. Sometimes I eat out with my family or my friends.

C. In general, I do. I have a balanced and healthy diet.

D. My friends eat a lot of fast food.

102. Lan: How many hours a day do you spend watching TV?

Nam: ____

A. TV programmes are various. There are so many of them.

B. Not much. Just about thirty minutes after dinner.

C. My mother spends hours watching soap operas.

D. Sports channel is my favourite.

103. Lan: Do you ever eat junk food?

LIVEWORKSHEETS

Nam: ____

A. Sometimes I have a snack for my breakfast.

B. Junk food is not nutritious enough.

C. Junk food is also addictive.

D. We should discourage children from eating junk food.

104. Nam: What exercise do you do?

Lan: ____

A. I go jogging in the morning and aerobics in the afternoon.

B. My teachers ask us to do so many exercises.

C. I hate doing too much homework.

D. Exercising is time-consuming.

105. Lan: What could you do to make your lifestyle healthier?

Nam: ____

A. People need a healthy lifestyle.

B. I do need to exercise more.

C. I don't care much about my diet.

D. I prefer to eat out at the weekends.

Part V. READING

Exercise 8. Read the following passage and mark the letter A, B, C, or D to indicate the correct word or phrase that best fits each of the numbered blanks.

HEALTHY LIVING

Millions of people today are overweight and out of shape. This is due in part (106) ____ their diet, which is often high in sugars and fats. Another (107) ____ is that too many of us spend our evenings gluing (108) ____ the television, instead of doing something to keep (109) ____ fit. Today hectic lifestyles also prevent us (110) ____ spending as much time as we should on staying in shape.

Long hours at school and work don't (111) ____ much time for healthy eating. Convenience food, such as (112) ____ meals and canned vegetables, saves time but is often (113) ____. Fast food and takeaways are also (114) ____ for many health problems.

In order to enjoy good health, a regular programme of (115) ____ is essential. This can be anything from gentle forms of yoga (116) ____ body building. Doing a little exercise every day so as not to develop (117) ____ problems is something that all of us should consider, young and old. If you don't practise any form of exercise now, it is for you to choose one and start today and get in shape!

106. A. of	B. to	C. in	D. at
107. A. reason	B. effect	C. result	D. consequence
108. A. in	B. on	C. to	D. at
109. A. them	B. themselves	C. us	D. ourselves
110. A. from	B. against	C. about	D. with
111. A. take	B. leave	C. spend	D. waste
112. A. freeze	B. freezing	C. frozen	D. unfrozen
113. A. health care	B. healthful	C. healthy	D. unhealthy

LIVEWORKSHEETS

114. A. responsive B. reacted C. responsible D. irresponsible

115. A. exercises B. exercise C. homework D. housework

116. A. to B. but C. and D. with

117. A. healthy B. unhealthy C. health care D. health

Exercise 9. Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

Super Size Me is a 2004 film by Morgan Spurlock, in which he documents his experiment to eat only McDonald's fast food three times a day, every day, for thirty days.

Spurlock made himself a short list of rules for the experiment, including an obligation to eat all of the three meals he ordered. He also had to 'Super Size', which means accepting a **giant** portion every time the option was offered to him. He ended up vomiting after the first Super Size meal he finished, after taking nearly twenty minutes to consume it.

After five days Spurlock put on almost 5kg, and he soon found himself feeling depressed, with no energy. The only thing that got rid of his headaches and made him feel better was another McDonald's meal, so his doctors told him he was addicted. More seriously, around day twenty, he started experiencing heart palpitations and one of the doctors detected liver problems. However, in spite of his doctor's advice, Spurlock continued to the end of the month and achieved a total weight gain of 11kg. His body mass index also increased from a healthy 23.2 to an overweight 27.

It took Spurlock fifteen months to recover from his experiment and return to his original weight, but the film also had a wider impact. Just after **its** showing in 2004, McDonald's phased out the Super Size option and healthier options like salads appeared on the menu. Unfortunately, McDonald's denied the connection between the film and the changes, but it is interesting to note how closely they coincided with the release of the film.

118. Which of the following is the best title for the passage?

A. An experiment with McDonald's fast food B. Putting on weight due to eating fast food

C. Connection between fast food and heart diseases D. How fast food trigger liver damage

119. Which of the following is TRUE about Morgan Spurlock?

A. He had to eat Super Size meal once a week.

B. He had to eat Super Size meal twice a day.

C. He had to eat Super Size meal three times a week.

D. He had to consume Super Size for three meals a day.

120. In paragraph 2, the word "**giant**" is closest in meaning to ____.

A. light B. balanced C. big D. healthy

121. Which of the following could get rid of Spurlock's headaches?

A. salad B. a McDonald's meal C. a pain killer D. nothing

122. According to the passage, all of the following are the results of the experiment EXCEPT ____.

A. Spurlock put on weight B. the experiment affected his heart

C. the experiment affected his liver D. he became fairly relaxed and energetic

LIVEWORKSHEETS

123. The word "**its**" in paragraph 4 refers to ____.

A. McDonald's B. the experiment C. the film *Super Size Me* D. the menu

Exercise 10. Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.

In 2002, several obese teenagers in the USA sued McDonald's, claiming that the company was responsible for making them fat. They argued that McDonald's deliberately misled them into thinking that their cheeseburgers and other products were healthy and nutritious food. They claimed that the company had not warned them about the health problems that can result from eating too much salty, high-fat food and drinking too many sugary drinks: diabetes, high blood pressure and obesity. The mother of one of the children, who at the age of 15 weighed more than 180 kilograms, said in her statement: 'I always believed McDonald's was healthy for my son.'

McDonald's **rejected** the claim that they were responsible for these teenagers' health problems. 'People don't go to sleep thin and wake up obese,' said McDonald's lawyer, Brad Lerman. 'The understanding of what hamburgers and French fries do has been with us for a long, long time,' he added. The judge agreed, and dismissed the case, saying: 'it is not the place of the law to protect people against their own excesses.' In other words, if people choose to eat a lot of unhealthy food, they can't blame the company that sold **it** to them.

Other similar lawsuits against fast food companies in the USA have also **failed**. In 2005, the US House of Representatives passed a bill which became known as the 'Cheeseburger Bill'. It made it much harder for obese people to take legal action against the food industry. However, the bill has not ended the arguments about responsibility. There is some scientific evidence to suggest that fast food is addictive, and harmful too. So is selling fast food the same, in a way, as drug-dealing?

124. Which of the following is the best title for the passage?

A. Obesity - who is to blame? B. Is fast food addictive?

C. Is fast food really healthy? D. How to get rid of fast food?

125. According to the obese teenagers in the USA who sued McDonald's, which of the following health problems was NOT mentioned?

A. diabetes B. hypertension C. obesity D. heart disease

126. In paragraph 2, the word "**rejected**" is closest in meaning to ____.

A. accepted B. denied C. ignored D. agreed

127. In paragraph 2, the word "**it**" refers to ____.

A. law B. healthy food C. unhealthy food D. bill

128. What happens if people choose to eat a lot of unhealthy food?

A. The company will be responsible for their health problems.

B. They may get financial support from the company.

C. They will surely succeed in lawsuits.

D. They can't force the company to be responsible for them.

129. In paragraph 3, the word "**failed**" is closest in meaning to ____.

LIVEWORKSHEETS

A. not famous B. not important C. not successful D. not proud

130. According to the passage, which of the following is NOT true about fast food?

A. salty and high-fat B. addictive C. nutritious D. harmful

Part VI. WRITING

Exercise 11. Mark the letter A, B, C, or D to indicate the sentence that is closest in meaning to each of the following questions.

131. 'I'll buy you a new bicycle if you stop eating junk food,' said Lam's mother.

A. Lam's mother promised to buy him a new bicycle if he stopped eating junk food.

B. Lam's mother promises to buy him a new bicycle if he stops eating junk food.

C. Lam's mother will promise to buy him a new bicycle if he stops eating junk food.

D. Lam's mother had promised to buy him a new bicycle if he stopped eating junk food.

132. 'You will boost your immune system if you exercise regularly,' said Tam.

A. Tam says that we'll boost our immune system if we exercised regularly.

B. Tam said that we'd boost our immune system if we exercised regularly.

C. Tam said that we'll boost our immune system if we exercised regularly.

D. Tam said that we boost our immune system if we exercised regularly.

133. 'Mai will recover quickly if she follows the doctor's advice, said Mai's father.

A. Mai's father said she would recover quickly if she follows the doctor's advice.

B. Mai's father said she will recover quickly if she followed the doctor's advice.

C. Mai's father said she would recover quickly if she followed the doctor's advice.

D. Mai's father says she would recover quickly if she followed the doctor's advice.

134. 'You should exercise more in order to keep fit,' said Anna.

A. Anna urged us to exercise more to keep fit.

B. Anna demanded us to exercise more to keep fit.

C. Anna forced us to exercise more to keep fit.

D. Anna advised us to exercise more to keep fit.

135. 'You should eat lots of fruit so as not to get colds all the time,' said my doctor.

A. My doctor advised me to eat lots of fruit so as not to get colds all the time.

B. My doctor advised me not to eat lots of fruit so as to get colds all the time.

C. My doctor forced me to eat lots of fruit so as not to get colds all the time.

D. My doctor demanded me to eat lots of fruit so as not to get colds all the time.

Exercise 12. Mark the letter A, B, C, or D to indicate the sentence that best combines each pair of sentences in the following questions.

136. I thought I should ask the doctor about going on a diet. I went to the surgery.

A. Having been on a diet, I went to the surgery.

B. I went to the surgery, so I asked the doctor about going on a diet.

C. I asked the doctor about going on a diet, so I went to the surgery.

D. I went to the surgery in order to ask about going on a diet.

LIVEWORKSHEETS

137. I had to lose some weight. I went on a strict diet.

A. I had to lose some weight after I went on a strict diet.

B. I went on a strict diet in order to lose some weight.

C. I had to lose some weight before I went on a strict diet.

D. I had to lose some weight even when I went on a strict diet.

138. People want to keep fit. Many people take up sports.

A. Many people take up sports so as to keep fit.

B. Many people want to keep fit so as to take up sports.

C. Many people want to keep fit in order to take up sports.

D. Although people want to keep fit, they take up sports.

139. I want to stay healthy. I try to eat lots of fruit.

A. Although I try to eat lots of fruit, I stay healthy.

B. I stay healthy though I eat lots of fruit.

C. I try to eat lots of fruit in order to stay healthy.

D. I eat lots of fruit, but I stay healthy.

140. I didn't want to catch a cold. I wore a warm coat and a scarf.

A. I wore a warm coat and a scarf though I didn't want to catch a cold.

B. I wore a warm coat and a scarf, so I didn't want to catch a cold.

C. I wore a warm coat and a scarf, but I didn't want to catch a cold.

D. I wore a warm coat and a scarf in order not to catch a cold.

LIVEWORKSHEETS