

1. Find the word which has a different sound in the underlined part.

1. A. <u>find</u>	B. <u>fame</u>	C. <u>of</u>	D. <u>fish</u>
2. A. <u>life</u>	B. <u>sofa</u>	C. <u>laugh</u>	D. <u>night</u>
3. A. <u>enough</u>	B. <u>light</u>	C. <u>bright</u>	D. <u>sight</u>
4. A. <u>voice</u>	B. <u>of</u>	C. <u>native</u>	D. <u>leaf</u>
5. A. <u>thought</u>	B. <u>tough</u>	C. <u>daughter</u>	D. <u>nought</u>
6. A. <u>avoid</u>	B. <u>leave</u>	C. <u>left</u>	D. <u>of</u>
7. A. <u>bought</u>	B. <u>food</u>	C. <u>photo</u>	D. <u>telephone</u>
8. A. <u>spaghetti</u>	B. <u>toughen</u>	C. <u>enough</u>	D. <u>rough</u>
9. A. <u>through</u>	B. <u>cough</u>	C. <u>sought</u>	D. <u>naughty</u>
10. A. <u>symphony</u>	B. <u>family</u>	C. <u>flower</u>	D. <u>high</u>
11. A. <u>form</u>	B. <u>yan</u>	C. <u>activity</u>	D. <u>love</u>
12. A. <u>fridge</u>	B. <u>bridge</u>	C. <u>graph</u>	D. <u>phonics</u>
13. A. <u>colourful</u>	B. <u>friend</u>	C. <u>telegraph</u>	D. <u>caught</u>
14. A. <u>ghost</u>	B. <u>Ghana</u>	C. <u>laugh</u>	D. <u>spaghetti</u>
15. A. <u>forty</u>	B. <u>enough</u>	C. <u>phrase</u>	D. <u>cover</u>

Ex2. Choose the word or phrase (A, B, C or D) that best fits the blank space in each sentence.

- He usually _____ jogging for half an hour before breakfast.
A. goes B. rides C. takes D. cycles
- Playing sports is very good for our _____.
A. chapped lips B. suncream C. acne D. health
- You should wear a hat and put on suncream to avoid _____.
A. skin B. fitness C. activity D. sunburn
- _____ is good for our eyes.
A. Alcohol B. Vitamin A C. Vitamin D D. Fast food
- She exercises regularly to keep _____.
A. fit B. clean C. tidy D. unhealthy
- Tofu is a product from _____.
A. fish B. meat C. soybeans D. lemons
- He doesn't eat meat or fish. He is a _____.
A. actor B. cooker C. vegetarian D. writer
- _____ and fruit have many vitamins.
A. Bread B. Soft drinks C. Cakes D. Vegetables
- The lamp doesn't give much light. It's quite _____.
A. dim B. fresh C. bright D. tasty
- Her hands are red and _____ because of working outside all winter.
A. warm B. chapped C. healthy D. smooth
- Mai is a good student. The **subject** is: _____.
A. Mai B. is C. good D. student
- She has a new uniform. The **verb** is: _____.
A. She B. has C. a D. uniform
- She draws flowers very beautifully. The **object** is: _____.
A. draws B. flowers C. very D. beautifully
- We go cycling every day. The **adverb** is: _____.
A. We B. cycling C. every D. every day
- The Japanese often eat lots of tofu. The **subject** is: _____.
A. the Japanese B. often eat lots of tofu C. lots of tofu D. Japanese

WE ALL NEED EXERCISE

The body needs exercise. Exercise uses up food and keeps the body strong. It makes your heart and muscles strong. Exercise also makes you feel good. If you exercise a few times a week, you will stay healthy and happy.

Some people in America do not get enough exercise. They work in office buildings sitting in a chair all day in front of computers. They live far from their offices, and they have to drive their cars to get to work. Therefore, when they get home at night, they don't want to exercise after work.

Today, many Americans are overweight. This causes health problems for some people. Doctors say that exercise can help people both lose weight and improve their health. So, many people are trying to get more exercise. But it takes time to change, and when people do not see a difference right away, they **lose interest** in exercising.

1. The writer says that exercise _____.
A. only makes your muscles strong. B. send blood to your muscle.
C. is only done in a gym. D. makes your heart work hard to send blood to your muscles.

2. The writer mentions that in America, _____.
A. many people spend much time driving to work. B. most office workers can get a lot of exercise.
C. many people are overweight because they don't get enough exercise.
D. Americans don't like doing exercise.

3. Why don't the Americans get enough exercise?
A. They find it difficult to exercise. B. They don't have enough time to exercise.
C. They feel tired of exercising. D. They don't want to lose weight.

4. According to the reading, which fact is NOT TRUE?
A. Exercise makes you feel good. B. Some people do not get enough exercise.
C. Many people have to drive their cars to work.
D. Many people don't want to get exercise after work because they are lazy.

Exercise 4. Reorder the words and phrases to make sentences.

1. eating/ My grandmother / tofu/ likes/.

2. us / vitamins / Coloured vegetables / a lot of / prov

→ _____

regularly / John/ does / stay healthy / karate / to/.

→ _____

here / Are / protein / much / in / and fish / meat /?

open / causes / Acne / usually / the face / small, red spots /

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6. acne /You / to go to bed /early/ should / avoid /.

→ _____

Exercise 5. Complete the sentences from the given simple sentences.

1. He is clever. He is active.

→ He is clever and _____

2. I wash my face. I brush my teeth.

→ I wash _____

3. You shouldn't eat much fast food. You shouldn't eat sweetened food.

→ You shouldn't eat _____

4. Some students are jogging. Some students are talking.

→ Some students are _____

5. She wears a hat. She puts on some suncream.

→ She wears _____