

Exercise 5: 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.

You've probably (61)_____ "breakfast is the most important meal of the day" recently. In 1983, we (62)_____ a newsletter article looking at the popular notion of breakfast's great importance, which had just been called into question by two British nutritionists. They had reviewed the research on the topic and found little evidence to support the slogan. The available studies on breakfast were small and poorly designed.

Today, scientists are still studying breakfast's role in (63)_____, but many more studies (and much higher quality ones) are available. In 2021, a recent scientific statement from the American Heart Association, published in *Circulation*, included a review of the body of science on breakfast and cardiovascular health. The authors (64)_____ that planning and timing meals and snacks, such as not skipping breakfast and allocating more calories earlier in the day, might help reduce risk of cardiovascular (65)_____ and problems related to blood sugar control. They also noted that breakfast skippers were less likely to meet recommendations for vitamins and minerals and had poorer diets overall compared to breakfast eaters.

It's still a stretch to say breakfast is the most important meal, but eating a healthy breakfast is associated with potential benefits. If you normally skip breakfast (as 20 to 30% of US adults do), you may want to rethink that or make (66)_____ your food choices at other times are nutrient-rich.

Nutrition Then and Now - Tufts Health & Nutrition Letter

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|-----------------|--------------|---------------|-------------------|
| 67. A. hearded | B. hear | C. heard | D. heared |
| 68. A. run | B. runed | C. ran | D. raned |
| 69. A. health | B. healthy | C. healthily | D. healthier |
| 70. A. conclude | B. concluded | C. concluding | D. have concluded |
| 71. A. diameter | B. balance | C. disease | D. infection |
| 72. A. up | B. out | C. sure | D. off |

Exercise 7: Read the following advertisement/school announcement and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 79 to 84.

SITUATION WANTED

A passionate sports coach offers his expertise with (79)_____proven track record in training athletes. Age 38, height- 6'2" Skilled in Table Tennis with ten years experience. Dedicated

(80)_____nurturing talent and building winning teams. Having strong (81)_____and mentoring skills, provide athletes with the tools they need to succeed. Salary- negotiable, Contact- Abhijeet Sinha, 3/ 25, Murli Vihar, Kota. Mob. no. 9668

79. A. the B. no article C. a D. an
80. A. at B. on C. with D. to
81. A. communication B. communicating C. communicate D. communicated

ANNOUNCEMENT OF AN AIRLINE

Ladies and gentlemen, welcome onboard Flight 4B7 with service from Hong Kong to San Francisco. We are currently third in line for take-off and (82)_____to be in the air in approximately seven minutes time. We ask that you please fasten your seatbelts at this time and secure all baggage underneath your seat or in the overhead compartments. We also ask that your seats and table trays are in the (83)_____position for take-off. Please turn off all personal (84)_____devices, including laptops and cell phones. Smoking is prohibited for the duration of the flight. Thank you for choosing Mountain Airlines. Enjoy your flight.

82. A. expects B. expecting C. are expected D. have expected
83. A. upright B. rightly C. correct D. true
84. A. electrical B. electronic C. electric D. electricity

Exercise 8: Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions.

Question 85.

- a. Besides, playing sports can actually be exciting.
- b. Dear John, How are you? I've been thinking about why it's important for people to play sports.
- c. Finally, it's a good way for us to stay in shape and unwind.
- d. First of all. It helps us enhance our health.
- e. Also. when we play sports, it helps us promote our friendship.

f. Best wishes.

A. b — d — e — a — c — f

B. b — c — a — e — d — f

C. b — e — d — a — c — f

D. b — a — d — e — c — f

Question 86.

a. Second, buying things on the Internet helps people save a great deal of time. That is to say, since people nowadays are often so caught up with work and study, shopping online is a wise choice which doesn't require them to go to the stores .

b. In addition to this, Third, since there is a high demand of buying things online, many people can realize their dream of starting up their own business and achieve success in the long run.

c. Firstly, shopping online allows consumers to browse for products and checking prices between these online shops

d. Finally, it creates good job opportunities for people and thereby help people to improve their income and well-being. This also contributes to boosting the economy of a nation in general.

e. People get many benefits from shopping online.

A. e — a — c — b — d

B. c — e — a — b — d

C. c — a — b — d — e

D. e — c — a — b — d

Exercise 9: Mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 87 to 92.

Travelling can also help expand your worldview and allow you to meet new people and (87)____. We travel for all sorts of reasons. For some of us, it's a way to see the world and experience new cultures. For others, it's a chance to get away from the everyday grind and relax. (88)____be, one thing is certain – travelling is good for you! If you're feeling stressed out, a change of scenery can (89)____your mental health. Taking a break from work and responsibilities can help you to relax and recharge, so that you can return to your everyday life feeling refreshed and ready to take on whatever comes your way. Studies have shown that taking vacations can improve your overall mood and sense of well-being. So, if you are (90)____, a trip might be just what you need to pick (91)____up! Not only is travel good for your mental health, but it can also benefit your physical health. Walking, hanging out or (92)____, there are so many benefits to travelling, both physically and mentally. It is no wonder that more and more people are making travel a priority in their lives. If you are on the fence about whether to take that next trip, hopefully, this article has helped sway you in the right direction. So, what are you waiting for? Get out there and explore the world!

87. A. experience new cultures B. experiencing new cultures
C. to experience new cultures D. experienced new cultures
88. A. What your reason for travel may B. If your reason for travel may
C. Whatever your reason for travel may D. In what your reason for travel may
89. A. make wonders for B. help wonders for
C. do wonders for D. take wonders for
90. A. feeling sad in the dumps B. feel down in the dumps
C. feel sad down in the dumps D. feeling down in the dumps
91. A. themselves B. himself C. yourself D. herself
92. A. cycling around B. to cycle around C. cycled around D. cycle around

Exercise 10: 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 from 93 to 97.

Living a healthy life is very important for our well-being. When we are healthy, we feel (93) _____ and can do things we enjoy. Eating healthy foods, like fruits and vegetables, helps our bodies stay strong and gives us energy. It is also important to exercise regularly, like (94) _____ sports or going for walks, to keep our bodies active and fit. Getting enough sleep at night helps us feel rested and ready for the day. Taking (95) _____ of our bodies and staying away from things (96) _____ can harm us, like smoking or too much junk food, is important too. When we live a healthy life, we can have more fun, (70) _____ happier, and enjoy life to the fullest.

93. A. well B. good C. badly D. bad
94. A. doing B. making C. playing D. having
95. A. charge B. care C. note D. advantage
96. A. where B. who C. when D. that
97. A. be B. are C. getting D. Ø