

Unit 6 Test

Smart Choice Level 2 Third Edition

Name: _____

Date: _____

Vocabulary

Use the following to answer questions 1-4:

Choose the best answer to complete the conversation.

1. **A** I'm bored. I can't watch any more TV.
B Let's take a walk. It will be good for us to _____.
A) stay indoors all day
B) get some fresh air
C) cook some fresh food

2. **A** Mary looks great! Is she on a diet?
B No, she isn't. She exercises and _____ every day.
A) cooks fresh food
B) is inactive
C) gets stressed

3. **A** How do you stay so fit?
B I _____. It clears my mind and helps my body.
A) drink soda
B) eat unhealthy food
C) exercise

4. **A** It's not good for you to _____.
B I know. I need to start an exercise program.
A) cook fresh food
B) be inactive
C) relax

Use the following to answer questions 5-8:

Complete the conversation. Use a word or phrase from the box.

stretch	sleep	go to the gym	go on a diet
---------	-------	---------------	--------------

5. **A** I really want to get healthy.
B You should _____. There are a lot of different activities for you to do.
6. **A** Why do I always hurt so much after I exercise?
B You should _____ before and after you exercise.
7. **A** I really want to lose weight.
B You should _____. That means eating only healthy food.
8. **A** I'm always so tired.
B You should _____ so that you have more energy.

Grammar

Use the following to answer questions 9-14:

Choose the correct word or phrase to complete the sentence.

9. In order to lose weight, you ____ eat desserts.
A) shouldn't
B) don't have to
10. I ____ walk to work every day because I don't have a car.
A) have to
B) should

11. You ____ eat too much unhealthy food. It's not good for you.
A) should
B) shouldn't
12. You ____ go to the gym to exercise. There are other things you can do to be more active.
A) shouldn't
B) don't have to
13. I can't go out tonight. I ____ study for my math test.
A) have to
B) should
14. To reduce the stress in your life, you ____ work so much.
A) don't have to
B) shouldn't

Use the following to answer questions 15-20:

Complete the sentence. Use *have to*, *should*, *don't have to*, or *shouldn't*.

15. You _____ own a bike to join our group. We can lend you one.
16. I _____ eat this cake, but it looks really good!
17. You _____ try yoga. It's good exercise.
18. To get a good grade, you _____ miss any classes.
19. It's very difficult to join this gym. You _____ be invited by another member.
20. The gym _____ offer some dance classes for exercise.

Reading

Use the following to answer questions 21-23:

Read the text. Choose the best answer to complete the sentence about the text.

Doug wanted to get in shape. His brother told him that he should try hiking because it would help him become thinner, but Doug doesn't like to hike. His sister told him that he should try biking because it would make his legs stronger, but Doug doesn't like biking. But he knew he had to do something to be healthier, so he decided to go to a pool and try swimming.

Doug enjoyed swimming and he thought that would be enough, but his doctor told him that he should go on a diet, too. Now, that was a problem. Doug loves unhealthy food, so eating well is difficult for him. However, he tried to eat a few vegetables every day and stopped eating dessert. Then his doctor told him that he also had to drink more water and get plenty of sleep.

After one month, Doug feels healthier and stronger. He has stopped eating unhealthy food, has drunk more water, and has swum in the pool five days a week. He has also slept much better. His doctor is happy that Doug has made these changes, and Doug is even happier.

21. Doug wanted to ____.
- A) be stronger
 - B) go hiking
 - C) be healthier
22. Doug's brother told him that he should ____.
- A) hike
 - B) swim
 - C) ride a bike
23. Doug's doctor told him he should ____.
- A) go to a pool
 - B) exercise more
 - C) eat better

Use the following to answer questions 24-26:

Read the text. Choose *True* or *False*.

Doug wanted to get in shape. His brother told him that he should try hiking because it would help him become thinner, but Doug doesn't like to hike. His sister told him that he should try biking because it would make his legs stronger, but Doug doesn't like biking. But he knew he had to do something to be healthier, so he decided to go to a pool and try swimming.

Doug enjoyed swimming and he thought that would be enough, but his doctor told him that he should go on a diet, too. Now, that was a problem. Doug loves unhealthy food, so eating well is difficult for him. However, he tried to eat a few vegetables every day and stopped eating dessert. Then his doctor told him that he also had to drink more water and get plenty of sleep.

After one month, Doug feels healthier and stronger. He has stopped eating unhealthy food, has drunk more water, and has swum in the pool five days a week. He has also slept much better. His doctor is happy that Doug has made these changes, and Doug is even happier.

24. Doug only ate healthy food.
A) True
B) False
25. Doug swims in the pool five days a week.
A) True
B) False
26. Doug followed his brother's and sister's advice.
A) True
B) False

Writing

Use the following to answer questions 27-30:

Choose one of the writing tasks below.

27. Write a paragraph about a relaxing activity you enjoyed when you were younger.
Answer the following questions:
What is the activity?
When did you do this activity?
How often did you do it?
Who did you do it with?
What did you like best about this activity?
Do you think other people should do this activity? Why or why not?
28. Write a paragraph describing the best activity for a person to get rid of his/her stress.
Answer the following questions:
What activity is best for getting rid of stress? Why?
Have you ever done this activity? Why or why not?
29. Write a paragraph about an unhealthy food. Answer the following questions:
What is the food?
What makes this food unhealthier than others?
Why do you think people still eat it?
Do you eat this food? Why or why not?
30. Write a letter giving advice to a friend about getting healthy. Include the following information:
what he/she should eat
what he/she should do for exercise
what changes he/she can make in his/her daily routine
Do you do any of the things you mention to your friend? Why or why not?

Listening

Use the following to answer questions 31-33:

Listen. Choose the best answer to the question.

31. How often does Jessica exercise?
A) every day
B) a few days a week
C) a few times a month
32. What does Dr. Royce say does more for your health?
A) medicine
B) exercise
C) food
33. What food does Dr. Royce tell Jessica not to eat a lot of?
A) unhealthy food
B) fresh food
C) fish

Use the following to answer questions 34-36:

Listen again. Choose the best word or phrase to complete the sentence.

34. Jessica is most interested in _____.
A) exercising
B) reducing stress
C) having more energy
35. Dr. Royce thinks that _____ is the best exercise for Jessica.
A) yoga
B) walking
C) meditation

36. Dr. Royce wants Jessica to drink ____.
- A) water
 - B) soda
 - C) coffee

Speaking

Use the following to answer questions 37-40:

Choose one of the speaking tasks below.

37. Talk about an activity you find relaxing. Answer the following questions:
- What is the activity?
 - When do you do it?
 - What do you like best about this activity?
 - Who do you do it with?
 - What are the benefits of this activity?
 - Do you think other people should do it? Why or why not?
38. Talk about having a healthy lifestyle. Answer the following questions:
- Why is it important to have a healthy lifestyle?
 - What should people eat? What shouldn't people eat?
 - What should people do for exercise?
 - What should people try to do every day?
39. Talk about what gets you stressed. Answer the following questions:
- What gets you stressed—people, work, school, traffic?
 - When do you get most stressed?
 - What happens when you get stressed?
 - How do you make the stress go away?
 - Do you think other people get stressed over the same things that you do?
40. Talk about eating fast food or cooking fresh food. Answer the following questions:
- Which do you prefer? Why?
 - What are the benefits of your choice?
 - What are the disadvantages of your choice?
 - How does it make you feel?