UNIT 5- HEALTHY LIVING

I. Pronunciation

A) Find the different sound

1. A. organ B. promote C. communicate D. calorie
2. A. hunted B. explored C. needed D. decided
3. A. washed B. raised C. helped D. increased
4. A. accessible B. virus C. behind D. diet
5. A. chip B. chemical C. chew D. chain

B) Find the different stressed syllable

1. A. suggest B. healthy C. consider D. disturb
2. A. benefit B. obese C. communicate D. remind
3. A. detox B. family C. supportive D. suitable
4. A. sugar B. typical C. system D. enough
5. A. calories B. cafeteria C. natural D. nutrient

II. Multiple choice

1.Many people think only drinking juice just for a week can _____ their bodies.

A. contain B. detox C. access D. risk

2.There are eleven _____systems that do different things

A. organ B. chemical C. juice D. benefits

3.These detox diets can be harmful ……. you won't get enough calories and nutrients.

A. because B. but C. so D. and

4. Fruit is usually low in ……..while cookies have a lot more. Cookies sometimes give us more energy than our bodies can use

A. nutrients B. calories C. virus D. organ

5. Most people can get all the……..they need from a healthy diet to grow and be healthy.

A. nutrients B. energy C. detox D. bones

6. We know that washing your hands can kill the flu ……._and stop it from making you sick.

A. energy B. virus C. nutrients D. organ

7. David_____ fit by doing exercises in the gym twice a week.

A. makes B. does C. seems D. keeps

8. The city is trying to increase people's _____ to healthy food by creating community gardens.

A. access B. fat C. chemical D. natural

9. Scientists are trying to find the _____ that cause the disease.

A. bone B. virus C. nutrient D. calorie

10. I broke a _____ last year. It really hurt and I had to go to the hospital.

A. access B. chemical C. cafeteria D. bone

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11. Doctors suggest _____water at least 2 liters a day

A. drink B. drinking C. should drink D. drank

12. _____ many people believe it's bad for us, fat is necessary for our bodies, especially our organs.

A. Because B. As C. Despite D. Although

13. Sue: "_....."

Mary: "Actually, yes. I do have a very busy schedule every day, so I keep skipping meals."

A. Why do you usually eat fast food? B. Do you want to eat less sugar?

C. Can you have fruit and vegetables at the cafeteria in your school?

D. Do you have any unhealthy habits?

14.Why don 't you focus _____doing exercise in the gym ?

A.in B.of C.on D.from

15. Healthy tips are myths is key _____healthy living

A.to B.on C.of D.with

III. Signs

1. **What does the sign mean?**

A. Junk food
B. Weight gain products
C. Healthy diet
D. Health problems

2. **What does the sign say?**

A. Repairs to the bridge will start at the end of June

B. You can only use the bridge until June

C. From July on, you can drive across the bridge.

D. You can use the bridge from now to June.

IV. Word form:

1.Eating a lot of food can lead to _____(obese)

2.People can 't get to the cave . It is _____(accessible)

3. Drinking plenty of water can _____ affect your skin and overall health. (benefit)

4. It is _____ when you only drink juice to lose weight (harm)

5. The goal of our organization this year is to_____ health among school students. (promotion)

6. Our body needs all the _____that help organs (nutrition)

V. Look at the entry of the word ' BENEFIT AND BONE ' in a dictionary. Use what you can get from the entry to complete the sentences with two or three words.

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benefit *noun*

A2 OPAL W OPAL S

/ˈbenɪfɪt/

/ˈbenɪfɪt/

Idioms

1 ★ A2 [countable, uncountable] an advantage that something gives you; a helpful and useful effect that something has

- *Freedom of information brings great benefits.*
- ***health/economic/tax benefits***
- *the benefits of modern medicine*
- *I've **had the benefit of** a good education.*
- *It was good to see her finally **reaping the benefits*** (= enjoying the results) *of all her hard work.*

1. Drinking green tea daily can bring several _____for digestion and relaxation.
2. The students _____ modern technology to assist with their learning.

bone *noun*

A2

/bəʊn/

/bəʊn/

Idioms

1 ★ A2 [countable] any of the hard parts that form the skeleton of the body of a human or an animal

- *He survived the accident with no **broken bones**.*
- *This fish has a lot of bones in it.*
- *She went for a **bone density** scan.*

3. Drinking milk and eating leafy greens are good ways to support healthy _____

4.The athlete had to take a break from his sport due to _____ in his foot.

VI. *Choose the word (A, B, C or D) that best fits the space in the following passage.*

Living a healthy lifestyle is (17)_____ for both physical and mental well-being. One of the most important aspects of healthy living is maintaining a balanced diets. Eating a (18)_____ of fruits, vegetables, whole grains, and lean proteins provides the body with the necessary (19)_____

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to function properly. It is also important to limit the intake of sugary snacks, processed foods, and high-fat meals.

Regular physical activity is another key component of a healthy lifestyle. Exercise helps to strengthen the heart, improve circulation, and maintain a (20)_____ weight. Experts recommend at least 30 minutes of moderate activity most days of the week. Activities like walking, cycling, swimming, and even dancing can make staying fit fun and enjoyable.

In addition_(21)_____ diet and exercise, getting enough rest is crucial. Sleep allows the body to repair itself and the mind to refresh Teenagers, in particular, should aim for 8-10 hours of sleep each night to support their growth and development.

Managing stress is equally important. Practicing relaxation techniques like deep breathing, meditation, or yoga can help reduce stress levels. (22) _____ strong relationships with family and friends also provides emotional support during difficult times.

Lastly, avoiding harmful habits like smoking and excessive alcohol consumption is vital. These behaviors can lead to serious health problems over time. By making healthy choices, individuals can improve their quality of life and increase their chances of living longer.

17. A. nurishing	B. essential	C. natural	D. relaxing
18. A. plenty	B. lot	C. little	D. variety
19. A. nutrients	B. diets	C. chemicals	D. products
20. A. safe	B. harmless	C. healthy	D. strong
21. A. on	B. at	C. about	D. to
22. A.Maintaining	B. Becoming	C. Summarizing	D. Promoting

VII. <u>Read the following passage. Decide if the statements from 23 to 26 are True or False and choose the correct answer (A, B, C or D) for the questions 27 and 28</u>.

Teenagers can get a lot benefits from participating in sports and exercise. As their bodies and minds are still developing, staying active is important. Engaging in sports not only helps them become stronger but also allows them to socialize and make friends.

An advantage of sports and exercise for teenagers is improved fitness. Just thirty minutes of daily exercise can lead to noticeable improvements in their health. While some may believe teenagers tend to overeat and gain weight, regular exercise can help manage this. Moreover, instead of feeling tired, exercise actually boosts their energy levels.

Another benefit of doing sports is the opportunity for social interaction. Joining a sports team enables them to meet new people and build lasting friendships. Many enduring friendships start this way, through shared experiences on the field or at the gym.

23. Teenagers do not gain any social benefits from participating in sports.

24. Playing sports prevents teenagers from making new friends.

25. Just half an hour daily exercise can lead to noticeable improvement in teenagers' health.

23.

24.

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26. Regular exercise can help teenagers manage their weight and boost their energy levels.

27. According to the passage, which of the following is NOT MENTIONED:

Participating in sports and exercise provides many benefits for teenagers:

A. improved physical health. B. increased energy levels.

C. had opportunities for social interaction and friendship. D. reduced stress.

28. Which of the following could be the best title for the passage?

A. **The Advantages of Sports and Exercise for Teenagers.**

B. The Dangers of Sports for Teenagers.

C. Only Professional Athletes Benefit from Sports.

D. Why Teenagers Should Avoid Exercise.

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