

## GE9 UNIT 2 WELL-BEING 2

### 1. Read the article and complete it with suitable words:

Taking care of your health is one \_\_\_\_\_ the best investments you can make in life. Good nutrition provides the nutrients your body needs to work efficiently and to fight \_\_\_\_\_ illnesses. Without a balanced diet, people are more susceptible \_\_\_\_\_ disease, such as diabetes, and they may be\_\_\_\_\_ likely to suffer from high blood pressure later \_\_\_\_\_ life. Eating well also helps the immune system banish harmful bacteria and viruses, \_\_\_\_\_ constantly try to attack the body.

Unfortunately, many people skip meals, \_\_\_\_\_ leads to the reduction of their energy and concentration. Others often crave sugary snacks, but these do not really suppress hunger \_\_\_\_\_ long. Over time, these habits put people \_\_\_\_\_ risk of serious health problems. A better choice is to eat small, nutritious meals throughout the day, which can help to restore energy levels and improve focus.

Well-being is not \_\_\_\_\_ about avoiding illness but also about learning how to wind \_\_\_\_\_ after a stressful day. Exercise, sleep, and even making time to take care of appearance can all improve self-confidence and reduce anxiety. \_\_\_\_\_ people adopt these habits, they will feel healthier, stronger, and \_\_\_\_\_ positive in their daily lives.

**Work out the meaning of the following words from the context (DO NOT USE A DICTIONARY/ GOOGLE)**

Susceptible: \_\_\_\_\_

Banish: \_\_\_\_\_

Crave: \_\_\_\_\_

Suppress: \_\_\_\_\_

Wind down: \_\_\_\_\_

Restore: \_\_\_\_\_

Adopt: \_\_\_\_\_

**What are the dangers of letting technology interrupt your sleep? What should you do to prepare for a good night's sleep?**

---

---

---

2. Rewrite COMPARATIVE and SUPERLATIVE sentences using the words given:

The film is nowhere near as interesting as the book. (**far**)

The book \_\_\_\_\_.

The film is nowhere near as interesting as the book. (**much**)

\_\_\_\_\_.

Solar panels produce electricity in a better way than traditional power plants. (**more efficient**)

Solar panels are \_\_\_\_\_.

John can speak English much more fluently than everyone in his class. (**far less**)

John's classmates \_\_\_\_\_.

Because he rarely studies, he will probably not pass the test. (**less likely to**)

Because he rarely studies, he is \_\_\_\_\_.

My brother cooks better than me. (**as**)

I can't \_\_\_\_\_.

These days, people don't visit libraries as often as they used to. (**less frequently**)

These days, people \_\_\_\_\_.

Teenagers often catch colds more easily than adults. (**more susceptible**)

Teenagers \_\_\_\_\_.

Without regular practice, students cannot solve complex problems as easily as before. (**less able**)

Students \_\_\_\_\_ without regular practice.

3. Listen and choose the correct answer:

<p>1 You hear two friends talking about a boy who's just completed a trek to the South Pole. <b>What do they agree about?</b></p> <p>A It must have been difficult being away from friends.</p> <p>B He must be strong mentally as well as physically.</p> <p>C They'd like to do something as extraordinary.</p>	<p>2 You hear a news item about the penguins at Edinburgh Zoo in Scotland. <b>What is the speaker explaining?</b></p> <p>A how penguins came to be at the zoo</p> <p>B how young penguins are looked after at the zoo</p> <p>C how successful penguin breeding programmes have been at the zoo</p>
<p>3 You hear two friends talking about celebrating Chinese New Year. <b>What did the girl find most memorable about the experience?</b></p> <p>A making preparations in a Chinese home</p> <p>B watching a friend in a Chinese parade</p> <p>C trying typical Chinese food</p>	<p>4 You hear a radio report about a teenager who won a science competition. <b>What is the speaker doing?</b></p> <p>A explaining her reasons for entering</p> <p>B describing the topic of her project</p> <p>C giving information about her background</p>
<p>5 You hear a woman talking about growing up as a junior chess champion. <b>What did she find difficult about it?</b></p> <p>A the effect it had on her friendships</p> <p>B the amount of travelling that was required</p> <p>C the pressure from her parents to succeed</p>	<p>6 You hear two teenagers talking about a television drama. <b>What do they agree about it?</b></p> <p>A The humour was unconvincing.</p> <p>B The storyline was hard to follow.</p> <p>C The action scenes were badly done.</p>