

- A. causing a device to start operating C. causing something to explode
 B. making something happen suddenly D. making something develop very quickly

Ex 22. Read the passage below and then choose the best answer (A, B, C or D) that fits best for the gap.

Everyone knows that exercise is good for the body and the mind. We all want to keep fit and look good, but too many of us take (1) _____ the wrong sport and quickly lose interest. So now fitness experts are advising people to choose an activity that matches their character.

For instance, those (2) _____ like to be with other people often enjoy golf or squash, or playing for a basketball, football or hockey team. (3) _____, you may prefer to go jogging or swimming if you're happier on your own.

Do you like competition? Then try something like running, or a racket sport such as tennis. If, on the other hand, (4) _____ isn't important to you, then activities like dancing can be an enjoyable (5) _____ without the need to show you're better than everyone else.

Finally, think about whether you find it easy to make yourself do exercise. If so, sports like weight training at home and cycling are fine. If not, book a skiing holiday, Taekwondo lessons, or a tennis court. You're much more likely to do something you've already paid for!

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|----|-------------|-----------|-----------|---------|
| 1. | A down | B out | C in | D up |
| 2. | A who | B whose | C which | D what |
| 3. | A therefore | B thus | C however | D while |
| 4. | A winners | B winning | C win | D won |
| 5. | A challenge | B victory | C defeat | D Score |

Ex 23. Read the passage and decide if each sentence is true (T) or false (F)

NORMAL DIET FOR ADOLESCENTS – 12 TO 18 YEARS OF AGE

1. Changing Food Habits

Teenagers are often very busy with school, work, and sports schedules. Help your teenager plan his day if he cannot be home for meals. Send healthy snacks or packed lunches with him. This will help him avoid filling up on "junk" foods or high fat foods. They may need extra snacks to take with them or meals they can prepare quickly.

Your teenager still learns from your healthy eating habits. Be an example and praise his good food choices whenever you can. Never criticise the way your child looks at this time of life. Teenagers can easily become too worried about their body image. If they are eating too much or too little, it can affect their growth. Talk with your doctor if you are worried about your teenager's eating habits.

2. Food Group Choices

Give your teenager at least one serving per day of a high vitamin C food. Examples are citrus fruits and juices, tomatoes, potatoes, and green peppers. Your teenager also needs one serving per day of a high vitamin A food. This includes spinach, winter squash, carrots, or sweet potatoes.

Choose lean meats, fish, and poultry foods for your teenager. They are a source of proteins young people need in the period of growth. Also, give your teenager 2% milk and low-fat dairy foods. Avoid fried foods and high fat desserts; serve them only on special occasions. This will lower his risk for heart disease when he is older.

	TRUE	FALSE
1. Parents should help their busy teenage children with planning their day.		
2. Healthy snacks contain a lot of high fat foods.		
3. Teenagers are sensitive to the criticism of their appearance.		
4. There are alot of vitamins in vegetables.		