UNIT 2: YOUR BODY AND YOU

Exercise I. ***Mark the letter A, B, C, or D to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.***

1.	**A.** allergy	**B.** oxygen	**C.** sugar	**D.** digest
2.	**A.** health	**B.** head	**C.** Breath	**D.** heart
3.	**A.** among	**B.** body	**C.** belong	**D.** strong
4.	**A.** children	**B.** chocolate	**C.** stomach	**D.** Approach
5.	**A.** intestine	**B.** spine	**C.** mind	**D.** reliable

Exercise II. ***Mark the letter A, B, C, or D to indicate the word that differs from the other three in the position of the primary stress in each of the following questions.***

6.	**A.** ailment	**B.** disease	**C.** pultry	**D.** nervous
7.	**A.** condition	**B.** evidence	**C.** Digestive	**D.** intestine
8.	**A.** therapy	**B.** skeletal	**C.** willpower	**D.** internal
9.	**A.** Alternative	**B.** bacteria	**C.** respiratory	**D.** scientific
10.	**A.** vegetarian	**B.** circulatory	**C.** Acupuncturist	**D.** ineffectively

Exercise III ***.Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.***

11. The controller of the body is the ____ system. Led by the brain and nerves, it allows us to move, talk and feel emotions.

A. digestive **B.** circulatory **C.** respiratory **D.** nervous

12. ____ system of the body lets us break down the food we eat and turn it into energy.

A. Circulatory **B.** Respiratory **C.** Nervous **D.** Digestive

13. Skeletal system of the body is made up of our ____. It supports our body and protects our organs.

A. bones **B.** vessels **C.** nerves **D.** museles

14. In under a minute, your ____ can pump blood to bring oxygen and nutrients to every cell in your body.

A. heart **B.** brain **C.** vessels **D.** lungs

15. The human ___ system is a series of organs responsible for taking in oxygen and expelling carbon dioxide.

A. digestive **B.** nervous **C.** circulatory **D.** respiratory

16. A healthy ____ between work and play ensures that everyone has a chance to enjoy their lives.

A. equality **B.** balance **C.** share **D.** control

17. He likes to ____ a nap for an hour when he arrives home from work.

A. take **B.** make **C.** do **D.** get

18. I've been a night owl ____ up late for years, hitting the sheets anytime between 12 and 3 a.m.

A. finishing **B.** getting **C.** waking **D.** staying

19. It's not too late to ____ your bad habits (smoking, drinking, overeating, etc.) and immediately start living a happier, healthier life.

A. give on **B.** remember **C.** kick **D.** get rid

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20. If people breathe in deeply, their ____ can expand to twice their normal size.
A. stomachs **B.** kidneys **C.** hearts **D.** lungs
21. Some foods and spices may ____ your breath for days after a meal.
A. harm **B.** spoil **C.** reduce **D.** damage
22. Fish, poultry, beans or nuts ____ half of their dinner plate.
A. make up of **B.** make out **C.** make of **D.** make up
23. It's another name for the backbone. It is ____.
A. brain **B.** spine **C.** pump **D.** leg
24. Ailments are caused by a/an ____ of yin and yang.
A. abnormal **B.** unfairness **C.** unequal **D.** imbalance
25. Yoga increases endurance, ____ and flexibility.
A. powerful **B.** blood **C.** strong **D.** strength
26. Food and drinks which strongly ____ the body can cause stress.
A. encourage **B.** develop **C.** stimulate **D.** boost
27. As per the study, handful of nuts daily can cut people's ____ of coronary heart disease and cancer by nearly 22 per cent.
A. opportunity **B.** chance **C.** luck **D.** risk
28. Acupuncture modality relies on sophisticated skills to select appropriate acupoints to__ needles accurately.
A. insert **B.** inject **C.** infuse **D.** install

Exercise IV.Mark the letter A, B, C or D to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

29. Acupuncture **originated** in China and has been used as a traditional medicine for thousands of years.
A. created **B.** began **C.** introduced **D.** developed
30. There is no **evidence** at this time that acupuncture can treat cancer itself.
A. proof **B.** sign **C.** clue **D.** data
31. Acupuncture can treat from simple to complicated **ailments**.
A. diseases **B.** treatments **C.** acupoints **D.** points
32. Some people believe that acupuncture can be a **cure** of cancer.
A. practice **B.** therapy **C.** allergy **D.** treatment
33. Acupuncture can **ease** nausea and vomiting caused by chemotherapy.
A. prevent **B.** spoil **C.** reduce **D.** increase
34. Are there any **alternatives** that might provide better options for gay people?
A. votes **B.** judgements **C.** choices **D.** decisions
35. The old blood cells are broken down by the spleen and **eliminated** from the body.
A. exhaled **B.** cut out **C.** removed **D.** held
36. Humans will enjoy longer life expectancy when they are more **conscious** of what they eat and do.
A. aware of **B.** capable of **C.** suitable for **D.** responsible for
37. Together, all of these treatments are supposed to cleanse your body and **stimulate** your immune system.

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A. generate **B.** encourage **C.** expand **D.** increase

38. The most common **side** effects with acupuncture are soreness, slight bleeding and discomfort.

A. direct **B.** indirect **C.** unwanted **D.** original

39. **Consuming** nuts can boost your heart health and lifespan.

A. Eating **B.** Ingesting **C.** Swallowing **D.** Inhaling

40. Doing exercise regularly helps **prevent** diseases like heart disease, stroke and type 2 diabetes.

A. forbid **B.** avoid **C.** reduce **D.** cure

41. Tomato juice **contains** a rich amount of fiber which helps in breaking down LDL or bad cholesterol in the body.

A. compounds **B.** comprises **C.** Provides **D.** produces

42. The human body possesses an enormous, astonishing, and persistent capacity to **heal** itself.

A. Protect **B.** generate **C.** cure **D.** remove

Exercise V.Mark the letter A, B, C, or D to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

43. The human respiratory system is a series of organs responsible for taking in oxygen and **expelling** carbon dioxide.

A. inhaling **B.** breathing out **C.** dismissing **D.** exhaling

44. Turmeric can help in **boosting** immune system and fight off free radical attacks in the system.

A. enhancing **B.** destroying **C.** stopping **D.** weakening

45. Although there are unanswered questions, acupuncture appears to work.

A. be ineffective **B.** be unhelpful **C.** be uncertain **D.** be incorrect

46. Apart from being used as an ingredient in cooking, turmeric also **promotes** many health benefits.

A. contributes to **B.** weakens **C.** discourages **D.** stimulates

47. Originally, there were 365 acupoints, but now this has **increased** to more than 2000 nowadays.

A. transferred **B.** turned into **C.** stabled **D.** reduced

48. Acupuncture is considered to be very **safe** when enough precautions are taken.

A. unhealthy **B.** dangerous **C.** comfortable **D.** Sore

49. **Compound** exercises can increase strength and size far effectively than isolation exercises.

A. Single **B.** Mixed **C.** Heavy **D.** Light

50. Care is also needed so that **inner** body parts (lungs, heart liver, etc.) are not touched by the needles.

A. superficial **B.** visible **C.** external **D.** foreign

Exercise VI. Mark the letter A, B, C, or D to indicate the correct answer to each of the following questions.

51. Listen! There's someone at the door. I ____ the door for you.

A. will open **B.** am going to open **C.** open **D.** am opening

52. "Look at those dark clouds!" - "Yes, it ____ in some minutes."

A. is going to rain **B.** are going to rain **C.** is raining **D.** will rain

53. It's very hot. ____ the window. please?

A. Are you going to open **B.** Will you open

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C. Won't you open **D.** Are you opening

54. Although I have taken some aspirin, the headache _____ away.
A. won't go **B.** not go **C.** isn't going to **D.** isn't going

55. On Sunday at 8 o'clock I ____ my friend.
A. will meet **B.** meet **C.** will be meeting **D.** am going to meet

56. Wait! I ____ you to the station.
A. drive **B.** will drive **C.** am driving **D.** is going to drive

57. I ____ my sister in April as planned.
A. am going to see **B.** have seen **C.** see **D.** will see

58. Perhaps I ____ New York one day.
A. am visiting **B.** am going to visit **C.** visit **D.** will visit

59. What time ____ tomorrow?
A. would you leave **B.** will you leave **C.** do you leave **D.** are you going to leave

60. Who ____ the next World Cup?
A. will win **B.** win **C.** is going to win **D.** is wining

61. He ____ to the theatre tonight. He has got a free ticket.
A. goes **B.** is going **C.** went **D.** will go

62. I ____ my parents at the weekend. I already bought a train ticket.
A. visit **B.** visited **C.** will visit **D.** am going to visit

63. Don't touch that dog. It ____ you.
A. is going to bite **B.** is biting **C.** bites **D.** will bite

64. It ____ that half of your plate should consist of vegetables and fruit.
A. is suggested **B.** suggests **C.** suggesting **D.** is suggesting

65. Foods ____ into energy in the digestive system.
A. are broke down and converted **B.** are broken down and converted
C. broken down and converted **D.** break down and convert

66. Stephen William Hawking ____ on 8 January, 1942 in Oxford, England.
A. was born **B.** born **C.** has born **D.** is born

67. ____ by your father?
A. Did that book written **B.** Was that book written
C. Did that book write **D.** Was that book writing

68. Acupuncture is part of traditional Chinese medicine(TCM) and ____ in China for thousands of years.
A. has using **B.** has used **C.** has been used **D.** has been using

69. Mr. Snow ____ that course since 1985.
A. haven't taught **B.** hasn't taught **C.** have been taught **D.** taught

70. The acupuncturist decides which and how many needles will ____.
A. used **B.** be used **C.** be use **D.** Use

71. The teacher ____ the student for lying.
A. is punished **B.** has been punished
C. punished **D.** was punished

72. As the patient could not walk he ____ home in a wheel chair.

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A. has carried **B.** was carrying **C.** has been carried **D.** was carried

73. The injured ____ to the hospital in an ambulance.

A. were taking **B.** was taking **C.** were taken **D.** have taken

74. It ____ that the painting is a fake.

A. was believing **B.** is believing **C.** is believed **D.** believed

75. Most studies ____ that acupuncture does not reduce nausea and vomiting caused by radiation therapy.

A. have been shown **B.** are shown **C.** were shown **D.** have shown

76. Acupuncture may not ____ if you have low white blood cell counts or low platelet counts.

A. is recommended **B.** recommended **C.** recommend **D.** be recommended

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