

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. hear
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

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.

- 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

- 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