

UNIT 2: HEALTH

I. Find the word which has a different sound in the underlined part.

1. A. put B. adult C. junk D. sun
 2. A. chemical B. children C. headache D. architect

II. Choose the correct answer in each sentence.

3. You should eat a lot of fruits and vegetables because they _____ vitamin A, which is good for the eyes.

4. We should follow the advice from doctors and health _____ in order to keep fit.

5. The seafood I ate this morning makes me feel _____ all over.

6. Do more exercise _____ eat more fruit and vegetables.

7. After working in computer for long hours, you should _____ your eyes and relax.

8. Be careful with _____ you eat and drink.

9. Eating a lot of junk food may lead to your _____.

10. My father does morning _____ every day.

11. We should try to keep everything around us clean and then flu will find it _____ to spread.

12. We need to spend less time _____ computer games.

III. Look at the advice for a healthy lifestyle, and write "more" or "less".

13. Sit _____ in front of the TV or a computer if you don't want your eyes to be hurt.

14. Drink _____ water because it is very essential for your body.

15. Take _____ public transportation. You can save a lot.

16. Sunbathe _____ to avoid sunburn.

II. Fill in each blank with the correct conjunctions "so, and, but, or".

17. I wanted to buy a set of Lego, _____ I started to save my money.

18. You can go and see the doctor, _____ you can go to bed now and rest.

19. He has toothache, _____ he still eats a lot of sweets and cakes.

20. The Japanese eat a lot of rice, _____ they eat lots of fish, too.