

## UNIT 2: YOUR BODY AND YOU

1. The controller of the body is the \_\_\_\_ system. Led by the brain and nerves, it allows us to move, talk and feel emotions.  
A. circulatory B. digestive C. nervous D. respiratory
2. \_\_\_\_ system of the body lets us break down the food we eat and turn it into energy.  
A. Circulatory B. Digestive C. Nervous D. Respiratory
3. Skeletal system of the body is made up of our \_\_\_\_\_. It supports our body and protects our organs.  
A. bones B. museles C. nerves D. vessels
4. In under a minute, your \_\_\_\_ can pump blood to bring oxygen and nutrients to every cell in your body.  
A. brain B. heart C. lungs D. vessels
5. The human \_\_\_\_ system is a series of organs responsible for taking in oxygen and expelling carbon dioxide.  
A. circulatory B. digestive C. nervous D. respiratory
6. A healthy \_\_\_\_ between work and play ensures that everyone has a chance to enjoy their lives.  
A. balance B. control C. equality D. share
7. He likes to \_\_\_\_ a nap for an hour when he arrives home from work.  
A. do B. get C. make D. take
8. 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. staying D. waking
9. It's not too late to \_\_\_\_ your bad habits (smoking, drinking, overeating, etc.) and immediately start living a happier, healthier life.  
A. get rid B. give on C. kick D. remember
10. If people breathe in deeply, their \_\_\_\_ can expand to twice their normal size.  
A. hearts B. kidneys C. lungs D. stomachs
11. Some foods and spices may \_\_\_\_ your breath for days after a meal.  
A. damage B. harm C. reduce D. spoil
12. Fish, poultry, beans or nuts \_\_\_\_ half of their dinner plate.  
A. make of B. make out C. make up D. make up of
13. It's another name for the backbone. It is \_\_\_\_.  
A. brain B. leg C. pump D. spine
14. Ailments are caused by a/an \_\_\_\_ of yin and yang.  
A. abnormal B. imbalance C. unequal D. unfairness
15. Yoga increases endurance, \_\_\_\_ and flexibility.  
A. blood B. powerful C. strength D. strong
16. Acupuncture modality relies on sophisticated skills to select appropriate acupoints to \_\_\_\_ needles accurately.  
A. infuse B. inject C. insert D. install

17. Acupuncture originated in China and has been used as a traditional medicine for thousands of years.

- A. began                      B. created                      C. developed                      D. introduced

18. There is no evidence at this time that acupuncture can treat cancer itself.

- A. clue                      B. data                      C. proof                      D. sign

19. Acupuncture can treat from simple to complicated ailments.

- A. acupoints                      B. diseases                      C. points                      D. treatments

20. Some people believe that acupuncture can be a cure of cancer.

- A. allergy                      B. practice                      C. therapy                      D. treatment

21. Acupuncture can ease nausea and vomiting caused by chemotherapy.

- A. increase                      B. prevent                      C. reduce                      D. spoil

22. Are there any alternatives that might provide better options for gay people?

- A. choices                      B. decisions                      C. judgements                      D. votes

23. The old blood cells are broken down by the spleen and eliminated from the body.

- A. cut out                      B. exhaled                      C. removed                      D. held

24. Humans will enjoy longer life expectancy when they are more conscious of what they eat and do.

- A. aware of                      B. capable of                      C. responsible for                      D. suitable for

25. Together, all of these treatments are supposed to cleanse your body and stimulate your immune system.

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

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

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