

## LOOKING BACK ON UNIT 2

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Name: \_\_\_\_\_ Class: 10A \_\_\_\_\_

**EXERCISE 1: Choose the word whose underlined part is pronounced differently from that of the others**

- |                 |           |           |             |
|-----------------|-----------|-----------|-------------|
| 1. A. allergy   | B. digest | C. oxygen | D. sugar    |
| 2. A. intestine | B. mind   | C. spine  | D. reliable |
| 3. A. skull     | B. pump   | C. duty   | D. lung     |

**EXERCISE 2: Choose the word whose main stress is placed differently from that of the others**

- |                 |              |              |             |
|-----------------|--------------|--------------|-------------|
| 4. A. function  | B. convert   | C. liver     | D. muscle   |
| 5. A. ailment   | B. disease   | C. poultry   | D. nervous  |
| 6. A. digestive | B. intestine | C. condition | D. evidence |

**EXERCISE 3: Choose the best option to complete the following sentences**

7. 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
8. 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
9. A healthy \_\_\_\_\_ between work and play ensures that everyone has a chance to enjoy their lives.  
A. equality                      B. control                      C. balance                      D. share
10. The Healthy Eating Pyramid reminds us to \_\_\_\_\_ our intake of salt and added sugar.  
A. limit                      B. stop                      C. avoid                      D. remove
11. Stop making that noise! You're getting on my \_\_\_\_\_!  
A. muscles                      B. brains                      C. nerves                      D. blood
12. \_\_\_\_\_, there were 365 acupoints, but this has increased to more than 2000 nowadays.  
A. Origin                      B. Originate                      C. Original                      D. Originally
13. People who are taking blood related medicine should not have the \_\_\_\_\_.  
A. treat                      B. treatable                      C. treatment                      D. untreatable
14. Food is broken by the \_\_\_\_\_ system and turned into energy  
A. digest                      B. digestive                      C. digestively                      D. digestion

**Choose the word or phrase that is CLOSEST in meaning to the underlined part.**

15. Acupuncture originated in China and has been used as a traditional medicine for thousands of years.  
A. began                      B. created                      C. developed                      D. introduced
16. Acupuncture can treat from simple to complicated ailments.  
A. acupoints                      B. diseases                      C. points                      D. treatments
17. There is no evidence at this time that acupuncture can treat cancer itself.  
A. clue                      B. data                      C. proof                      D. sign

**Choose the word or phrase that is OPPOSITE in meaning to the underlined part.**

18. The human respiratory system is a series of organs responsible for taking in oxygen and expelling carbon dioxide.  
A. breathing out      B. dismissing      C. exhaling      D. inhaling
19. Turmeric can help in boosting immune system and fight off free radical attacks in the system.  
A. destroying      B. enhancing      C. weakening      D. stopping
20. Originally, there were 365 acupoints, but now this has increased to more than 2000 nowadays.  
A. reduced      B. stabled      C. transferred      D. turned into

**EXERCISE 4: Read the passage and choose the option that best fits the gaps**

Creative therapy is now regarded as a worthy alternative to the more traditional forms of

(21) \_\_\_\_\_. Art, music and dance are some of the forms of therapy now available. These therapies are thought to be (22) \_\_\_\_\_ in relieving stress, depression and even emotional problems caused by tensions in relationships. Art therapy involving painting, sculpture and modeling as a(n) means (23) \_\_\_\_\_ expressing one's hidden feelings. The good news is that no particular talent is needed; once you have completed your "work of art", there is the opportunity to talk through with a therapist. Those who find it difficult to immediately start up a conversation find this form of therapy useful. Music therapy involves singing or the playing of a musical instrument by using sound to bring hidden emotions to the surface. Again, no special skill is required; you don't have to be Pavarotti to benefit from this type of therapy. This technique is often (24) \_\_\_\_\_ to promote self-confidence in the physically or mentally disabled. And for those among you who (25) \_\_\_\_\_ too much time in intellectual pursuits, dance therapy may prove invaluable. It encourages spontaneity and helps the deep thinker become more bodily aware.

21. A. treatment      B. disease      C. entertainment      D. illness  
22. A. effect      B. effectively      C. effectiveness      D. effective  
23. A. in      B. of      C. with      D. about  
24. A. use      B. using      C. used      D. being used  
25. A. spend      B. take      C. make      D. do

**EXERCISE 5: Read the passage and choose the best option to each of the following questions.**

Fast food nutrition should make up a minimal part of a healthy diet. Fast foods and junk foods are high in fat, sodium and sugar, which can lead to obesity and a range of health problems, including diabetes, heart disease and arthritis.

Junk foods don't contain the nutrients that your body needs to stay healthy. As a result, you may feel fatigued and lack the energy you need to complete daily tasks. The high level of sugar in junk foods puts your metabolism under stress. Because fast foods and junk foods don't contain adequate amounts of protein and good carbohydrates, your blood sugar levels will drop suddenly after eating, leaving you feeling annoyed, tired and craving sugar.

Junk food contains large amounts of fat, and because fat accumulates in your body, you'll gain weight and could become obese. The more weight you gain, the more you'll be at risk for serious illnesses. The high levels of fat and sodium in junk foods can cause high blood pressure or hypertension.

In the short term, high levels of dietary fat lead to poor mental performance. You'll feel tired and have trouble concentrating because your body might not be getting enough oxygen.

The high levels of fat and sodium in junk foods and fast foods can contribute to heart disease by raising blood cholesterol levels and contributing to arterial plaque build-up. The high levels of fatty acids found in many junk foods and fast foods can lead to fatty liver deposits, which, over time, can cause liver disease.

26. Which of the following would serve as the best title for the passage?
- Fat in fast foods and junk foods are harmful
  - The main reason that we shouldn't eat fat food
  - Fast foods don't contain the nutrients that keep our body healthy
  - The harmful effects of junk foods and fast foods on our body
27. What is one kind of health problems caused by consuming a lot of junk foods?
- stomached
  - allergy
  - diabetes
  - lung cancer
28. Fast foods contain the following items EXCEPT \_\_\_\_\_.
- high blood cholesterol levels
  - high levels of fat and sodium
  - high levels of sugar
  - high levels of fatty acids
29. Which of the following is NOT TRUE according to the passage?
- Fast foods and junk foods contain a lot of fat, sodium and sugar.
  - The high levels of fat and sodium in junk foods can cause many dangerous diseases.
  - The more weight you gain, the less you'll be at risk for serious illnesses.
  - High levels of dietary fat lead to poor mental performance.
30. The word "**which**" in the last paragraph refers to \_\_\_\_\_.
- junk foods
  - fast foods
  - fatty liver deposits
  - liver disease

**EXERCISE 6: Change the following sentences into passive voice.**

31. Mary saw two strange men in the garden last night.

→ Two strange men .....

32. She cleans the floor every morning.

→ The floor .....

33. My mother is cooking dinner in the kitchen right now.

→ Dinner .....

34. A cyclone has brought down all the trees.

→ All the trees .....

35. They may use this room for the classroom.

→ This room .....