Unit 10. HEALTHY LIFESTYLE AND LONGEVITY

PART 1: VOCABULARY AND PHONETICS

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

1. A. studies	B. business	C. functions	D. numbers
2. A. nurse	B. films	C. stops	D. coughs
3. A. language	B. program	C. England	D. applicant
4. A. English	B. French	C. American	D. Celtic
5. A. China	B. Latin	C. skin	D. pronunciation

II. Choose the word which has a different stress pattern from the others.

1. A. happen	B. visit	C. travel	D. develop
2. A. offer	B. listen	C. precede	D. follow
3. A. interview	B. appropriate	C. employ	D. describe
4. A. support	B. fascinate	C. accept	D. believe
5. A. inform	B. appeal	C. attempt	D. hesitate

III. Use the words given in the box to complete the sentences.

anti-ageing	*anti-acne*	*prescription*	*immune*	*nutritious*
expectancy	*meditation*	*healthy*	*sugar - free*	*stress - free*

1. My doctor said that these natural remedies can boost my …… system.
2. One of the main responsibilities of a dietitian is to promote ……and balanced diets.
3. ……drinks are better for your teeth and general health.
4. In addition to a nutritious diet, a ……lifestyle can boost your health and increase your life expectancy.
5. The development of effective medicines has contributed to the increase in the average life …… in some countries.
6. An hour of ……can help you to relieve your stress.
7. Some people believe that ……foods can make them younger.
8. Home-made ……masks based on fruits are completely natural and inexpensive.
9. Doctors should use more legible handwriting when giving ……
10. Some people believe that keeping a diary of daily activities is one simple way to help you to stay ……

IV. Choose the correct words in brackets to complete the sentences.

1. **Antibacterial / Meditation** takes many forms, but its core is the ability to control the mind and quieten it down.
2. Learning is the most fundamental brain **workout / cholesterol-free** - and the more you do it, the more you'll benefit.
3. Research for more recent periods shows a surprising and continuing improvement in **life expectancy / oil-**

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free among those aged 80 or above.

4. Many individuals through the ages realised there was a very important link between health, exercise, fitness, meditation, intelligence and **longevity / anti-glare**.

5. A research suggests that Tai Chi may also slow **ageing / fat-free** by boosting a certain type of stem cell.

6. Bird's nest soup brings overall benefit to the **immune system / alcohol-free** and it gives you glowing skin.

7. Widespread gardening provides an opportunity for exercise, sunlight and **nutritious / consumption** food for people in Okinawa, Japan.

8. The first step in **boosting / continuing** Nagano's life span was a campaign to reduce salt consumption and promote a healthier diet and lifestyle.

V. Use the word given in capitals at the end of each line to form the word that fits in the gap in the same line.

1. In the United States, if a food contains less than 0.5 grams of fat in a ……it can be labeled fat-free. (SERVE)

2. Try to avoid glaring on your computer from windows and lights, and use an anti-acne screen if …… (NEED)

3. It's all about their diet and ……that people in the Longevity Hot Spots have already found the secrets of the anti-ageing process. (LIFE)

4. Men should drink no more than four units in any one day and have at ……two alcohol-free days a week. (LESS)

5. Studies have shown that our overuse of ……ingredients has helped to create new resistant bacteria. (BACTERIAL)

6. Although it's impossible to control all the factors involving your skin, you can take measures to reduce the problem with the anti-glare ……at home. (TREAT)

7. After rinsing your face, if your face feels dry, apply a(n) oil-free …… (MOISTURE)

8. Perhaps the key to a stress-free ……is not to remove the cause of the stress, but rather to improve one's response to stress. (EXIST)

9. Kidney beans, almonds, sunflower seeds and walnuts are all ……, cholesterol-free sources of protein, fiber and magnesium. (EXCELLENTLY)

10. Sugar-free foods can be helpful if you have diabetes and it is best to support overall wellness and blood sugar …….. (REGULAR)

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