

Unit 4 Test

1 Listen to the interview. Complete the summary with words from the dialogue.

(10 marks)

Peter says that ¹ _____ creates chemicals in our body. These chemicals are ² _____ for us in small amounts. However, they can be ³ _____ to our health if there are too many of them, so it is important to ⁴ _____ down if we feel too stressed. Drinking green tea can help to get rid of ⁵ _____. A small piece of dark chocolate can help us to ⁶ _____, too. If you ⁷ _____ your eyes and ⁸ _____ on your breathing for ten minutes every day, you will feel more relaxed. Peter says that exercise is good, because it makes us feel better and helps us to ⁹ _____ well. He says that he likes to spend time outdoors if he feels ¹⁰ _____.