

SELF-ASSESSMENT (1-6)

2. Choose the word which best completes each sentence.

- 1) In baseball, the piece of equipment used to hit the ball is called a _____.
a) bat b) stick c) base
- 2) An eating plan in which someone eats less food, or only particular types of food, because they want to become thinner or for medical reasons.
a) vegetarian b) diet c) foodie
- 3) She played soccer as an _____ before turning professional.
a) amateur b) spectator c) referee
- 4) To enter into something, such as a hobby or sport means to _____.
a) give up b) take up c) fly out
- 5) The ability or strength to keep doing something for a long time.
a) stamina b) push c) rush
- 6) The doctors told me to _____ red meat.
a) cut back on b) hang out c) keep up
- 7) She _____ in seven different countries, so she knows a lot about different cultures.
a) lived b) has lived c) has been living
- 8) Did you know he's been teaching German _____ fifteen years?
a) for b) before c) since
- 9) Which sentence is incorrect?
a) *We've not eating cakes and chocolates.*
b) *She's not been working very hard recently.*
c) *I haven't been sleeping well lately.*
- 10) In which sentence can you write *having*?
a) *I stopped work _____ a cup of coffee.*
b) _____ children will change your life.
c) *Fiona decided _____ a shower after dinner.*
- 11) In which sentence can you write *to go*?
a) *I'm interested in _____ to the flower show.*
b) _____ to the gym will keep you fit.
c) *I prefer _____ to the theatre rather than to the cinema.*
- 12) I _____ eat a big chocolate cake a day but I stopped three years ago.
a) used to b) be used to c) get used to

3. Read this letter to your friend who is an expert in international food and is going to publish a book soon.

Dear Vanessa

It seems like ages since I've heard from you. Monika told me that you're writing a book on international cuisine.

Can I suggest you include a recipe for roast beef and Yorkshire pudding in the UK chapter? It really is the ultimate British dish as it's not just the meal we traditionally have for Sunday lunch, but it's what most people think of when they think of British cooking. While I suppose the beef is simple enough, the Yorkshire pudding is quite something and a real local delicacy and your book wouldn't be complete without it. It's so traditional we eat it all year round, although I suppose it's really a winter meal to be eaten in front of a good log fire.

Anyway, I hope you don't get too stressed by the book and that it gets published on time. When it does come out, I hope you'll remember your old friend and send me a copy.

Hope to hear from you soon, Rachel

5. Read the text about a healthy lifestyle and fill in the missing words. Use only one word in each gap.

"What is a healthy lifestyle?", one may ask. A healthy lifestyle is 1) _____ a lifestyle filled with good and positive things in many aspects such as mental, physical, and emotional well-2) _____.

To live a healthy lifestyle, we must always have a 3) _____ diet which consists of all seven classes of food on their right proportions 4) _____ carbohydrates, proteins, vitamins, minerals, fats, fibre, and water. If we do not abide by this rule, we may 5) _____ sick easily. In other words, we need to eat right in order to stay 6) _____.

Besides that, we must also do regular 7) _____ for at least three days a week. Exercise helps in 8) _____ one's stamina, physical strength, and agility. During exercise, our 9) _____ will be able to take in more oxygen and increase metabolism for healthier cells. Not only that, we must have enough 10) _____ and sleep after we have done something strenuous. Enough rest and sleep for as long as eight hours will help us to recover 11) _____ that we have lost during the day.

In addition to this, we should also get a 12) _____ such as reading, playing chess, listening to music, surfing the internet, watching television, and so on. We need to have a hobby for us to spend our time more productively instead of 13) _____ time aimlessly.

Furthermore, we must have a healthy 14) _____ life. We can improve our social life by having friends to spend our time with. Get someone to 15) _____ to when you are under a lot of 16) _____ and surely you can relieve your pressure that way more effectively than other. Finally, we must also stay 17) _____ from negative 18) _____ such as smoking. It is important to know that such habits can harm our health and may even 19) _____ to our death. Life is precious, so we should not waste it on negative 20) _____. As a conclusion, practicing a healthy life will bring us more 21) _____ than we think. Those who live a healthy lifestyle, 22) _____ to enjoy a longer and happier life. We can too if we start to follow the right steps 23) _____ healthy lifestyle today.