

D. SPEAKING

I. Fill in the gaps with the sentences in the frame.

- A. Because I don't have a scale.
- B. How high are you?
- C. What is BMI and what does the number 20 mean?
- D. It's about 45 kilos when I was last weighted three months ago.
- E. Maybe I've lost my weigh.
- F. Can you guess?

Dany: What is your weight, Jane?

Jane: (1) _____

Dany: No, I don't want to guess. I'm never lucky.

Jane: (2) _____ I haven't been weighed again since then.

Dany: 45 kilos? (3) _____

Jane: 1,5 meters.

Dany: 1,5 meters and 45 kilos. Your body has a BMI score of 20.

Jane: (4) _____

Dany: BMI is Body Mass Index, a measure of body fat based on height and weight. A BMI score of 20 means you are in a healthy weight range.

Jane: Really? That's nice to know, but I haven't been in my best health condition recently. (5) _____

Dany: So why don't you go to check your weigh now?

Jane: (6) _____

Dany: I have one. Let's go to my home.

Jane: Okay.

II. Rearrange the sentences to make a conversation.

- I'll think about it. Thank you very much.
- Never mind.
- I'd love to, but I'm afraid that I have to practice judo at the club.
- Yes, I do. I've ever intended to take a judo class in a sports center, but I missed it for some personal matters.
- Why don't you try again now? Join our club. We are opening a new course.
- It's OK. How long have you practiced judo?
- Wow! That's a long time. And you look very strong too.
- 1 — We'll go to the cinema tonight. Would you like to join us?
- Come on! Going to the cinema is funnier.
- For about 7 years.
- Well, maybe it's funnier but I need to be healthy first. Sorry Frank. I'll join you next time.
- Thanks for your compliment. Do you like judo?

E. READING

I. Fill in each gap with a word in the frame.

vegetables	but	leaves	category	botanically	vitamins	meal	exclude
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Vegetables are parts of plants that are eaten by humans as food as part of a (1) _____. This meaning is often used: it is applied to plants collectively to mean all edible plant matter, including the flowers, fruits, stems, (2) _____, roots, and seeds. The alternative definition of the term 'vegetable' may (3) _____ foods derived from some plants that are fruits, nuts, and cereal grains, (4) _____ include fruits from others such as tomatoes and courgettes and seeds such as pulses.

Carrots and potatoes are parts of the root systems of the plants, but since they are eaten by humans, they are (5) _____. They are not in the same (6) _____ as a fruit, nut, herb, spice, or grain. Though tomatoes are often thought of as vegetables, but because they have seeds, they are, (7) _____, fruits. Vegetables are an important part of people's daily diet. Vegetables and fruits are sometimes called produce. Vegetables have (8) _____ A, B, C, D, minerals and carbohydrates.

II. Read the text and choose the correct answers for the questions.

Carbohydrates are the most common source of energy for the human body. Protein builds tissue and cells in the body. Carbohydrates are very good for energy, but, if a person eats more than needed, the extra is changed into fat. If necessary, humans can live without eating carbohydrates because the human body can change proteins into carbohydrates. People of some cultures eat food with very little carbohydrates, but they still remain healthy.

Carbohydrates are found in a wide variety of foods. The important sources are cereals (wheat, maize, rice), potatoes, sugarcane, fruits, table sugar (sucrose), bread, milk, etc. Starch and sugar are the important carbohydrates in our diet. Starch is **abundant** in potatoes, maize, rice and other cereals. Sugar appears in our diet mainly as sucrose (table sugar) which is added to drinks and many prepared foods such as jam, biscuits and cakes. Glucose and fructose are found naturally in many fruits and some vegetables. Glycogen is carbohydrate found in the liver and muscles (as animal source). Cellulose in the cell wall of all plant tissue is a carbohydrate. It is important in our diet as fibre which helps to maintain a healthy digestive system.

Research in the United States and Canada have shown that people get about 40% to 60% of their energy from carbohydrates. However, studies suggest that some people get at least 55% to 75% of energy from carbohydrates. It may depend on the amount of physical work done by people: the harder the work, the more energy they need. The other need for energy is body temperature. Living in a cold climate means a person needs more energy.

1. The second paragraph is mainly about _____.
 - A. nutritious foods
 - B. foods that contains carbohydrates
 - C. a wide variety of foods that are healthy for our body
 - D. carbohydrates, fat, and protein
2. The word 'abundant' in the second paragraph is closest in meaning to _____.
 - A. poor
 - B. deficient
 - C. plentiful
 - D. little
3. Which of the following items is not a type of carbohydrates?
 - A. protein
 - B. cellulose
 - C. glycogen
 - D. none of them
4. Carbohydrates can be found in _____.
 - A. cereals
 - B. starch
 - C. sugar
 - D. all of them
5. Which of the following is true according to the passage?
 - A. If we eat too much amount of carbohydrates, it would be dangerous for our health.

- B. Humans can't be healthy or survive without eating carbohydrates.
- C. Sugar is a carbohydrate.
- D. The harder the work is, the less energy people need.

F. WRITING

I. Put the words in the correct order to make a sentence.

1. She / her lifestyle / change / and eating habits / needs to / now.

2. tasteless / become / The food / will / if / too much / eat / you

3. will / and plenty of exercise / make / healthy / your body / A good diet

4. and doesn't / get / a lot of / He / junk food / eats / enough exercise

5. make / and early to rise / Early to bed / wealthy and wise / healthy, / a man

II. Complete the second sentence so that it has a similar meaning to the first one.

1. It's good to go to bed early every night.
You should _____
2. Why don't we invite some friends for a football match?
Let's _____
3. Carol likes hanging out with friends on weekends.
Carol is interested _____
4. Fast food is not as healthy as family meals.
Family meals are _____
5. It's not good to drink lots of soft drinks.
You shouldn't _____