

Unit 1: A long and healthy life



Pronunciation

Name: _____ Grade: _____

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

1. A. healthy B. fitness C. strength D. mental
2. A. yoga B. fatty C. balance D. habit
3. A. pieces B. muscles C. decades D. labels
4. A. ingredient B. nutrient C. vitamin D. mineral
5. A. fresh B. diet C. flesh D. exercise
6. A. nurse B. films C. stops D. coughs
7. A. China B. Latin C. skin D. pronunciation
8. A. language B. program C. England D. applicant
9. A. vision B. boost C. cholesterol D. support
10. A. noon B. tool C. blood D. spoon

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Vocabulary

Name: _____ Grade: _____

2. Complete the sentences with the correct forms of the words in capitals.

1. Just taking vitamin tablets will not turn an _____ diet into a good one. (HEALTH).
2. She stays so _____ although she is over 70 years old now. (ACT).
3. The doctor _____ her carefully, but could not find anything wrong. (EXAM).
4. Raw meat and poultry may contain harmful _____ (BACTERIUM).
5. The virus affects the body's immune system so that it cannot fight _____ . (INFECT)

3. Choose the correct answer A, B, C or D to complete the sentences.

1. The smallest _____ are about 0.4 micron in diameter.
A. animals B. species C. bacteria D. diseases
2. The Japanese eat a lot of fish instead of meat _____ they are healthier.
A. although B. so C. but D. because
3. The doctor _____ me to go jogging every morning.
A. demanded B. advised C. ordered D. persuaded

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Vocabulary

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4. Choose the word or phrase from the box that best fits the blank space in the following passage.

coordination	just	diseases	lifestyle	Most
further	pressure	with	research	sense

In China, it is believed that tai chi can delay ageing and prolong life, increase flexibility, strengthen muscles and tendons, and aid in the treatment of heart disease, high blood (1)____, arthritis, skin diseases, depression, cancer, and many other (2)_____.

(3) ____ of the research on tai chi has been done in older individuals in the area of balance and fall prevention. This area of (4) ____ is important because fall-related injuries are the leading cause of death from injury and disability among older adults. Because tai chi movements are slow and deliberate (5) ____ shifts of body weight from one leg to the other in (6)____ with upper body movements, it challenges balance and many have long assumed it helps improve balance and reduce fall frequency.

In a similar tai chi study of older adults, 54% of the subjects who practiced tai chi attributed their improved (7) ____ of confidence to improved balance. One study looked at adults in their 60s and 70s who practiced tai chi three times a week for 12 weeks (60-minute classes). After (8) ____ six weeks, statistically significant improvements were observed in balance, muscular strength, endurance, and flexibility measures. Improvements in each of these areas increased (9) ____ after another 12 weeks.

The demands of living are stressful for adults of all ages. Although one cannot directly point to studies showing a reduction in stress from practicing tai chi, the breathing, movement, and mental concentration required of individuals who practice tai chi may be just the distraction you need from your hectic (10)_____.

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Grammar

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5. Put the verbs in brackets into the past simple or present perfect tense.

1. She (walk)_____ to school every day when she was young.
2. He (play)_____ the piano beautifully at the last concert.
3. This is the best cake I ever (taste)_____.
4. I (meet)_____ my boyfriend with another girl.
5. She (work)_____ at that company since 2010.
6. They (visit)_____ their grandparents last weekend.
7. I (get)_____ the first prize in this competition last year.
8. I (finish)_____ my homework before dinner.
9. You ever (see)_____ this movie?
10. I never (want)_____ to meet you again!