

- After his wife's death, Jack seemed to have **aged** overnight.
a. got older b. developed
- Eric is very shy. He has only a **handful** of friends.
a. a few b. a lot
- That sign says "**Caution: Wet Floor**", so don't run.
a. hurry b. be careful
- Make sure you eat right and exercise. Your health is **priceless**!
a. valuable b. expensive
- Avoid eating junk food as it **is high in fat**.
a. is at the top of b. includes a large percentage of
- Football is this **nation's** most popular sport.
a. country b. city

B. Choose a, b, c or d.

Teen Health:

Are you getting enough sleep?

Why is it that teens are always sleepy but never want to go to bed? They don't seem to understand how important sleeping is. Teens need about 8 to 9 hours of sleep each night. However, 1 _____ of this, one in four teens don't get a(n) 2 _____ amount of sleep. Sleeping helps us be 3 _____ and rested during the day. When we sleep, blood 4 _____ throughout our body and repairs it. Since lack of sleep can affect our 5 _____, it therefore affects our performance in sports, makes it difficult to pay attention in class and can even lead to 6 _____. That is why it's a good idea to have a sleep routine. Going to bed at the same time every night helps the body desire sleep. As a result, it is easier to fall asleep. Also, we should eat lightly at night. 7 _____ fatty food before bedtime always makes it more difficult to get a good night's sleep.

- | | | | |
|---------------|-------------|---------------|----------------|
| 1. a. besides | b. despite | c. regardless | d. because |
| 2. a. enough | b. adequate | c. effective | d. better |
| 3. a. alert | b. fit | c. subtle | d. adequate |
| 4. a. flows | b. boosts | c. sends | d. pours |
| 5. a. desire | b. vitality | c. mood | d. pressure |
| 6. a. viruses | b. ailments | c. cancers | d. precautions |
| 7. a. Taking | b. Buying | c. Making | d. Consuming |



C. Complete with the words/phrases in the box. There are two extra words/phrases which you do not need to use.

weight loss
journal
sharp
death rate
circulation
germs
physically fit
prevention
cholesterol

- Walking for 45 minutes a day helps blood _____.
- My mother always says that _____ is better than cure.
- To avoid spreading _____, wash your hands frequently.
- Bad eating habits can cause _____ and high blood pressure.
- I read an article in a medical _____ about the advantages of eating fruit daily.
- Unfortunately, the _____ from car accidents has increased.
- There are a variety of diets that you can follow for _____.

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A. Choose a, b, c or d.

- Eating fruit and vegetables boosts your immune ____, which helps you fight off illness.
 - product
 - power
 - system
 - digestion
- ____ diets can be very dangerous, because your body needs all those nutrients you're cutting out.
 - Balanced
 - Whole
 - Quick
 - Crash
- You should apologize to your father for ____ him.
 - disobeying
 - misbehaving
 - mishearing
 - misunderstanding
- We have a(n) ____ room if you want to spend the night here.
 - remaining
 - spare
 - last
 - unused
- The ____ to cooking nice broccoli is to add plenty of lemon juice.
 - substance
 - key
 - way
 - method
- I go to the gym every day to build up my ____, not to lose weight.
 - muscles
 - intestines
 - kidneys
 - livers
- Some food has many added ____ to make it last longer.
 - carbohydrates
 - calories
 - preservatives
 - minerals
- This cheese is low in ____, so you can eat it now that you are dieting.
 - grain
 - protein
 - fiber
 - fat

B. Complete with the correct form of the words in capitals.

Food Science

In recent years, scientists have discovered ways to change the gene structure of a plant, making potential problems in its production 1 _____. These include making it immune to certain crop diseases, or increasing the length of its natural life. In 2000, scientists first adapted a crop – in this case, rice – giving it greater nutritional value. Despite this, many people were 2 _____ by the discovery and it has become a topic of much debate and disagreement. Those who 3 _____ of crops produced in this way argue that they could be unhealthy, and lack the natural flavor of organic food. However, most 4 _____ agree that they are safe and environmentally friendly and they say people are simply 5 _____.



C. Choose a, b, c or d.

- If Diane didn't eat so much junk food, she ____ thinner.
 - will be
 - would be
 - would have
 - were
- If you ____ daily, you will lose weight.
 - exercise
 - exercised
 - will exercise
 - would exercise
- If I were you, I ____ drink more water.
 - would
 - will
 - could
 - can
- Unless you tell me what happened, I ____ help you.
 - can
 - can't
 - would
 - wouldn't
- When you eat too much junk food, you ____ enough nutrition.
 - won't get
 - don't get
 - couldn't get
 - wouldn't get
- If you can't find the address, ____ Claire for help.
 - would call
 - could call
 - might call
 - call

D. Complete with the correct form of the verbs in parentheses.

1.

A: If you _____ (have) some spare time, would you go to the gym?

B: No. I think the gym is boring. I prefer playing basketball. When I _____ (play) basketball, I feel happier.

A: If I were you, I _____ (join) a basketball team.

B: Yeah, I've thought of that.

2.

A: All you eat is junk food.

B: I don't see any problem with that.

A: If you _____ (not stop) eating unhealthy food, you might have serious health problems in the future.

B: Like what?

A: Well, if you _____ (not avoid) fatty foods, you can get heart disease. Also, if you continue eating the way you do, you _____ (not stay) in shape.

E. Rewrite the sentences without changing their meaning. Start with the words given.

1. I can't go for coffee today because I have a doctor's appointment.

If _____

2. Every time I go to the library, I borrow at least two books.

When _____

3. Take my advice and go on a trip to Scotland.

If _____

4. I don't know how to fix the lock, otherwise I would do it myself.

If _____

5. You have to train hard or you won't win the race.

Unless _____

6. We must hurry because we will be late.

If _____

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A. Circle the correct words.

1. She was still **faint** / **conscious** when the ambulance arrived, which they say is a good sign.

2. I will need to examine the patient before I can say how to **proceed** / **appreciate**. This is not a simple case.

3. My sister had an allergic **response** / **reaction** to something she ate, and we had to rush her to the hospital.

4. If you're going to exercise, make sure you **explode** / **stretch** properly first or you could pull a muscle.

5. The doctors will have to perform a(n) **repellent** / **operation** on him tomorrow morning.

B. Complete with the words in the box.

around with into down with up against up up with through along with over off by

1. Please tell James that something has come _____ and I won't be able to make it to dinner after all.

2. We decided to go _____ whatever our guide suggested because he seemed to know best.

3. We enjoyed ourselves so much that the whole week's vacation seemed to go _____ before we noticed.

4. When he finally came _____ after fainting, he had temporary memory loss.

5. Kevin came _____ a large inheritance when his parents died.

6. Ten people were killed when the bomb went _____.

7. I hate the winter. I usually come _____ the flu every year.

8. He has been trying to start a company for the past year, but he keeps coming _____ new difficulties.

9. Can you come _____ any ideas on what we can get Mary for her graduation?
10. I can't tell you what I went _____ to bring this box upstairs. I almost broke my back!
11. Let's go _____ exactly what happened and try to figure out where we went wrong.
12. I don't think that hat goes _____ your outfit.

I. Complete with the words in the box. There are two extra words which you do not need to use.

handy gear citizens booklets dizziness
first aid tragedies appreciate dehydration



Volunteer paramedics see many different sides of life. Unfortunately, we are often witnesses to various 1 _____. We go to areas hit by natural disasters, helping wherever we can by giving 2 _____ to the injured, building shelters or even just making someone a calming cup of tea.

However, we also do a lot to raise awareness concerning safety for natural disasters.

For example, just last week I was at a local school giving a talk on emergency measures. Everyone should keep a kit with emergency survival 3 _____ at home. This should include a blanket, a first-aid kit, a flashlight and batteries. Of course, it should also include water so as to avoid 4 _____.

Unfortunately, a lot of people don't 5 _____ the importance of having such a kit at home. I give out a lot of 6 _____ explaining what they should contain. You never know when it will come in 7 _____!



II. Choose a, b, c or d.

- If Jack had seen the cat sooner, he _____ into the tree.
a. wouldn't crash c. couldn't have crashed
b. didn't crash d. wouldn't have crashed
- If we have time this afternoon, we _____ to the supermarket.
a. go c. might go
b. would go d. would have gone
- Paul would have moved to Rome if he _____ his current job.
a. didn't find c. doesn't find
b. hadn't found d. couldn't find
- Greg _____ the house if he had gotten the loan from the bank.
a. would buy c. had bought
b. could buy d. could have bought
- If I lived by the sea, I _____ go swimming every day.
a. should c. will
b. would d. must
- If Henry _____ here earlier, he might have met our boss.
a. was c. would have been
b. had been d. would be

E. Rewrite using Conditional Sentences Type 3.

- I didn't know that it would rain so I didn't take an umbrella.
If I _____
- My sister didn't tell me that she would be home late, so I was worried about her.
If _____
- Jake missed the bus because he woke up late.
Jake _____
- Paul forgot to close the window and the cat got out of the house.
If _____
- Harry didn't have a credit card, so he paid in cash.
Harry _____