UNIT 1. A long and healthy life

TEST 1

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

1. A. fine B. find C. fitness D. exercise
2. A. healthy B. cleanly C. eating D. treatment
3. A. recipe B. regular C. every D. believe
4. A. cycle B. cause C. cancer D. carefully
5. A. eats B. drinks C. says D. stops

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II. Choose the correct words to complete the sentences.

1. Women have a longer life _____ than men.
   A. examination B. expectation C. expectancy D. explanation
2. Staying up late is one of bad _____ that you should give up.
   A. habits B. muscles C. benefits D. studies
3. Taking regular exercise and eating a balanced diet are the key to a long and _____ life.
   A. healthy B. sensitive C. overweight D. diseased
4. Pregnant women should _____ certain foods such as raw eggs.
   A. eat B. sell C. treat D. avoid
5. Mary is receiving special _____ from her private doctor.
   A. problem B. treatment C. movement D. vaccine
6. You can prevent heart disease by changing your _____.
   A. time B. lifestyle C. longevity D. strength
7. His liver cancer will _____ if he drinks too much alcohol.
   A. reduce B. develop C. perform D. cause
8. All living _____ have to adapt to changes in environmental conditions.
   A. organisms B. illness C. viruses D. decades
9. _____ is a medicine that can destroy harmful bacteria in the body or limit their growth.
   A. Antibiotic B. Vitamin C. Mineral D. Ingredient
10. Regular exercise can help you improve your _____ strength.
   A. workout B. infection C. eating D. muscle

III. Supply the correct form of the words in brackets to complete the sentences.

1. My mom does yoga every day to keep _____. (fitness)
2. You should exercise at least three times a week to relieve _____. (stressful)
3. The doctor is examining her to find out if she has a _____ problem. (healthily)
4. My parents always _____ us all the same. (treatment)
5. It's a good idea to stretch your muscles after weight _____. (lift)
6. Exercising outdoors is more _____ than exercising indoors. (effect)
7. Our body makes vitamin D when the sun _____ on our skin. (shiny)
8. Some people think we should stay indoors in winter to avoid getting colds and other _____. (ill)
9. _____ is good for the body and the mind. (Laugh)
10. People should have a _____ between work and life. (balanced)

IV. Choose the best option A, B, C, or D to complete the sentences.

1. They _____ Mr. and Mrs. Smith to their wedding last month.
   A. invite B. invited C. has invited D. have invited
2. I _____ Tom for two years. We're really good friends now.
   A. knew B. have known C. know D. has known
3. She _____ a series of operations to prevent paralysis.
   A. has just performed B. just performed C. performed just D. have just performed

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4. The awards are for those who _____ personal illness or disability.

A. overcame B. overcome C. have overcome D. has overcome

5. How long _____ in Germany?

A. did you stay B. you stayed C. you have stayed D. have you stayed

6. Our team _____ a football match since the start of the year.

A. hasn't won B. haven't won C. didn't win D. wasn't won

7. The teacher _____ our class into four groups for picnic last weekend.

A. divided B. was divided C. has divided D. have divided

8. Start exercising slowly, but regularly if you _____ very active.

A. been B. hasn't been C. haven't been D. were

9. Nam _____ her since he _____ a freshman at the University of Economics.

A. knew / was B. knew I has been C. has known / was D. has known / has been

10. I _____ an email to my brother last week, but he _____.

A. send I hasn't replied B. has sent I didn't reply

C. sent I has replied D. sent I hasn't replied

V. Read the passage and choose the correct answer A, B, C, or D to each question.

The phrase "healthy lifestyle" is the definition of how you should live if you want to get the healthiest body you can, one that both looks good and feels good. You know the obvious behaviors that describe someone who is healthy and takes care of themselves.

A healthy person doesn't smoke, eats healthy foods with plenty of fruits, vegetables and fiber and, of course, exercises regularly. A healthy person also knows how to manage stress, gets good quality sleep each night, doesn't drink too much, doesn't sit too much, does everything in moderation all the time. When you look at everything that could possible make healthy lifestyle, you can see just how hard all of those things are in our current world.

There is no such thing as a "bad" food, but there are some foods you should try not have regular basis. Fast food refers to food that can be prepared and served quickly. **It** is popular as a food is inexpensive, convenient, and tastes good. Because fast food is high in sodium, trans fat, and cholesterol, it isn't something you should eat often.

The good news is you don't have to change everything at the same time. In fact, the **trick** to healthy living is making small changes - taking more steps each day, adding fruits to your cereal, having an extra glass of water, or saying no to that second helping of buttery mashed potatoes. One thing you can do right now to make your lifestyle healthier is to move more.

1. What is the main idea of the passage?

A. How to manage stress B. Ways to live a healthy life

C. The behaviors to describe a healthy person D. Some healthy foods to eat

2. The word "**it**" of the third sentence in paragraph 3 refers to _____.

A. fast food B. cholesterol C. trans fat D. sodium

3. According to the passage, which of the following statement is NOT true?

A. Fast food contains a lot of sodium, trans fat and cholesterol.

B. We should eat healthy foods.

C. A healthy person exercises regularly.

D. We should avoid eating fiber.

4. The word "**trick**" in paragraph 4 is closest in meaning to _____.

A. knowledge B. stress C. method D. time

5. What can we do right now to have healthier lifestyle?

A. moving more B. drinking more C. sleeping more D. sitting more

VI. Choose the correct responses.

1. Can I give you a hand?

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A. Yes, I can. B. No, I can't help you now.
C. No problem. D. Thanks, that's very kind of you.

2. Let me bring your luggage to the car.
A. No, those are mine. B. I'll do it for now.
C. No, I can manage them myself. D. Of course, I can help you now.

3. Can you repair my bicycle, Dad?
A. Sure, I'll do it for now. B. I usually ride my bicycle.
C. No, I like the red bicycle. D. Thank you very much.

4. Would you like me to get you a taxi?
A. Yes, I see. B. No, I wouldn't mind.
C. Yes, please, if it doesn't bother. D. Ok, let's see.

5. Is there anything else I can do for you?
A. He wouldn't mind. B. Thanks, but I think I'm fine.
C. No problem. It's my pleasure. D. I like it very much.

6. Would you like me to send this package for you?
A. I'm sorry, but here you are. B. Yes, please, if you don't mind.
C. No, thanks. I'm really busy. D. That would very nice. Any problems?

VII. Write the instructions for dynamic triceps warm-up in the correct order, using the words of sequence: to begin with, next, then, after that, finally.

Dynamic triceps warm-up

- Do the same movement with your palms facing backward, up, and down.
- Do each movement for 30 seconds for two to three repetitions.
- Extend your arms straight out to the sides so they're parallel to the floor with your palms facing down.
- Turn your palms to face forward and pulse your arms back and forth.
- Rotate your arms in backward circles, and then rotate your arms in forward circles.

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1. To begin with, _____
_____
2. _____
_____
3. _____
_____
4. _____
_____
5. _____
_____

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