

## UNIT 1. A long and healthy life

### TEST 2

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

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|---------------|--------------|-------------|---------------|
| 1. A. burgers | B. habits    | C. lessons  | D. vegetables |
| 2. A. talked  | B. laughed   | C. wanted   | D. watched    |
| 3. A. vital   | B. vitamin   | C. mineral  | D. ingredient |
| 4. A. disease | B. sensitive | C. physical | D. enthusiasm |
| 5. A. examine | B. bacteria  | C. organism | D. antibiotic |

#### II. Choose the word which is closest in meaning to the underlined word of the following sentences.

1. Jogging can help you build up your strength.  
A. time      B. power      C. money      D. weakness
2. Some bacteria help the human body fight disease.  
A. issue      B. illness      C. benefit      D. development
3. Eat lightly, breathe deeply, and live moderately to ensure good health.  
A. reasonably      B. cleverly      C. cleanly      D. extensively
4. The demands of living are stressful for adults of all ages.  
A. anxious      B. happy      C. exciting      D. helpful
5. Having friends and family that you can confide in is really important.  
A. forget      B. live      C. believe      D. remember
6. All plants in the garden are infected with a virus.  
A. developed      B. increased      C. contaminated      D. grown
7. You must be very fit if you do so much running.  
A. weak      B. tired      C. important      D. healthy
8. I'm taking antibiotics for a throat infection.  
A. nutrition      B. expectancy      C. mediation      D. inflammation
9. The virus is primarily spread from person to person through coughing and sneezing.  
A. narrow      B. limited      C. concentrated      D. diffused
10. It will be difficult for doctors to treat patients if there is a shortage of medicine.  
A. behave      B. cure      C. serve      D. see

#### III. Choose the word which is opposite in meaning to the underlined word of the following sentences.

1. Herbal products can help you to relax and sleep well.  
A. tense      B. laugh      C. asleep      D. infect
2. Exercising regularly is part of having a healthy lifestyle.  
A. unhealthy      B. strong      C. happy      D. important
3. Women generally live about six years longer than men.  
A. better      B. shorter      C. cleaner      D. more beautiful
4. It's important to eat a good amount of fruits and vegetables.  
A. necessary      B. unimportant      C. valuable      D. significant
5. Men die earlier than women because they smoke and drink too much.  
A. exercise      B. sleep      C. live      D. pass away
6. My grandfather is very strong. He always leads a very active life.  
A. dynamic      B. healthy      C. powerful      D. inactive
7. It is said that laughter can help people to deal with stress and anger.  
A. worry      B. health      C. relaxation      D. importance
8. The workers get food poisoning because of eating food that contains harmful bacteria.  
A. has      B. includes      C. controls      D. excludes
9. To stay healthy, you should cut down on sugar and fast food.  
A. increase      B. reduce      C. prevent      D. ignore

10. The doctor has just examined him. **Fortunately**, the treatment is working.  
A. Luckily      B. Happily      C. Unluckily      D. Frequently

**IV. Complete the passage using the past simple or present perfect form of the verbs in brackets.**

I (1. meet) \_\_\_\_\_ Nancy at the fashion design competition five years ago.  
Nancy (2. be) \_\_\_\_\_ nineteen and I (3. be) \_\_\_\_\_ twenty-one at that time. We (4. be) \_\_\_\_\_ together since then. We (5. also, work) \_\_\_\_\_ at the same company. Last year, we (6. decide) \_\_\_\_\_ to get married. Lots of our friends (7. attend) \_\_\_\_\_ our wedding. We (8. be) \_\_\_\_\_ so happy. We (9. visit) \_\_\_\_\_ some awesome places after wedding. So far, we (10. have) \_\_\_\_\_ a lot of great time together.

**V. Read the passage and circle T (True) or F (False).**

As time goes by, doctors and scientists are finding a strong relationship between the mind and the body. It's becoming clear that how you feel mentally and emotionally is very important for how you feel physically. Have you ever thought that once you passed the age of 20, you start to die? Of course, that is generally a slow process, but you can't escape from it. Teenagers find it difficult - if not impossible - to imagine themselves as middle-aged or old people. That's because they are young, fit and strong; however, if they don't get into the habit of taking regular exercise early in life to keep like that as long as possible, they will have lots of problems when they are older. One of the easiest ways to keep fit is to stick to a healthy diet, that is to say, to eat fruit, fresh vegetables and food containing fibre regularly. Smoking is something you must give up if you want to be healthy. Also, try to reduce your alcohol consumption and avoid being too fat.

- \_\_\_\_\_ 1. There is a relationship between mind and body.  
\_\_\_\_\_ 2. Our bodies start to die slowly after our twenties.  
\_\_\_\_\_ 3. Teenagers know how old people feel.  
\_\_\_\_\_ 4. Exercising early in life is important for teens.  
\_\_\_\_\_ 5. You will have lots of health problems with exercise.  
\_\_\_\_\_ 6. You should keep a healthy diet to keep fit.  
\_\_\_\_\_ 7. Smoking is not good for your health.  
\_\_\_\_\_ 8. You should drink a lot of alcohol.

**VI. Complete the dialogue with the words from the box.**

elbows	magazine	some	lifts	start
sports	movement	useful	below	next

Nam: Hi, Phong. What are you doing?

Phong: Hi, Nam. I'm reading a sports (1) \_\_\_\_\_.

Nam: Are you interested in (2) \_\_\_\_\_?

Phong: Well, I'm looking at the pictures showing the ways to do (3) \_\_\_\_\_ sorts of exercise. I think they're (4) \_\_\_\_\_.

Nam: Let me have a look.

Phong: Here you are. Look at this picture. How do you think the man can (5) \_\_\_\_\_?

Nam: I think he starts by standing directly (6) \_\_\_\_\_ a pull-up bar, place his hands in an overhand grip.

Phong: Then, he (7) \_\_\_\_\_ his feet up from the floor so that he's hanging from the bar; (8) \_\_\_\_\_, he bends his (9) \_\_\_\_\_ and raises the upper body up toward the bar until his chin is over the bar.

Nam: I think at the top of the (10) \_\_\_\_\_, he extends his elbows and lowers his body back down to the starting position.

Phong: I think so.

**VII. Reorder the words and phrases to make meaningful sentences.**

1. can / You / choose / a / style / yoga / suitable / that / for / lifestyle / is / your / .

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2. great / beginners / Hatha Yoga / is / for / because / it / on / basic / postures / focuses / at / a / pace / comfortable / .

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3. one / benefits / Improved / is / of / the / and / most / of / first / flexibility / yoga / obvious / .

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4. protect / muscles / us / Strong / from / conditions / and / arthritis / like / back pain / .

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5. gym / If / just / you / went / and / lifted / to / the / weights, / you / might / strength / of / build / at / expense / flexibility / the / .

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6. in / relaxation exercises / The / yoga / can / your / help / circulation, / especially / hands / and / in / feet / your / .

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7. also / Yoga / gets / to / oxygen / more / your / cells / .

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8. yoga poses / of / Each / the / is / built / the / the / spine / muscles / to / reinforce / around / .

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