

DATE:

NAME:



CLASS:

 /10
marks

EXERCISE 23

Read the passages carefully. Choose the most suitable word given in the boxes and write its letter (A to E) in the blanks. Use each word ONCE only.

PASSAGE 1 (3 x 1 = 3 marks)

(A) sneeze

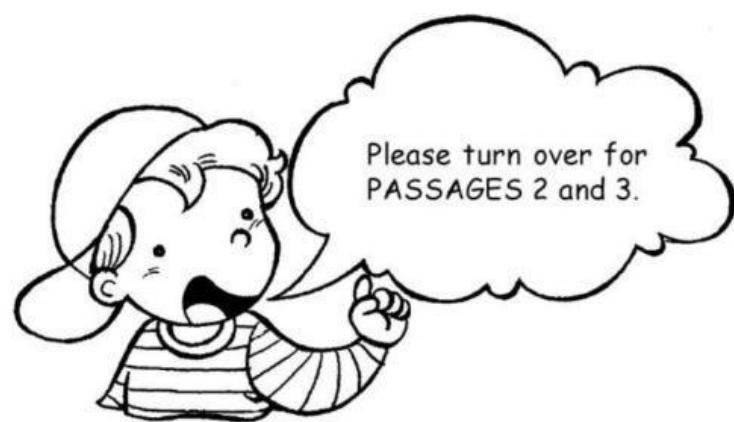
(C) slow

(E) fast

(B) minutes

(D) laugh

Hiccups happen when the muscles in your throat and chest suddenly tighten. This normally occurs if you eat or drink too much or too **1** _____. Most hiccups disappear in a few **2** _____. You can cure a hiccup with a sudden shock, by holding your breath or trying to **3** _____.



PASSAGE 2 (3 x 1 = 3 marks)

- (A) heart
- (C) exercise
- (E) stomach
- (B) rest
- (D) diet

Sleep is important. Your body needs to 4 _____. When you sleep, you allow your muscles to relax. Your 5 _____ rate and breathing rate slow down too. Sleep refreshes your mind and body. You must also have a nutritious 6 _____. This allows you to continue with mental and physical activities when you wake up.

PASSAGE 3 (4 x 1 = 4 marks)

- (A) replaced
- (C) brain
- (E) eyes
- (B) mouth
- (D) thirsty

When you play or even breathe, your body loses water. This must be 7 _____. When your 8 _____ discovers that your body has lost water, it will send signals to your 9 _____ and throat. They will start to feel dry. You will feel 10 _____ and want to have a glass of water.