TEST YOURSELF 1

I. Choose the word whose underlined part is pronounced differently from the others.

1.	a. laugh	b. cough	c. bought	d. tough
2.	a. game	b. gym	c. girl	d. bag
3.	a. calorie	b. labour	c. community	d. volunteer
4.	a. environmental	b. benefit	c. service	d. sick
5.	a. danced	b. helped	c. watched	d. enjoyed

II. Choose the odd one out.

1.	a. flu	b. cough	c. headache	d. hobby
2.	a. gymnastics	b. stamps	c. books	d. dolls

III. Choose the best answer a, b, c, or d to complete the sentence.

1. Have you ever taken part _____ volunteer work?
   a.for b. to c. in d. with
2. We have raised money for people in need _____ 2015.
   a. in b.at c.since d. for
3. She's got a high _____ – almost 40°.
   a. flu b.headache c.sore throat d. temperature
4. Jane is _____ weight because she eats too much junk food.
   a. getting over b. putting on c.taking up d. throwing away
5. The charity _____ facilities for disabled people to take part in sport.
   a. provides b.donates c.raises d. collects
6. I can't fasten my jeans – I'll have to _____.
   a. eat more junk food b. go out regularly
   c. see my doctor d. go on a diet
7. My favourite hobby is _____. I spend most of my free time making vases and bowls from clay.
   a. woodcarving b. pottery making c. model making d. birdwatching
8. I've already done my homework, _____ I am going to watch TV.
   a. so b.because c.but d. and
9. They could not afford to buy the house because it was _____.
   a. too pretty b.too tight c.too expensive d. too cheap
10. _____ do you do volunteer work? - Every weekend.
    a. How long b.How far c.How much d. How often

IV. Write the correct tense or form of the verbs in brackets.

1. I _____ (already/ read) that book. It's fantastic.

LIVEWORKSHEETS

2. We _____ (not do) any volunteer work five years ago.
3. James _____ (do) lots of volunteer work when he was in high school.
4. I think people _____ (eat) more healthy food in the future.
5. People _____ (need) about 2,000 calories a day to stay in shape.

V. Supply the correct form of the words in brackets.

1. Mike's hobby is listening to music. He gets a lot _____ from listening to music. (enjoy)
2. Junk food is _____, so we shouldn't eat too much junk food. (health)
3. Blood _____ give blood for use in hospitals. (donate)
4. They aren't forced to do charity work. They do it _____. (volunteer)
5. They opened a shelter to provide housing for the _____. (home)

VI. Each sentence has a mistake. Find and correct it.

1. My brother loves play chess when he has free time. _____
2. I find woodcarving interest because it's creative. _____

VII. Fill in each blank with a word from the box.

feed	disabled	helping	care	parents	donating	how	charitable

It's not uncommon in America for a person to belong to some kind of volunteer group. (1)_____ one's time and services is very much a part of the American way of life. Most (2)_____ activities are organized by churches and groups around the nation and even encouraged by the government. The (3) _____ hand is extended to the poor, the homeless and the (4) _____.

Some people work to teach youngsters (5) _____ to read, others open up soup kitchens to (6) _____ the homeless. Volunteers also take (7) _____ of the disabled by making reading tapes for the blind and working in orphanages to help children without (8) _____.

VIII. Read the text carefully then choose the correct answers.

Maintaining a healthy body is not that easy and not so difficult also. Most important tip for a healthy body is to have healthy food and eat them at proper time. Avoid eating junk food. Your diet should contain food which has more nutrients. Try to include vegetables, fruits, milk, and fish in your daily diet. Make sure you are having your breakfast regularly. Skipping your breakfast regularly will definitely affect your health. Make sure you drink more amount of water daily. Regular exercise will also keep your body in good health. You can go for running, do cycling, walking faster etc. Apart from these always try to manage your stress. By controlling your stress you can maintain a healthy body. Your body should get enough time to take rest. Make sure you get a sleep of 8 hours daily. Sleep is very important for healthy body and also for mental and emotional happiness.

1. To have a healthy body, you should _____.

LIVEWORKSHEETS

a.eat junk food b. put on weight

c. have a healthy diet d. not consume nutrients

2. Skipping breakfast is _____ for your health.

a.good b. bad c. necessary d. important

3. Which of the followings is not keep your body in good health?

a.smoking b. cycling c. running d. jogging

4. Managing stress can help people _____.

a.have a good body b. live longer c. sleep enough time d. stay healthy

5. Which of the followings is NOT true?

a.It's difficult to maintain a healthy body.

b.Water is important for your health.

c.Getting enough sleep can make you happier.

d.Eating healthy and exercising are tips to stay healthy.

XI. Write the second sentence so that it has the same meaning to the first one.

1. My father finds playing board games interesting.

→ My father is _____

2. He hasn't smoked cigarettes for a month.

→ The last time _____

3. That apartment is more modern than any apartments.

→ That apartment _____

4. There are over two hundred stamps in Nam's collection.

→ Nam's collection _____

5. I spend twenty minutes walking to school every morning.

→ It takes _____

LIVEWORKSHEETS