UNIT 2 - HEALTHY LIVING

Test 1

Mark the letter A, B, C or D on your answer sheet to indicate the word whose underlined part differs from the other three in pronunciation in each of the following questions.

Question 1. A. cough B. although C. enough D. laugh

Question 2. A. spot B. soft C. often D. cold

Mark the letter A, B, C or D on your answer sheet to indicate the word that differs from the other three in the position of primary stress in each of the following questions.

Question 3. A. healthy B. affect C. harmful D. tidy

Question 4. A. deliver B. repetition C. community D. activity

Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 5. We should try to keep everything around US clean and then flu will find it _____ to spread.

A. difficult B. difficulty C. difficultly D. difficulties

Question 6. Doing outdoor activities regularly helps us keep _____.

A. to fit B. fitting C. fitted D. fit

Question 7. You should wear a hat and put on suncream to avoid _____.

A. skin B. fitness C. activity D. sunburn

Question 8. Activities like running and cycling are good _____ our health.

A. in B. for C. to D. with

Question 9. Do you have _____ eyes? Why don't you use eyedrops?

A. sore B. ache C. pain D. hurt

Question 10. It's necessary for you _____ the amount of sugar you have in tea and coffee.

A. reducing B. to reduce C. reduce D. to reducing

Question 11. Rob eats a lot of fast food and he _____ on a lot of weight.

A. takes B. spends C. puts D. brings

Question 12. Lauren: "What was Irene's party like?"

Anton: "_____"

A. I didn't go to it. B. She was very lovely.

C. She likes big party. D. That's nice. I like the food best

Read the following announcement and mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 13 to 16.

STAYING HEALTHY!

Are you feeling tired or weak? You may need to take a closer look at your daily habits. Doctors (13) _____ people to eat more fresh vegetables and fruit every day. A healthy (14) _____ can help your body stay strong and full of energy. You should also (15) _____ eating too much junk food, as it can lead to being overweight or even (16) _____ from serious health problems.

Question 13. A. advice B. advised C. advising D. advise

Question 14. A. food B. disease C. sport D. diet

Question 15. A. affect B. avoid C. stay D. ignore

Question 16. A. suffer B. result C. hurt D. recover

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Mark the letter A, B, C or D on your answer sheet to indicate the correct answer to question 17.

Question 17. My New Healthy Habits

a. Now, I try to eat more vegetables and fresh fruits every day.

b. I've also started drinking more water instead of soda.

c. Hi! I just wanted to tell you about some changes about my diet.

d. I feel more energetic and I think it's helping me stay in shape!

_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

Best,

Emma.

A. c – a – b – d B. a – c – b – d C. c – b – a – d D. c – a – d – b

Question 18. Choose the sentence that can end the conversation (in Question 17) most suitably.

A. I think soda is harmful for to my health!

B. I need to play sports more.

C. Write back soon and tell me your thoughts.

D. I forgot to do my homework last week.

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each numbered blank from 19 to 24.

Many people are trying to live a healthier lifestyle these days. One important way to improve your health is to avoid eating too much junk food. Junk food contains a lot of calories but very few nutrients. It can (19) _____ your energy levels and increase your (20) _____ of becoming overweight or even obese.

Experts (21) _____ people to eat more fresh fruits and vegetables, drink water, and exercise regularly. A balanced diet and enough sleep will help you (22) _____ from illness more quickly and stay in good shape.

You should also try to (23) _____ bad habits like skipping meals or staying up too late. If you're not sure how to start, ask a doctor or a nutrition (24) _____ for advice.

Question 19. A. cure	B. avoid	C. decrease	D. ignore
Question 20. A. disease	B. risk	C. temperature	D. painkiller
Question 21. A. operate	B. provide	C. ignore	D. advise
Question 22. A. recover	B. suffer	C. result	D. lose
Question 23. A. break	B. get	C. cut	D. put
Question 24. A. patient	B. medicine	C. expert	D. diet

Mark the letter A, B, C or D on your answer sheet to indicate the sentence that is closest in meaning to the original sentence in each of the following questions.

Question 25. Ben watches TV too much so he has a headache.

A. Ben has a headache because he never watches TV.

B. Ben has a headache because he watches lots of TV.

C. Ben watches TV to help with his headache.

D. Ben never gets a headache when he watches TV.

Question 26. You can avoid getting cavities by brushing your teeth twice a day.

A. Brushing your teeth twice a day causes more cavities.

B. Brushing your teeth twice a day helps you get more cavities.

C. You can avoid getting cavities by eating lots of sweets.

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D. Cavities will appear if you don't brush your teeth.

Mark the letter A, B, C or D on your answer sheet to indicate the sentence that is made from the given cues in each of the following questions.

Question 27. Elena / should / sleep more / try / relax / more.

A. Elena should sleep more and try relaxing more.

B. Elena should to sleep more and try relaxing more.

C. Elena should sleeping more and try to relax more.

D. Elena should sleep more and try to relax more.

Question 28. David / eat / lots of junk food / he / not do exercise.

A. David eats lots of junk food and he doesn't do exercise.

B. David eats a lots of food and he doesn't do exercises.

C. David eat junk food but he don't do exercise.

D. David eat lots of junk food and he doesn't do exercises.

Read the following sign or notice and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 29: What does Mom want to tell his daughter?

"Hi sweetie, remember to eat well, drink water, and rest. Your body needs care like anything else. Take care of yourself - love you, Mom!"

A. You should take good care of your health.

B. You can skip meals if you're too busy.

C. Be careful with your food and drink.

D. Remember to drink water when you do exercise.

Question 30: What is the meaning of the sign below?

A. Only students need to wear face masks.

B. Face masks are optional if you feel healthy

C. You must wear a face mask in this area.

D. You should only wear face masks are during lunchtime.

Read the following passage and mark the letter A, B, C or D on your answer sheet to indicate the correct answer to each of the following questions from 31 to 36.

Meliha and her children live in St. Paul. She is from Somalia and came to the US five years ago. Many things are different in America. You can buy junk food with lots of salt, sugar, and oil here. Americans don't walk as much as people in Somalia. Instead, you can drive a car or take the bus. Meliha notices that many people in America are **overweight**. Her children like junk food such as hamburgers and French fries, and she does too. She has noticed that she has gained weight since moving to America. Her children **prefer** watching TV rather than playing outside. Meliha doesn't walk very much because she has a car. Her doctor advises her to eat more fruits and vegetables. He also says that eating too much junk food like chips, fries, and sugary snacks is bad for her health and that she needs to get more exercise.

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Question 31. Where does Meliha live?

A. Somalia B. American C. Africa D. St. Paul

Question 32. How long has Meliha been in the US?

A. Five years B. Two years C. Ten years D. One year

Question 33. What thing that Meliha notice about people in America?

A. They walk a lot every day. B. Everyone rides bicycles.

C. They eat only healthy food. D. Many people are overweight.

Question 34. The word "**prefer**" in the passage is OPPOSITE in meaning to _____.

A. Like B. Hate C. Choose D. Enjoy

Question 35. The word "**overweight**" in the passage is CLOSEST in meaning to _____.

A. Healthy B. Thin C. Fat D. Active

Question 36. Which of the following statements is NOT TRUE according to the passage?

A. Meliha and her children now live in the USA.

B. Americans walk more than people in Somalia.

C. Meliha has gained weight since moving to America.

D. Meliha's doctor advises her to eat more healthy food.

Four phrases/ sentences have been removed from the text below. For each question, mark the letter A, B, C or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 37 to 40.

Eating fast food is very common in many countries today because (37) _____. However, fast food often contains a lot of salt, sugar, and unhealthy fats, which can be (38) _____ . People who eat too much fast food may gain weight and feel tired or unhealthy. It is important to enjoy fast food only few times a month and (39) _____ . By choosing healthier foods most of the time, (40) _____

A – we can keep our bodies strong and avoid health problems.

B – it is convenient, and tasty

C – try to eat more fresh fruits, vegetables, and homemade meals

D – bad for our health if eaten too often

Question 37_ _ __ _ **Question 38** _ _ _ _ _

Question 39 _ _ __ _ **Question 40** _ _ _ _ _

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