

### Task 1. Read the paragraph and choose the correct answer

Stress can have many (1)\_\_\_\_\_ on our physical health. It can affect the heart such as increasing the pulse rate, making the heart miss beats, or causing (2)\_\_\_\_\_ blood pressure. Stress can also affect the breathing system. It can make a person breathe too fast, resulting in a loss of carbon dioxide. Emotions are also (3)\_\_\_\_\_ affected by stress. Stressful people often anxious. They may have panic attacks or feel tired all the time. When people are (4)\_\_\_\_\_ stress, they often overreact to little problems. For example, a normally gentle parents under a lot of stress at work may shout at his/ her child for dropping a glass of juice. Stress can make people angry, (5)\_\_\_\_\_, or nervous. It is obvious that stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. (6)\_\_\_\_\_, to reduce stress, you should stop the work or study and rest for a while.

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|---------------|---------------|-------------|-------------|
| 1. A. effects | B. affects    | C. pressure | D. imposes  |
| 2. A. low     | B. average    | C. high     | D. long     |
| 3. A. easily  | B. difficulty | C. hardly   | D. normally |
| 4. A. in      | B. under      | C. at       | D. below    |
| 5. A. happy   | B. positive   | C. moody    | D. excited  |
| 6. A. So      | B. But        | C. For      | D. And      |

### Task 2. Choose the best answer

- You should turn off the \_\_\_\_\_ on your phone to avoid being disturbed.  
A. notice                      B. notifications                      C. information                      D. power
- Mary wants to go abroad, \_\_\_\_\_ she saves money from now.  
A. and                      B. or                      C. but                      D. so
- They used to be friends, \_\_\_\_\_ now they are not.  
A. and                      B. or                      C. but                      D. so
- Ann is very sensitive; \_\_\_\_\_, you shouldn't comment on his new shoes.  
A. but                      B. therefore                      C. however                      D. so
- This event is held to commemorate the national heroes, \_\_\_\_\_ it teaches children to respect and be grateful to the heroes.  
A. and                      B. or                      C. but                      D. so
- You can take a seat, \_\_\_\_\_ you can go around and take a look. It's up to you.  
A. and                      B. or                      C. but                      D. so
- Could you \_\_\_\_\_ me more about the English club?  
A. tells                      B. tell                      C. to tell                      D. told
- Facebook is used \_\_\_\_\_ with friends all over the world.  
A. connect                      B. to connect                      C. connecting                      D. connects
- The Maths club starts at 6 p.m \_\_\_\_\_ Mondays and Fridays.  
A. in                      B. at                      C. on                      D. for
- Let's \_\_\_\_\_ the chess club, for it is interesting.  
A. join                      B. take part                      C. take                      D. join in

### Task 3. Rewrite the sentences

1. It took her nearly an hour to do the crossword.

→ She spent \_\_\_\_\_

2. Making crafts or collecting things like stamps and coins are very interesting.

→ It's very \_\_\_\_\_

3. I am interested in going camping with my close friends.

→ I fancy \_\_\_\_\_