Choose the correct answer that indicates the most suitable response to complete each of the following exchanges.

111. A: "My family often goes cycling in the countryside." B: "
_____".

A. It sounds interesting.

B. I'm not sure.

C. I don't think that's a good idea.

112. A: "Let's boat at Truc Bach lake."

B: "_____".

A. Me too. B. It's not good for you. C. I can't agree more.

113. A: "Do you mind if I borrow your suncream?" B: "
_____".

A. Sure. B. No, I don't mind. C. No, thanks.

114. A: "This is a nice picture, Mark."

B: "_____".

A. Yes, I'd love to.

B. Sounds good.

C. Thank you very much.

115. A: "I rarely eat breakfast."

B: "_____".

A. It's not good for you. B. Don't mention it. C. Don't worry.

V. READING

Read and fill each gap with one word in the box.

A. too	B. overweight	C. fat	D. junk food	E. take

Meliha and her children live in St. Paul. She is from Somalia. She came to the US five years ago. Many things are different in America. You can buy junk food with (116) _____, sugar, and oil here. Americans don't walk as much as people in Somalia. You can drive a car or (117) _____ the bus. Meliha sees many (118) _____ people in America.

LIVEWORKSHEETS

Meliha's children like junk food such as hamburgers and French fries. She does (119) _____. She notices that she gains weight in America. Her children like watching TV instead of playing outside. Meliha doesn't walk very much because she has a car. Meliha's doctor says she has to eat more fruit and vegetables. He says that too much (120) _ like chips, fries, and sugar is bad for her health. He tells her that she needs to get more exercise.

Read the passage and then decide whether the statements are True (T) or False (F).

Heart disease kills more people in Britain than any other disease, including cancer. One adult dies every three minutes from heart disease. It is more common

in men than women. Age is also important. 80% of people who die of heart attacks are 65 or older. But there are many things you can do to help your heart. Here are our top tips for a healthy heart!

- Do more exercise. Regular exercise is very good for your heart.
- Don't eat a lot of salt. We only need about 1g of salt a day. Most people eat about 6g!
- Eat more fruit and vegetables (at least five portions a day).
- Don't drink a lot of alcohol, but a glass of red wine every day can be good for your heart.
- Lose some weight.

121. Heart disease kills very few people in Britain.

A. True B. False

122. The death rate of heart disease is more common in men than women.

A. True B. False

123. 80% of people who die of heart attacks are over 65.

A. True B. False

124. People should eat a lot of salt.

A. True B. False

125. A glass of red wine every day can be good for your heart.

A. True B. False

LIVEWORKSHEETS