

**REVIEW UNIT 2. YOUR BODY AND YOU (part 2)**

**TEST 1**

**I. PHONETICS**

Put these words into the correct column. Then pronoun the words exactly.

profit	plan	glean	plough
globe	plane	promotion	plumber
grimy	grey	groom	play
praise	pronoun	green	practice
grip	glue	glide	global

/pl/	/pr/	/gl/	/gr/
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

**II. VOCABULARY**

**Exercise1. Decide these words into the correct column.**

blood	breath	skull	bone
heart	brain	lung	stomach
digestive	air	pump	muscle
spine	nerve	vessel	

circulatory system	digestive system	Respiratory system	skeletal system	nervous system
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

**Exercise2. Make a phrase with each of these words.**

- therapy: \_\_\_\_\_
- sleeplessness: \_\_\_\_\_
- emotion: \_\_\_\_\_
- body parts: \_\_\_\_\_
- acupuncture? \_\_\_\_\_
- yin and yang: \_\_\_\_\_
- habit: \_\_\_\_\_
- medicals: \_\_\_\_\_
- needle: \_\_\_\_\_
- treatment: \_\_\_\_\_

**Exercise3. Gap - filling: Choose the suitable words from the box to complete the sentences.**

consumed	asleep	boost	spoil	supported
hanging out	prevent	balance	pumps	sleeplessness

1. This helps you both protect your respiratory system and some \_\_\_\_\_ diseases like lung cancer.
2. If you abuse too much coffee, you can't \_\_\_\_\_ your brain's memory functions.
3. The heart \_\_\_\_\_ blood through the blood vessels to bring oxygen to all parts of the body.
4. Our body is \_\_\_\_\_ by the skeletal system which is made up of our bones.
5. Many people don't know that the same amount of power as a 10-watt light bulb is \_\_\_\_\_ by the brain.
6. It is believed that the \_\_\_\_\_ between yin and yang is well known in Asian countries.
7. You should be aware that \_\_\_\_\_ with friends is one of the good ways for you to be motivated.
8. Onions and garlic are 2 types of food which \_\_\_\_\_ your breath for days after a meal.
9. In some cases, taking medicine can help you fall \_\_\_\_\_
10. A lot of people agree that \_\_\_\_\_ is caused by using caffeine containing food.

### III. GRAMMAR

❖ **Read the situations and complete the sentences. Use will, or be going to.**

1. You hate dogs. Dogs always attack you if they get a chance. Your friend: That dog doesn't look very friendly.

You: It's coming towards us. It(attack) us.

2. The phone rings and you answer. Somebody wants to speak to Jim. Caller: Hello. Can I speak to Jim, please?

You: Just a moment. I (get) him.

3. It's a nice day. You've decided to sit in the garden. Before going outside, you tell your friend. You: The weather's too nice to stay indoors. I (sit) in the garden.

Your friend: That's a good idea. I think I (join) you.

4. Your friend is worried because she has lost an important letter.

You: Don't worry about the letter. I'm sure you (find) it. Your friend: I hope so.

5. You predict the landing of aliens on the earth in the next ten years. Your friend: All this talk about aliens is complete nonsense, isn't it?

You: Is it? I think aliens (and) on the earth in the next ten years.

6. There was a job advertised in the paper recently. At first you were interested but then you decided not to apply.

Your friend: Have you decided what to do about the job that was advertised? You: Yes, I (not/ apply) for it.

7. You and a friend come home very late. Other people in the house are asleep. Your friend is noisy.

You: Shhh! Don't make so much noise. You (wake) everybody up.

8. You know that Michelle has decided to get married. Your friend: Have you heard about Michelle?

You: Well, I heard that she (get) married.

9. Your friend has two young children. She wants to go out tomorrow evening. You offer to look after the children.

Your friend: I want to go out tomorrow evening but I haven't got a baby-sitter. You: That's no problem. I (look after) them.

**VI.SPEAKING**

**Exercise1. Make a list of your habits**

<b>LIST OF HABITS</b>	
1. ....	6. ....
2. ....	7. ....
3. ....	8. ....
4. ....	9. ....
5. ....	10. ....

**Exercise2. Among these habits, which is good or bad for your body? Tell the reason why it's good or bad for you. Report your answer in oral speech and record your talk.**

<b>No</b>	<b>GOOD</b>		<b>BAD</b>	
	<b>Habit</b>	<b>Reason</b>	<b>Habit</b>	<b>Reason</b>
1	..... .....	..... .....	..... .....	..... .....
2	..... .....	..... .....	..... .....	..... .....
3	..... .....	..... .....	..... .....	..... .....
4	..... .....	..... .....	..... .....	..... .....

**V.WRITING**

**Exercise1. List five activities and five kinds of food which are good for your body.**

<b>Activities</b>		<b>Foods</b>	
1. ....	6. ....	2. ....	7. ....
2. ....	7. ....	3. ....	8. ....
3. ....	8. ....	4. ....	9. ....
4. ....	9. ....	5. ....	10. ....
5. ....	10. ....		

**Exercise 2. Write a short paragraph about what you should do/ eat to have a fit and healthy body.**

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**TEST 2**

**Exercise 1. Choose the correct answer**

1. A: It's a public holiday next month.  
B: Yes, I know. \_\_\_\_\_ anything special?  
a. Are you doing                      b. Do you do                      c. Will you do
2. A: Do you mind not leaving your papers all over the table? B: Oh sorry. I'll take them all with me when \_.  
b. I'll go                      b. I'm going                      c. I go
3. A: \_\_\_\_\_ a party next Saturday. Can you come? B: Yes, of course.  
a. We'll have                      b. We're having                      c. We have
4. A: I'm trying to move this cupboard, but it's very heavy. B: Well, \_\_\_ you, then.  
a. I'll help                      b. I'm going to help                      c. I help
5. A: Excuse me. What time \_\_\_\_\_ to London? B: Seven thirty in the morning.  
a. will this train leave                      b. is this train going to get                      c. does this train get
6. A: Someone told me you've got a place at university.  
B: That's right. \_\_\_\_\_ maths at St Andrews, in Scotland.  
a. I'll study                      b. I'm going to study                      c. I study
7. A: The alarm's going. It's making an awful noise. B: OK, \_\_\_ it off.  
a. I am switching                      b. I am going to switch                      c. I'll switch
8. A: Did you buy this book?  
B: No, Emma did. \_\_\_\_\_ it on holiday.  
a. She'll read                      b. She is going to read                      c. She reads
9. A: Is the shop open yet?  
B: No, but there's someone inside. I think \_\_\_\_\_.  
a. it opens                      b. it's about to open                      c. it will open
10. A: Have you heard anything about Jane?  
B: Yes. She's engaged. \_\_\_\_\_ married in June.  
a. She's getting                      b. She'll get                      c. She's about to get
11. A: I'm just going out to get a

paper. B: What newspaper \_\_\_\_\_.

a. will you buy

b. are you buying

c. are you going to buy

**Exercise 2. Choose the best answer.**

1. Nowadays, there is estimated to be more than 2000 acupoints throughout the human body. The underlined word has the closest meaning to:

A. stress

B. pressure points

C. paints

D. lines

2. Tom: "Do you know what the saying "kick a habit" means?" - Jerry: " \_\_\_\_\_ "

A. Wow, she has a good habit.

B. I think it has the same meaning to getting rid of a habit.

C. I don't mean that.

D. Are you kidding?

3. I have been given 10 tricks to get rid of my bad habits and \_\_\_\_\_ them with healthy ones.

A. replace

B

. keep

C . nurture

D. raise

4. The digestive system lets us break down the food we eat and turn it \_\_\_\_\_ energy.

A. on

B. after

C. of

D. into

5. "The lecturer splits the students into four groups." has the closest meaning to:

A. The students are divided into four groups.

B. The lecturer divided the students into four groups

C. The lecturer is split into four groups of students

D. The lecturer went into four groups of students

6. In the past, it was misunderstood that inner body parts were \_\_\_\_\_ by the fine needles in practicing acupuncture.

A. touch

B. rush

C. touched

D. rushed

7. The \_\_\_\_\_ system controls the movement and emotion of our body.

A. nerve

B. nervous

C. circulate

D. generous

8. The heart and blood vessels are parts of the \_\_\_\_\_ system.

A. certain

B. circle

C. circulatory

D. circumstance

9. Only humans produce \_\_\_\_\_ tears.

A. emotional

B. crocodile

C.

feel D. false

10. To be recognized, this research must offer real evidence. The underlined word has the closest meaning to:

A. knowledge

B. exist

C. condition

D. proof

11. I am afraid you can't borrow his car right now. It \_\_\_\_\_ in the garage.

A. is repaired

B. repairs

C. repairing

D. is being repaired

12. Up to the present, 14 books \_\_\_\_\_ by Jane, a friend of mine.

A. have been written

B . are written

C. were written

D. will be written

13. The washing - up \_\_\_\_\_ carefully.

A. should do

B. should done

C. should be done

D. should be do

14. The acupoints \_\_\_\_\_ to enhance the healing capability of the body itself.

A. stimulate

B . stimulating

C. stimulated

D. are stimulated

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

A. crazy

B. cream

C. crown

D. decide

16. Lately, several oils, including rose and lemon, \_\_\_\_\_ to relieve anxiety, stress and depression.

A. show

B . have shown

C. have show

D. have been shown

17. Choose the answer which needs correcting.

People say that (A) this house has been buil t (B) by an old (C) man 12 years (D) ago.

### Exercise 3. Read the passage and choose T/ F or NI

Water sports are as challenging as they are fun. Although water sports are not as popular as basketball or football, activities such as parasailing, water skiing, water polo, wakeboarding, jet skiing and competitive swimming interest many people. All water sports have an element of danger involved, which is why it is important to follow these safety tips before you dive in.

Step 1: Learn how to swim. Sure, it seems obvious, but it is also extremely important. Do not even think about skiing, tubing, wakeboarding or water polo if you cannot stay afloat in water deeper than your height.

Step 2: Check your equipment and your life safety tools. Count your life vests and have floatation devices nearby. If you are engaging in a sport that requires a lot of equipment, such as wakeboarding, go over every piece to ensure proper functioning.

Step 3: Be physically fit. Put your pride aside and get in shape. Most water sports are incredibly strenuous and require the player to have physical endurance. It can be dangerous to participate in a water sport, such as water skiing or wakeboarding, when your body isn't ready.

Step 4: Save the tricks for the professionals. If you are an amateur, do not attempt water sport tricks. It is tempting to push to the next level with sports like skiing and sailing, but train heavily first.

Step 5: Recruit a spotter. When you do water sports, always have an extra person on hand to spot for you. This includes indoor sports like water polo, diving and competitive swimming.

1. Water sports are much more popular than basket ball and football.  
a. True                      b. False                      c. NI
2. Sometimes it is dangerous to play a water sport.  
a. True                      b. False                      c. NI
3. The first thing you have to do is to learn how to swim if you want to take up a water sport.  
a. True                      b. False                      c. NI
4. You need to have a boat right beside all the time if you want to take up a water sport.  
a. True                      b. False                      c. NI
5. There are tricks which amateur players cannot play.  
a. True                      b. False                      c. NI

### Exercise 4. Read the passage and choose the best answer to complete it.

It's important to eat well, especially when you're (1)\_\_\_\_. If you are at (2)\_\_\_\_, you may go home for lunch, and have a cooked meal of (3)\_\_\_\_\_ or fish and vegetables. Or perhaps you take some food with you to school, and eat it in the lunch (4)\_\_\_\_. A chicken and lettuce sandwich, with some fresh (5)\_, would be a light but healthy lunch. Many people around the world eat plain, (6)\_\_\_rice two or three times a day. Pupils and (7)\_\_\_\_\_ often don't eat well when they're (8)\_for an exam - they eat chocolate and drink lots of black coffee! And by the way, doctors say everybody should start the day with a healthy (9)\_\_\_\_\_ It's also good for you to drink a lot of (10)\_\_\_\_\_ light through the day.

- |                 |               |             |             |
|-----------------|---------------|-------------|-------------|
| 1. A. student   | B. study      | C. studying | D. studied  |
| 2. A. school    | B. primary    | C. office   | D. class    |
| 3. A. cheese    | B. meat       | C. fruit    | D. seafood  |
| 4. A. timetable | B. classroom  | C. lesson   | D. break    |
| 5. A. lemons    | B. fruit      | C. chicken  | D. peas     |
| 6. A. boiled    | B. baked      | C. grilled  | D. roast    |
| 7. A. teachers  | B. professors | C. students | D. boys     |
| 8. A. reviewing | B. reading    | C. learning | D. revising |
| 9. A. dinner    | B. breakfast  | C. lunch    | D. supper   |
| 10. A. water    | B. coffee     | C. tea      | D. coke     |







