



A. Match the signs with their meanings. There is one extra sentence. 1p



1. surfing the net 2. keep off the grass. 3. turn off your mobile phone. 4. eating junk food.

B. Match the definitions with the words. 1P

Physical - calm – balanced – emotional - recently

- relating to the emotions -----
- without worry-----
- with all parts existing in the correct amounts-----
- happening or starting a short time ago-----

C. Match columns A and B. 1P

| A | B | A+B |
|--|--|-----|
| exchange native understand meet | speakers the language the needs knowledge | |

D. Fill in the blanks with the given words. 1p
depressed, diet, serving, heart attack, pressure

- You need to have vitamins and minerals in your
- The dish has about 250 calories per
- The nurse will take your blood
- You almost gave me a there!

E. Match the columns to make new words.1p

| | | | | | |
|--------------|-----------------|--------------|-------------|------------|-----------|
| in | im | dis | re | mid | un |
| happy | possible | night | able | | |

F. Look at the pictures. Complete the following sentences.1p



1. I bought bread.



2. There is juice.

G. Unscramble the following sentences.1P

1. can / learn / we / a new language.

2. cars / are / lots / there / in / street / the / of ?

H. One odd out.1P

1. region, part, area, planet
2. China, Belgium, England, Europe
3. belief, brain, wish, feeling
4. moon, century, year, month

I. Read the following sentences. Put (S) for subjects, (O) for objects, (V) for verbs and (Adv) for adverbs.1P

1. The man is eating lunch quickly.

J. Reading comprehension .2P

Have you ever thought of a healthy lifestyle to live longer? People can do many things to have a healthier life. Most people have a special diet or do lots of exercise; however, without a careful plan they may hurt themselves. To have a healthier lifestyle, people need to do certain things. First they should check their general health. Measuring blood pressure and heartbeat is the most important thing to do. They also need to check their family health history. In this way, they understand if anyone in the family has had a special illness.

Another thing is paying attention to physical health. For example, eating healthy food helps people live longer and prevents diseases. Eating junk food makes people gain weight, and increases the risk of heart attack. Eating balanced servings of bread, vegetables, fruits, protein, and oil is necessary for everyone. Also, daily exercises improve people's health condition. An effective way to enjoy a better lifestyle is having healthy relationships with others. Recent research has shown that a good social life decreases the risk of death. Sadly, some people do not visit their relatives very often these days. They are really busy with their work and usually use technology to communicate.

Bad habits and addiction can be harmful to health. One day of smoking can take around 5 hours away from the smoker's life. Addiction to technology such as using computers for a long time is also dangerous.

Above all, the most important thing to enjoy a good life is having emotional health. Praying decreases stress and gives people a calm and balanced life. People with this lifestyle have had a better life. There are many other things people can do to live healthier and longer. The key point, however, is having a plan for the way they want to live and take care of their physical and emotional health.

A. Skim the Reading. Circle the main idea.

- a) Smoking is harmful to health.
- b) Having a healthy and long life needs a careful plan.
- c) Praying gives people a healthy life.

B. Scan the Reading to find the following information.

Having a healthy relationship with others makes our lives better.

Paragraph.....

Addiction is a harmful habit. Paragraph.....

Paying attention to our food is necessary for our physical health.

Paragraph.....

C. Scan the Reading to find the following information.

- a) What increases the risk of heart attack?-----
- b) How can we check our general health?-----

Good Luck

