

REVISION -THE 2ND TERM- CLASS 11(25-26)

PRONUNCIATION

- | | | | |
|-------------------------|-------------------------|-----------------------|---------------------|
| 1. A. <u>a</u> rthritis | B. <u>tooth</u> ache | C. <u>th</u> roat | D. <u>breath</u> e |
| 2. A. <u>p</u> overty | B. <u>o</u> ffice | C. <u>g</u> overnment | D. <u>h</u> ospital |
| 3. A. <u>c</u> lassroom | B. <u>s</u> alt | C. <u>g</u> lass | D. <u>m</u> ask |
| 4. A. <u>a</u> rea | B. <u>h</u> umanitarian | C. <u>p</u> repare | D. <u>m</u> all |
| 5. A. <u>l</u> aptop | B. <u>s</u> tomachache | C. <u>h</u> oney | D. <u>a</u> nother |
| 6. A. <u>g</u> ums | B. <u>c</u> ut | C. <u>s</u> uffer | D. <u>n</u> utrient |
| 7. A. <u>e</u> arache | B. <u>w</u> ear | C. <u>f</u> ear | D. <u>d</u> ear |
| 8. A. <u>f</u> ather | B. <u>s</u> mart | C. <u>w</u> hat | D. <u>P</u> ilates |
| 9. A. <u>b</u> ath | B. <u>w</u> ater | C. <u>a</u> fter | D. <u>h</u> alf |
| 10. A. <u>w</u> arn | B. <u>s</u> tarch | C. <u>p</u> ark | D. <u>s</u> tart |

STRESS

- | | | | |
|-------------------|----------------|----------------|----------------|
| 1. A. mineral | B. memory | C. reality | D. remedy |
| 2. A. nosebleed | B. exchange | C. progress | D. lifespan |
| 3. A. arthritis | B. bacteria | C. polio | D. employment |
| 4. A. bacteria | B. preparation | C. expectancy | D. development |
| 5. A. nutrient | B. vehicle | C. vertical | D. reality |
| 6. A. personal | B. positive | C. hologram | D. underground |
| 7. A. remote | B. consume | C. immune | D. system |
| 8. A. stomachache | B. malaria | C. dimensional | D. arthritis |
| 9. A. equality | B. depression | C. overcome | D. pollution |
| 10. A. diabetes | B. expectancy | C. memorial | D. bacteria |

PHRASAL VERBS/ PREPOSITIONS

1. Catherina asked Emily to _____ for a moment while she was getting her running shoes.
A. hang on B. hang out C. hang up D. hang over
2. After a workout at the gym, Paul likes to _____ with his friends at the mall.
A. hang on B. hang out C. hang up D. hang over
3. Tom is going to _____ tennis so he can get fit.
A. take on B. take off C. take up D. take in
4. When that golfer hits that ball, it will _____ into the air.
A. take on B. take off C. take up D. take in
5. I still _____ with them for a few months to make sure everything goes well.
A. keep up with B. keep on with C. keep in touch D. keep pace with
6. I don't know why he hangs _____ with James, they've got nothing in common.
A. off B. in C. out D. on
7. Don't let your busy life prevent you _____ being healthy and fit. A. from B. to C. for D. of
8. He decided to _____ a new hobby to reduce stress after work.
A. take off B. take in C. take up D. take down
9. You don't need to _____ the car with petrol; it's electric.
A. fill up B. fill into C. fill down D. fill out
10. Using a planner can help students _____ their assignments and deadlines more effectively.
A. make track of B. keep track of C. take track of D. keep on with
11. She has recently _____ yoga to improve her physical and mental health.
A. taken off B. taken over C. taken in D. taken up
12. Erin's sleeping badly because she doesn't turn off her phone _____ bedtime.
A. at B. in C. on D. from
13. No one could ever accuse this government _____ not caring about the poor.
A. for B. in C. of D. on
14. Anthony apologized _____ not giving money to the charity A. for B. in C. on D. of
15. Although the exact date varies, most schools will _____ for summer in June.
A. break down B. break up C. break into D. break on

VOCABULARY

1. Leo's mother told him to _____ sugary foods from his diet completely.
A. remove B. control C. avoid D. limit
2. It's important to eat foods that are rich in vitamins and _____.
A. sugar B. minerals C. fat D. salt
3. Emma used a natural _____ to treat her illness.
A. lifestyle B. remedy C. boost D. root
4. George goes to the gym to do _____ twice a week.

- A. Pilates B. craze C. treadmill D. progress
5. She always gets _____ when she is in the car.
A. the flu B. acne C. hay fever D. travel sickness
6. A(n) _____ is helpful when treating a sprained ankle.
A. ice pack B. lotion C. suncream D. spray
7. Paul works as a _____
A. personal trainer B. nutritious C. healthy D. tender
8. You need to _____ your screen time to feel better.
A. stay B. fill C. prevent D. limit
9. Eating much avocados helps prevent heart _____
A. disease B. wound C. pressure D. pain
10. Eating garlic improves our _____ system.
A. sickness B. health C. swelling D. immune
11. He didn't apply suncream, so he got a _____
A. sickness B. flu C. sunburn D. acne
12. Eating five _____ of fruit every day is good for your health.
A. amounts B. joints C. roots D. servings
13. Some people experience _____ from the locals when they move to a new country.
A. unemployment B. disease C. racism D. war
14. Solar windows _____ energy from the sun.
A. bring B. provide C. produce D. need
15. It's important to _____ laws to ensure equal opportunities for all the people despite their gender.
A. pass B. offer C. provide D. give
16. Always protect your skin from the sun's _____ by applying sun cream on when you go outside.
A. pressure B. rays C. aches D. portions
17. Jenny, please _____ your teeth for two minutes.
A. floss B. exercise C. apply D. maintain
18. _____ your food portions if you want to lose weight.
A. Eat B. Consume C. Stay D. Control
19. Helen isn't keen on _____ drinks because they can make her gain weight.
A. fizzy B. dizzy C. fatty D. healthy
20. Mark had a _____ because he ate too much at the party.
A. headache B. sore throat C. toothache D. stomachache
21. Eating a balanced diet helps Simon to _____ a healthy weight.
A. stay B. maintain C. cause D. join
22. Foods with lots of _____ make us feel full after eating
A. vitamins B. minerals C. fibre D. fat
23. Ben has decided to _____ less sugar in order to lose some weight.
A. cut down B. eat C. give up D. drink
24. People shouldn't take in too many foods that are _____ in sugar
A. short B. full C. rich D. low
25. This win could prove to be a historic turning _____ in the fortunes of the team.
A. event B. score C. mark D. point
26. Doctors recommend that we _____ five portions of fruit and vegetables daily.
A. consume B. apply C. spend D. keep
27. Paul has plenty of energy because he always gets eight hours of _____ a day.
A. screen time B. exercise C. sleep D. stress
28. If you have lots of red pimples, you ought to use some special _____
A. spray B. cream C. ice pack D. juice

WORD FORM

1. Jack can't join the basketball practice tomorrow because he's got a knee _____
A. injure B. injury C. injuries D. injured
2. Obesity increases the risk of heart attack, stroke and high _____ pressure.
A. bleed B. bleeding C. blood D. bled
3. We realised that running once a week wasn't enough, so we've promised to run more _____ this year.
A. regularly B. regular C. irregular D. regularity
4. Emma found that just 10 minutes of _____ every day reduced her anxiety.
A. meditate B. meditating C. meditation D. meditator
5. I've downloaded a _____ of apps to help with my fitness.
A. vary B. various C. variously D. variety
6. My gym has a(n) _____ who can create healthy eating programmes for all members.

- A. dietician B. dietary C. diet D. dieting
7. Each year, millions of visitors travel _____ throughout the United States.
- A. enjoyable B. enjoying C. enjoyment D. enjoyably
8. Sarah is often sick because she has _____ lifestyle.
- A. healthy B. unhealthy C. health D. healthily
9. Jack is interested in _____ and wants to become a personal trainer.
- A. fit B. fitness C. fitting D. fitted
10. _____ in the future will be done by drones.
- A. Delivering B. Deliverable C. Delivery D. Deliver
11. Stress _____ can be done with physical activities , self-care and relaxation
- A. managing B. management C. manageable D. manage
12. Ginger is a good _____ for a sore throat.
- A. treatable B. treating C. treatment D. treat
13. That cut looks bad; you might have an _____.
- A. infection B. infectious C. infecting D. infected
14. The good news is that this disease is _____ with drugs.
- A. treating B. treatable C. untreatable D. treatment
15. In some poor countries, the average life _____ is as low as 54.
- A. expecting B. expectation C. expectancy D. expectantly

PERFECT GERUNDS/ PERFECT PARTICIPLES/ REDUCED RELATIVE CLAUSES / MODAL VERBS

1. Daniel admitted _____ the yoga class last Sunday.
- A. skipped B. having skipped C. have skipped D. to skip
2. Honey juice _____ by my mum is the best.
- A. making B. that makes C. made D. having made
3. You _____ play basketball with a sprained ankle or it will get more serious.
- A. don't have to B. had better not C. mustn't D. should
4. Tôn Thất Tùng was the first surgeon _____ a heart surgery in Vietnam.
- A. performed B. to perform C. has performed D. performing
5. I think I _____ spend more time outdoors.
- A. have to B. has to C. must D. ought
6. _____ on some cream, Denise's rash went away.
- A. Have put B. Having putting C. Having put D. Having to put
7. The chocolate _____ the healthiest ingredients is dark chocolate.
- A. contains B. is containing C. containing D. to contain
8. Kate _____ run in the hospital corridors. It's forbidden.
- A. shouldn't B. mustn't C. doesn't have to D. ought not
9. You _____ lose more weight - you're at the perfect weight!
- A. don't have to B. mustn't C. doesn't have to D. oughtn't
10. The boy _____ the blueberries is my brother.
- A. eats B. to eat C. eating D. is eating
11. Frances _____ join a gym - she has a home gym.
- A. mustn't B. shouldn't C. doesn't have to D. had better not
12. The man _____ travel sickness is my brother.
- A. who having B. to have C. has D. having
13. Passengers _____ undo their seat belts until the signs have been switched off.
- A. mustn't B. don't have to C. shouldn't D. had better not
14. If your sister is stressed, she _____ try yoga perhaps she'll like it.
- A. should B. had better to C. ought D. must
15. The only person in the class _____ leafy greens is Alvin!
- A. liking B. to like C. is liking D. likes
16. He categorically denied _____ in an armed robbery.
- A. having involved B. to being involved C. involving D. having been involved
17. Pink Star was the only pink diamond _____ by De Beers in 1999 in South Africa.
- A. to be mined B. mined C. being mined D. mining

FUTURE PREDICTIONS/ ADVERB OF CERTAINTY/ GERUNDS/ QUESTION TAGS

1. I am getting better at organising fundraising events, _____?
- A. am I B. aren't I C. am I not D. I am
2. Hunger is a major global issue, _____? A. is it B. does it C. isn't it D. doesn't it
3. Turn off the light after leaving the room, _____?
- A. shall we B. will you C. may I D. don't you

4. You should consider _____ at the homeless shelter. It's so important to the community.
A. to helping B. help C. to help D. helping
5. Cities will _____ be bigger in the future. I'm 100% sure.
A. probably B. perhaps C. certainly D. maybe
6. You haven't volunteered at a homeless shelter before, _____?
A. have you B. haven't you C. didn't you D. did you
7. Look out! You _____ drop that 3D printer!
A. will B. are likely to C. are going to D. might
8. They are busy _____ food stamps to poor families.
A. to give out B. giving out C. to giving out D. give out
9. He has difficulty _____ his depression
A. dealing with B. to deal with C. deal with D. to dealing with
10. Mike has never joined a march against the war, _____?
A. hasn't he B. has he C. did he D. didn't he
11. I think one day space travel to other planets _____ possible for everyone
A. is B. will be C. is likely to D. is going to be
12. It's _____ that we will start using driverless buses in our city soon.
A. is going to B. maybe C. is likely D. perhaps
13. Liam and Josh left the youth job centre an hour ago, _____?
A. didn't he B. did they C. don't they D. didn't they
14. None of the students in this class have experienced racism from their peers, _____?
A. haven't they B. didn't they C. did they D. have they
15. Jimmy hardly ever complains about working late at the free medical centre, _____?
A. does he B. doesn't he C. is he D. isn't he

Choose the option (A, B, C or D) to indicate the word CLOSEST in meaning to the underlined word.

1. Use some honey to help heal your wound.
A. treat B. repair C. control D. fix
2. Eating raw garlic can help prevent many diseases.
A. bacteria B. pains C. aches D. illnesses
3. Many experts believe that AI robots will be more common and support humans in many places such as hospitals, offices and schools.
A. assist B. cooperate C. sponsor D. cure
4. They are conducting a study on depression and anxiety among teenagers in the US.
A. carrying out B. constructing C. establishing D. providing
5. Juia Smith, a nutritionist, often helps people to break the habit of eating unhealthy food
A. stop doing an activity B. start doing an activity C. postpone doing an activity D. continue doing an activity
6. I try to work out at least three times a week.
A. run B. lift weights C. move D. exercise
7. It's important to control your food portions so you don't gain weight.
A. watch B. make C. reduce D. rule
8. Rap music proved to be more than just a passing fad.
A. joy B. amazement C. craze D. progress
9. Don't feel ashamed to admit that you do not know something
A. proud B. embarrassed C. embarrassing D. reserved
10. I highly recommend this restaurant; the portions of chips are huge and they taste great.
A. dishes B. pieces C. amounts D. servings
11. Love is a great remedy for unhappiness
A. drug B. medicine C. cure D. antibiotics
12. Archaeologist work to repair and protect the buildings in the historic city of Ayutthaya.
A. keep B. destroy C. preserve D. build

Choose the option (A, B, C or D) to indicate the word OPPOSITE in meaning to the underlined word.

1. It's important to understand what prevents cancer.
A. reduces B. makes C. causes D. benefits
2. Derrick makes smart food choices when he eats
A. strong B. poor C. weak D. delicious
3. Did you apply your sunscreen?
A. take off B. wash C. remove D. clean
4. I eat a balanced diet in order to stay strong.
A. heavy B. awful C. fatty D. unhealthy
5. Paul has decided to cut out fast food and fizzy drinks in order to get healthier.
A. add B. increase C. switch to D. take in

6. I need to change my lifestyle if I want to **get into shape** for my summer holiday.
 A. gain weight B. stop exercising C. become unhealthy D. give up a healthy diet
7. Consumption of nuts has been scientifically proven to **boost** heart health
 A. reduce B. discourage C. minimize D. improve
8. A last-minute rush to shop for Christmas presents could not prevent a **fall** in sales.
 A. decrease B. boost C. drop D. change
9. Supermarkets have recognized the increasing popularity of **organic** food.
 A. delicious B. healthy C. expensive D. processed
10. Staying **positive** every day is good for both mental and physical health.
 A. emotive B. objective C. negative D. ineffective
11. When you walk, don't look at your feet. This will slow you down and **cause** back pain.
 A. result in B. result from C. lead to D. activate
12. Students also have the opportunity to choose from a wide range of **optional** courses in the university.
 A. mandatory B. selective C. free D. limited

Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a meaningful exchange or text in each of the following questions

Question 1.

- a. Jenny: I'll be working as a graphic designer for an advertising agency.
 b. Jenny: Yes, I'm really excited about it.
 c. Tom: That sounds like a fantastic opportunity.
 d. Tom: What will you be doing there?
 e. Tom: I heard you're starting a new job next week!

A. d-a-e-b-c B. d-b-e-a-c C. e-b-d-a-c D. e-a-d-b-c

Question 2.

- a. Alice: "That sounds serious. Have you been to see a doctor?"
 b. Mark: "Not great, actually. I've been feeling under the weather for a few days."
 c. Alice: "How have you been, Mark?"

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

Question 3:

- a. Mi: I'm fine, thanks. By the way, we moved to a new house in a suburb last month.
 b. Ann: Oh, that's why I haven't seen you in the Reading Club very often.
 c. Ann: Hi, Mi. Long time no see. How're you doing?

A. c-a-b B. b-c-a C. c-b-a D. a-c-b

Question 4

- a. John: Oh, that's a great topic! I believe there are a few key things that can really help. First of all, eating a balanced diet is essential. Lots of fruits, vegetables, and whole grains.
 b. Anna: I agree! I've also heard that regular exercise is important. But sometimes I'm just too tired after work. How do you manage to stay active?
 c. Anna: Hi John, I've been thinking a lot about how to live a long and healthy life lately. Do you have any tips?

a-c-b B. a-b-c C. c-a-b D. b-a-c

Question 5:

- a. John: I'm planning to visit Japan next summer.
 b. Mary: Why Japan?
 c. Mary: Have you already decided on the places you want to visit?
 d. John: I've always been fascinated by Japanese culture and history.
 e. Mary: That sounds amazing! I hope you enjoy the trip.

A. c-a-b-d-e B. a-b-d-c-e C. b-a-e-d-c D. c-a-d-b-e

Question 6.

- a. I wanted to tell you that I've recently accepted a new job in New York, and I'll be moving there next month. It's a big change, but I'm really excited about this new chapter in my life.
 b. Dear Emily,
 c. I'm planning to visit my family before the big move, and I'd love to see you if you're free during that time.
 d. Hope this message finds you well! I wanted to catch you up on some recent news.
 e. Take care, and I hope to see you soon!

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

Question 7:

- a. As AI continues to advance, it holds the potential to revolutionize fields such as healthcare, education, and business, though ethical considerations about job displacement and privacy are increasingly important.
 b. Initially focused on basic problem-solving and calculations, AI now powers complex systems, from virtual assistants like Siri and Alexa to self-driving cars and advanced medical diagnostics.
 c. Artificial Intelligence (AI) has rapidly evolved, transforming industries and everyday life.

d. Machine learning and deep learning technologies enable AI to analyze vast amounts of data, improving its decision-making abilities. [Adapted from Forbes and MIT Technology Review]

A. c-b-d-a

B. c-d-a-b

C. b-c-a-d

D. c-a-d-b

Question 8:

Hi Amy,

a. I've found that drinking more water has really helped me avoid headaches and have more energy.

b. Besides that, taking short breaks during the day seems to reduce stress and keep me focused.

c. Hope you find these tips helpful!

d. Just wanted to share a few simple health tips that have worked well for me.

e. It's amazing how a few changes can make such a big difference.

Best wishes,

Chen.

A. a - e - d - b - c

B. d - a - e - b - c

C. d - a - b - e - c

D. b - e - d - a - c

Question 9:

a. While managing large teams and coordinating multiple tasks can be challenging, the sense of accomplishment when a project is completed successfully is truly rewarding.

b. I started my journey in project management five years ago, where I quickly developed a passion for overseeing complex projects.

c. My ability to communicate clearly with clients and colleagues is one of my greatest strengths in this role.

d. I have honed my skills through various leadership training programs and by handling diverse projects across industries.

e. In conclusion, my experience in leading teams and delivering results under tight deadlines has shaped me into a well-rounded project manager.

A. b-d-c-a-e

B. c-a-d-b-e

C. d-b-a-c-e

D. b-c-a-d-e

Question 10:

a. However, despite these advancements, the region still struggles with infrastructure challenges, as public transportation remains underdeveloped.

b. Over the past decade, Greystone has undergone a remarkable transformation, shifting from a quiet suburban town to a vibrant hub of commercial activity.

c. The influx of new residents has increased demand for housing, resulting in a rapid expansion of residential developments across the city.

d. This economic growth has attracted businesses from tech startups to retail giants, significantly enhancing employment opportunities and boosting the local economy.

e. The surge in population, along with the expansion of commercial sectors, has led to a noticeable strain on public services and transportation networks.

A. b-d-c-e-a

B. b-c-d-a-e

C. b-c-e-d-a

D. b-e-d-c-a

Question 11. Dear Michael,

a. I'm really grateful for your feedback; it gave me a fresh perspective.

b. Thanks for reviewing the draft of my article on environmental issues.

c. I'm making the necessary edits now and hope to submit it by the end of the week.

d. If you have time, maybe we can discuss the revisions over coffee.

e. I look forward to your thoughts on the updated version once it's ready.

Best wishes,

Lily

A. b-a-d -c-e

B. b-a-c-e-d

C. d-a-c-b-e

D. b-c-d-a-e

Question 12:

a. Minh: That's great to hear! What do you think he misses most from home?

b. Lan: He has adapted well to the new environment and seems very happy.

c. Minh: How has Manh been doing after two months in Taiwan?

d. Minh: Have you spoken to him recently to check how he's adjusting?

e. Lan: I think he misses his family and the food from Vietnam.

A. d - b - a - e - c

B. c - b - a - e - d

C. d - e - a - b - c

D. c - d - e - b - a

Read the following advertisement and choose the best answer.

Exciting Learning Opportunity!

Are you ready to improve your skills and gain new knowledge? Our **Smart Learning Program** (1) _____ students of all ages to develop their potential.

The course (2) _____ last month and has already helped many learners succeed. We provide experienced teachers (3) _____ are passionate about education and student success.

You can join online classes, (4) _____ allows you to learn from anywhere. Our program helps students (5) _____ confidence in speaking, writing, and problem-solving.

Don't miss this chance! Register today and (6) _____ the first step towards a brighter future!

 Contact us: 123-456-789

- | | | | |
|---------------|----------------|----------------|-------------|
| 1. A. lets | B. makes | C. helps | D. gives |
| 2. A. starts | B. is starting | C. has started | D. started |
| 3. A. which | B. who | C. whom | D. whose |
| 4. A. because | B. if | C. which | D. although |
| 5. A. build | B. building | C. to building | D. builds |
| 6. A. put | B. take | C. do | D. go |

Read the following leaflet and choose the best answer

Stay Healthy with Natural Immunity Boosters!

Your immune system, which protects the body against harmful bacteria and viruses, can get a natural boost with just a few changes like including natural remedies in your diet and staying active.

Natural remedies, (7)_____ for centuries, can be very effective, but you (8)_____ choose the right roots or (9)_____ to get the best results. Keeping yourself active is essential to avoid conditions like arthritis, a disease that many people experience as they age. Movement can prevent (10)_____ stiffness. Additionally, if you have a wound, you ought to clean it carefully to reduce the risk of bacterial infections, which could cause (11)_____ or delay healing.

Remember, using natural remedies and staying active every day can make your body healthier. Start now and take care (12)_____ your immune system!

- | | | | |
|-----------------|---------------------|---------------|---------------|
| 7. A. have used | B. having been used | C. being used | D. using |
| 8. A. shouldn't | B. had better | C. have to | D. mustn't |
| 9. A. herbs | B. nutrients | C. symptoms | D. wounds |
| 10. A. nose | B. chest | C. sore | D. joint |
| 11. A. chopping | B. grinding | C. swelling | D. pressuring |
| 12. A. in | B. by | C. of | D. for |

CLOZE TEST : Micronutrients, including vitamins and minerals, are important to the body because they help it to perform a variety of normal functions. However, those nutrients have to be obtained from the food we eat (1) _____ our bodies are unable to create them.

The majority of vitamins and minerals required for good health are included in a diet (2) _____ contains lots of fruits, vegetables, whole grains, lean protein and healthy fats. However, not everyone is able to maintain a healthy diet. When a diet is unable to meet a person's (3) _____ needs for a period of time, that person ought to take supplements, which are pills containing a variety of vitamins and minerals. However, those who often take supplements should keep in mind that the best way to receive all the vitamins they need is (4) _____ a balanced varied diet. In some circumstances, such as pregnancy, limited diets and particular health conditions, it could be acceptable to take multivitamins. Moreover, the people taking supplements (5) _____ be careful not to go above what has been recommended by the doctor because consuming too much of any vitamin might have negative health effects. Therefore, it's necessary to see a doctor before taking any multivitamins.

- | | | | |
|------------------|----------------|-------------|-----------------|
| 1. A. so | B. so that | C. if | D. because |
| 2. A. that | B. whose | C. who | D. when |
| 3. A. nutrition | B. nutritional | C. nutrient | D. nutritionist |
| 4. A. to | B. on | C. from | D. by |
| 5. A. had better | B. mustn't | C. can | D. could |

Read the following passage and choose the best answers.

CALORIES

A calorie, usually associated with food items, is a unit of energy or heat. Nearly every kind of food and drink product contains calories, and some may have more calories than others. Calories are important as they contain the energy needed for a human to survive, including breathing, moving and pumping blood. Humans need to eat in order to get energy from the calories in their daily food, so they eat all types of foods with a wide variety of ingredients, vitamins, nutrients, and other substances that are helpful for the body.

Recently, people have paid more attention to the number of calories, which is measured by how much potential energy the food contains. For example, 1 gram of carbohydrates or 1 gram of protein has 4 calories

while a gram of fat has 9 calories. Therefore, a person can determine the amount of energy based on the number of carbohydrates, fats and proteins that the food product contains.

Each person also has a different number of calories needed although approximately 2000 calories are suggested as the average number for most adults per day. The numbers of calories that people need each day differs depending on their height, muscles, gender, age, and activity level. If a person takes in more calories than needed, that person will often become overweight. In contrast, if a person does not get enough calories needed for their body, they will usually lose weight. Hence, counting calories is a good way to help people reach and maintain their weight and fitness goals, as it involves tracking how much energy is going into the body each day.

1. Which of the following does the word “**associated**” in paragraph 1 refer to?

- A. connected B. consumed C. needed D. digested

2. Which of the following is NOT true according to the text?

- A. Calories are a unit of energy.
B. A gram of fat and a gram of protein have the same number of calories.
C. The number of calories needed for every person is different.
D. Taking more calories than needed can make a person gain weight.

3. How can people count calories of what they eat?

- A. by looking for the suitable kind of food B. by finding out how to cook the food
C. by measuring the food weight D. by finding the ingredients of the food

4. Which of the following factors affects the number of calories people need?

- A. how old they are B. how heavy they are
C. how much they know about nutrition D. how they achieve their fitness goals

5. Which of the following is NOT mentioned in the text?

- A. Some types of food may have more calories than others.
B. The average number of calories most people need is about 2,000 per day.
C. Not all calories from foods are healthy.
D. A person can decide on the amount of energy from the food he eats.

6. Which of the following can be inferred from the passage?

- A. A balanced diet should contain carbohydrates, fats, and proteins
B. Fat is not necessary for human health
C. Counting calories is ineffective for weight management for humans.
D. The human body does not rely on calories

WRITING: Writing 1: Use the given cues to make a complete paragraph about Healthy Eating

Schools / educate /young people /healthy food choices.

Learning / healthy eating/ school / help students / smarter food choices.

Teaching students / healthy eating / make / more health conscious.

If they / learn which foods / really bad / health, /they / try / avoid eating these foods.

Teaching healthy eating / school / great way /young people /make better food choices / become more concerned / living a healthy lifestyle.

Writing 2: Use the given cues to make a complete paragraph about Healthy Eating

Schools / educate /young people /healthy food choices.

Young people / not aware /the risks /a poor diet / bad eating habits

Learning / healthy eating / teach them / importance / caring / health overall.

Teaching students / healthy eating / make / more health conscious.

Teaching healthy eating / school / great way /young people /make better food choices / become more concerned / living a healthy lifestyle.

