

I . choose the correct answer :

1. 1. When you exercise , your body uses the fuel to keep you going strong .
a) deep b) general c) extra d) hard
2. Your final paragraph should the main points of your composition .
a) release b) stretch c) summarize d) choose
3. When you exercise, your body can endorphins which create a happy feeling.
a) protect b) pump c) release d) increase
4. Good food and exercise are the key to good health .
a) central b) regular c) powerful d) strong
5. You should try to improve your speaking ability . It relies on how much you practice . Relies'' means
a) develops b) involves c) depends d) includes
6. The of the heart is to pump blood through the body .
a) function b) definition c) information d) observation
7. Strong muscles help protect you from when you exercise .
a) injuries b) functions c) calories d) joints
8. Your body works more to keep you healthy if you do a lot of exercise .
a) carelessly b) obviously c) efficiently d) actually
9. By burning in the food as fuel you can do all functions of the body .
a) nutrients b) endorphins c) chemicals d) vessels
10. Most people like to bring fresh air to their muscles by aerobics .
a) playing b) going c) making d) doing
11. The government plans to more jobs for young people .
a) create b) raise c) rely d) stretch
12. The doctor advised me to my skin from the sun .
a) protect b) sprain c) strain d) pump
13. The exercise should be more , in other words , lighter .
a) international b) emotional c) reasonable d) available
14. Being proud suggests that one has a high of himself
a) opinion b) support c) period d) degree
15. Exercise helps keep you at a that is right for your height by burning up extra food .
a) weight b) width c) depth d) strength
16. your knees when you lift heavy things .
a) Fix b) Pick c) Bend d) Stick

17. Eating fatty foods the risk of heart disease .

- a) stretches b) stores c) increases d) stays

18. Some creative disabled people can skillfully use their as well as their fingers to write.

- a) cues b) toes c) fuels d) bones

19. The new car industry on robots to perform almost fifty percent of the job .

- a) relies b) controls c) stores d) releases

20. She suffered a serious back in the car accident .

- a) loss b) blindness c) experiment d) injury

II . Fill in the blanks with a suitable word of your own :

1. The bony part of your head that protects your brain is referred to as your
2. The organ inside your chest that sends blood around your body is your
3. are substances that are needed to keep a living thing alive and to help it to grow .
4. A(n) is a tube that carries blood through your body .
5. Any kind of activity that makes your muscles use oxygen is called exercise .

III . Choose the word which doesn't belong to each group :

- | | | | |
|------------|--------|-------|--------|
| 1. burn | fuel | bend | engine |
| 2. blood | vessel | joint | heart |
| 3. breathe | lung | bone | air |

IV . Fill in the blanks with the words given :

stored – nutrients – vessels – excellent – efficient – bend – trouble – action – repetitive
healthy - protect

1. The committee has a(n) secretary but a very poor chairman .
2. Plants draw minerals and other from the soil .
3. I don't like doing the same thing many times . In other words, I hate tasks.
4. Exercise is important because it keeps your bodies and minds
5. Children can their bodies without too much trouble .
6. Strong muscles you from injuries when you do exercise .
7. Now I believe that everybody knows enough about the problem to take
8. Thousands of pieces data are in a computer's memory .
9. My brother studies in a very good school . The only is that it is a little too far away .
10. He needs surgery because one of his blood is completely blocked .

V . Write a word for each definition :

1. able to change without breaking (f)
2. feeling better about yourself (p)
3. chemicals that create a happy feeling (e)
4. that you do over and over (r)
5. put arms or legs out straight (s)

VI . synonyms and antonyms :

- | | | | |
|-----------------------|--------------|-------------------|-------------|
| 1. very good = | a) better | 7. hard working # | a) gain |
| 2. rely = | b) produce | 8. strong # | b) fear |
| 3. keep , save = | c) depend | 9. increase # | c) weak |
| 4. more efficiently = | d) protect | 10. lose # | d) decrease |
| 5. describe = | e) explain | | e) lazy |
| 6. create = | f) excellent | | |
| g) store | | | |

Part C. Grammar test :

I . choose the best answer :

1. the pay wasn't good , Mary didn't accept the job .
a) While b) since c) Whether d) Unless
2. How can you expect your children to be truthful you yourself tell lies .
a) when b) whether c) since d) as
3. We will hold the meeting he attends or not .
a) as b) when c) although d) whether
4. Her father called her Jane she was a baby .
a) because b) as c) when d) so that
5. all of the students had done poorly on the test , the teacher decided to give it again.
a) Since b) Therefore c) But d) Although
6. The price of airline tickets has gone down recently the tickets cost less , more people are flying than before .
a) But b) As c) whether d) Before
7. The school has given George a prize he has been a good student .
a) unless b) since c) so that d) even though
8. We have to write the letter in French they don't understand English .
a) since b) when c) while d) so

II. Put the words in the right order :

1. was – computer – London – I - while – learned – science – a lot – about – in – I - .
2. carefully – as – lecture – were – he – delivering – the students – listening – was - .
3. burn up – the – helps – exercise – calories – you – extra - .
..... that stored in the body .

III. Combine the sentences with subordinate conjunction :

1. You are flexible . You can be more active . (when)

2. We asked Mary to come with us . She knew the road perfectly . (as)

3. I must do all the exercises . They are easy or difficult . (whether)

Part D. Reading Comprehension test :

I . Mini comprehension : choose the correct answer :

1. Exercise is important because it

- a) makes you feel tiredness
- b) makes you less flexible
- c) keeps you at the healthy weight
- d) helps you to store extra fat

2. Exercise makes your muscles stronger and sometimes bigger . As your muscles get stronger you can do more active things for longer period of time .

According to the sentences , one can get strong muscles by

- a) doing active things
- b) working hard
- c) resting for a long time
- d) doing exercise

3. Since your heart can't lift weight to get stronger . It relies on you to do aerobic exercise . We can understand from the sentences that

- a) by doing exercise your heart gets no practice either
- b) doing exercise helps strengthen your heart
- c) your heart can hardly lift weight . that 's why it's not strong
- d) the strength of your heart depends only on aerobic exercise

4. Your body uses some of nutrients in the food as fuel . It burns these nutrients to give us energy or calories . The above sentences mean

- a) Any fuel is changed into energy in your body
- b) your body gets calories from nutrients
- c) the fuel causes the body to burn energy
- d) your body burns food because it's fuel

II. Cloze test : fill in the blanks with the best choice :

Physical exercise improves your personal health and ...1... . Physical exercise is part of healthy living . Anyone ...2..... in personal health should regularly involve themselves in3..... forms of physical exercise like fitness walking . An ...4..... lifestyle , is even better than physical exercise in improving your personal health and fitness .

- 1. a) weight b) pressure c) fitness d) lung
- 2. a) responsible b) interested c) composed d) confused
- 3. a) medical b) exact c) straight d) simple
- 4. a) active b) emotional c) excellent d) easy

Most children are flexible which means that they can ...1..... and stretch their bodies without too much ...2..... . But as people get ...3..... they usually get less flexible . That is why it is important to exercise when you are still young to stay flexible . In addition when you are flexible you can be more ... 4..... .

- 1. a) carry b) shake c) bend d) break
- 2. a) happiness b) trouble c) power d) support
- 3. a) taller b) older c) younger d) fatter
- 4. a) tired b) weak c) active d) angry

Complete the paragraph with proper words :

Every time you eat food, your body does the same thing: it uses some of the nutrients in the food as fuel. It burns these nutrients to give 1..... energy or calories. You need calories2..... all of your body's functions, whether3..... is things you think about doing,4..... brushing your teeth, or things you5..... think about doing, like breathing. But6..... the body is not able to7..... all the calories that are coming8..... food, it stores them as fat.9..... helps keep you at a weight..... 10..... is right for your height, by burning up extra calories. When you exercise, your body uses that extra fuel to keep you strong.

III. Read the following sentences and match them with one of the headings :

- a) Exercise makes your heart happy
- b) Exercise makes you flexible
- c) Exercise makes you feel good
- d) Exercise keeps you at a healthy weight
- e) Exercise makes you feel proud
- f) Exercise makes your muscles stronger

- 1. When you exercise your body release endorphins , chemicals that create a happy feeling .
- 2. Exercise helps you bend and stretch your bodies without too much trouble .
- 3. When you exercise it helps protect you from injuries .
- 4. When you do aerobic exercise and bring fresh oxygen , your heart becomes stronger and a bit bigger .
- 5 . Those who exercise regularly can keep themselves in shape .

IV . Read the passage and choose the best answer :

Early people probably communicated with each other by sounds and gestures long before they developed actual words . No one knows how human speech began , but people who study language and prehistoric ways of life , have made a number of guesses . Many of those scientists think language began as people wanted to produce the sounds in nature , such as the sounds of certain animals or wind . After the development of language , people exchanged news mainly by word of mouth . People also used drums , fires and smoke to communicate .

1. The passage is about the
- a) development of communication
 - b) development of spoken language
 - c) history of written language
 - d) prehistoric people and animals
2. Drums , fires and smoke are examples of
- a) language
 - b) development
 - c) communication
 - d) distance
3. Many scientists think language began as people wanted to