

World English 1: Unit 10

Instructions: Read. Then write T (true) or F (false) for each statement.

Living a Healthy Life

This year, my friend and I want to have a healthier lifestyle. We have many unhealthy habits that we should change, so we made several decisions about what we should do.

We don't get enough exercise. At work, we sit a lot. At home, we like to relax in front of the TV. There is a gym near the apartment building where we both live that we plan to use every day. The gym has good exercise equipment for cycling and weightlifting. My friend is interested in the yoga and other exercise classes.

We both eat a lot of junk food, which has a lot of sugar and fat. We are both overweight, so we need to start eating better. This should be easy since we love good food and like to cook at home. We live next door to a market, where we can shop for better food.

There are many other things that we hope to do, too. One of them is to get more sleep. Doctors recommend eight hours of sleep every night. With our busy lives, this is difficult, but maybe if we do this, we won't feel so stressed and can focus on changing our unhealthy habits.

- _____ 1. The two friends will start exercising daily.
- _____ 2. The writer wants to take a yoga class.
- _____ 3. The writer is worried about making healthy food.
- _____ 4. The two friends both get eight hours of sleep every night.

Instructions: Track 20 | Listen to the radio show. Then choose the correct answers.

- _____ 5. What is the first caller's problem?
 - a. She thinks she weighs too little.
 - b. She thinks she needs to lose weight.
 - c. She thinks she needs to sleep more.
- _____ 6. What does Dr. Benton say the first caller needs to do?
 - a. She needs to change her daily routine.
 - b. She needs to eat more food like hamburgers.
 - c. She needs to have less food at breakfast.
- _____ 7. What is the second caller's problem?
 - a. He doesn't have enough energy.
 - b. He is tired because he sleeps too much.
 - c. He doesn't have time for his family.

- ____ 8. What does Dr. Benton say the second caller needs to do?
- a. He should spend more time with his baby.
 - b. He should change his exercise habits.
 - c. He should wake up earlier in the morning.

Instructions: *Complete each sentence with a phrase from the list. You do not have to use all the phrases.*

- a. have a healthy lifestyle
- b. eat junk food
- c. be in bad shape
- d. change his diet
- e. get some more sleep
- f. give some advice
- g. sunbathe all day
- h. work out at the gym
- i. get in good shape
- j. sit in front of the TV
- k. ride his bicycle to work
- l. gain weight

- ____ 9. Henry likes to ____ like french fries. He should eat more fruit and vegetables!
- ____ 10. He asked the doctor to ____ about how to quit smoking.
- ____ 11. He doesn't ____: he eats bad food and doesn't exercise.
- ____ 12. Alan goes to ____ three times a week, so he is very strong.
- ____ 13. He wanted to ____, so he started to go running every day.

Instructions: *Choose the correct answers.*

- ____ 14. She eats ____ food every day.
- a. low-calorie
 - b. homemade
 - c. both a and b
- ____ 15. He is always tired because he is ____.
- a. overworked
 - b. lifelong
 - c. both a and b
- ____ 16. Laura and Alyssa are ____ friends.
- a. homegrown
 - b. lifelong
 - c. both a and b

Instructions: *Use the words in parentheses to give advice and make suggestions.*

Example

I eat too many sugary snacks. (you / should)

You should eat more fruit.

17. Mary needs to exercise more. (she / could)

18. I gained weight! My pants are too tight! (you / should)

19. Helen can't sleep well at night. (she / could)

20. I never exercise. I just like to watch TV. (you / shouldn't)

21. Peter often gets sick. (he / have to)

Instructions: Write a how question that matches each answer. If there is a word in parentheses, use that word in your question.

Example

Q: _____ (time)

A: I have two hours.

Q: How much time do you have?

A: I have two hours.

22. **Q:** _____

A: I'm 25 years old.

23. **Q:** _____

A: She goes to the gym three times per week.

24. **Q:** _____

A: I worked out for two hours yesterday.

Instructions: Complete the tasks.

25. Write a short paragraph (50–75 words) about something healthy that you do. For example, it can be about eating healthy food, doing physical activity, or doing a social activity. Include a topic sentence, two or more supporting sentences, and a concluding sentence.

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Answer Section

1. ANS: T PTS: 1 OBJ: Reading
2. ANS: F PTS: 1 OBJ: Reading
3. ANS: F PTS: 1 OBJ: Reading
4. ANS: F PTS: 1 OBJ: Reading
5. ANS: A PTS: 1 OBJ: Listening
MSC: WE3e_L1_EV_Audio_Track_20.mp3
6. ANS: A PTS: 1 OBJ: Listening
MSC: WE3e_L1_EV_Audio_Track_20.mp3
7. ANS: A PTS: 1 OBJ: Listening
MSC: WE3e_L1_EV_Audio_Track_20.mp3
8. ANS: B PTS: 1 OBJ: Listening
MSC: WE3e_L1_EV_Audio_Track_20.mp3
9. ANS: B PTS: 1 OBJ: Vocabulary
10. ANS: F PTS: 1 OBJ: Vocabulary
11. ANS: A PTS: 1 OBJ: Vocabulary
12. ANS: H PTS: 1 OBJ: Vocabulary
13. ANS: I PTS: 1 OBJ: Vocabulary
14. ANS: C PTS: 1 OBJ: Vocabulary
15. ANS: A PTS: 1 OBJ: Vocabulary
16. ANS: B PTS: 1 OBJ: Vocabulary
17. ANS:
(Answers will vary. Award point if the correct form of the given modal is followed by the infinitive without *to*.) She could go running in a park.

PTS: 1 OBJ: Grammar TOP: Modals (could, should, must); have to
18. ANS:
(Answers will vary. Award point if the correct form of the given modal is followed by the infinitive without *to*.) You should stop eating ice cream every day!

PTS: 1 OBJ: Grammar TOP: Modals (could, should, must); have to
19. ANS:
(Answers will vary. Award point if the correct form of the given modal is followed by the infinitive without *to*.) She could stop drinking tea and coffee before she goes to bed.

PTS: 1 OBJ: Grammar TOP: Modals (could, should, must); have to
20. ANS:
(Answers will vary. Award point if the correct form of the given modal is followed by the infinitive without *to*.) You shouldn't be so unhealthy.

PTS: 1 OBJ: Grammar TOP: Modals (could, should, must); have to
21. ANS:
(Answers will vary. Award point if the correct form of the given modal is followed by the infinitive without *to*.) He has to go and see a doctor.

PTS: 1 OBJ: Grammar TOP: Modals (could, should, must); have to
22. ANS:
How old are you?

PTS: 1 OBJ: Grammar TOP: Questions with How
23. ANS:
How often does she go to the gym?

PTS: 1 OBJ: Grammar TOP: Questions with How
24. ANS:
How long did you work out for yesterday?

PTS: 1 OBJ: Grammar TOP: Questions with How
25. ANS:
Answers will vary.

PTS: 1 OBJ: Writing