**A PRACTICE ON READING AND WRITING**

***Exercise 8. Read the following passage and mark the letter A, B, C, or D to indicate the correct word or phrase that best fits each of the numbered blanks.***

**HEALTHY LIVING**

Millions of people today are overweight and out of shape. This is due in part (1) \_\_\_\_ their diet, which is often high in sugars and fats. Another (2) \_\_\_\_ is that too many of us spend our evenings gluing (3) \_\_\_\_ the television, instead of doing something to keep (4) \_\_\_\_ fit. Today hectic lifestyles also prevent us (5) \_\_\_\_ spending as much time as we should on staying in shape.

Long hours at school and work don't (6) \_\_\_\_ much time for healthy eating. Convenience food, such as (7) \_\_\_\_ meals and canned vegetables, saves time but is often (8) \_\_\_\_. Fast food and takeaways are also (9) \_\_\_\_ for many health problems.

In order to enjoy good health, a regular programme of (10) \_\_\_\_ is essential. This can be anything from gentle forms of yoga (11) \_\_\_\_ body building. Doing a little exercise every day so as not to develop (12) \_\_\_\_ problems is something that all of us should consider, young and old. If you don't practise any form of exercise now, it is for you to choose one and start today and get in shape!

1. A. of B. to C. in D. at

2. A. reason B. effect C. result D. consequence

3. A. in B. on C. to D. at

4. A. them B. themselves C. us D. ourselves

5. A. from B. against C. about D. with

6. A. take B. leave C. spend D. waste

7. A. freeze B. freezing C. frozen D. unfrozen

8. A. health care B. healthful C. healthy D. unhealthy

9. A. responsive B. reacted C. responsible D. irresponsible

10. A. exercises B. exercise C. homework D. housework

11. A. to B. but C. and D. with

12. A. healthy B. unhealthy C. health care D. health

***Exercise 9. Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.***

Super Size Me is a 2004 film by Morgan Spurlock, in which he documents his experiment to eat only McDonald's fast food three times a day, every day, for thirty days.

Spurlock made himself a short list of rules for the experiment, including an obligation to eat all of the three meals he ordered. He also had to ‘Super Size’, which means accepting a **giant** portion every time the option was offered to him. He ended up vomiting after the first Super Size meal he finished, after taking nearly twenty minutes to consume it.

After five days Spurlock put on almost 5kg, and he soon found himself feeling depressed, with no energy. The only thing that got rid of his headaches and made him feel better was another McDonald's meal, so his doctors told him he was addicted. More seriously, around day twenty, he started experiencing heart palpitations and one of the doctors detected liver problems. However, in spite of his doctor's advice, Spurlock continued to the end of the month and achieved a total weight gain of 11kg. His body mass index also increased from a healthy 23.2 to an overweight 27.

It took Spurlock fifteen months to recover from his experiment and return to his original weight, but the film also had a wider impact. Just after **its** showing in 2004, McDonald's phased out the Super Size option and healthier options like salads appeared on the menu. Unfortunately, McDonald's denied the connection between the film and the changes, but it is interesting to note how closely they coincided with the release of the film.

13. Which of the following is the best title for the passage?

A. An experiment with McDonald's fast food B. Putting on weight due to eating fast food

C. Connection between fast food and heart diseases D. How fast food trigger liver damage

14. Which of the following is TRUE about Morgan Spurlock?

A. He had to eat Super Size meal once a week.

B. He had to eat Super Size meal twice a day.

C. He had to eat Super Size meal three times a week.

D. He had to consume Super Size for three meals a day.

15. In paragraph 2, the word "**giant**” is closest in meaning to \_\_\_\_.

A. light B. balanced C. big D. healthy

16. Which of the following could get rid of Spurlock's headaches?

A. salad B. a McDonald's meal C. a pain killer D. nothing

17. According to the passage, all of the following are the results of the experiment EXCEPT \_\_\_\_.

A. Spurlock put on weight B. the experiment affected his heart

C. the experiment affected his liver D. he became fairly relaxed and energetic

18. The word “**its**” in paragraph 4 refers to \_\_\_\_.

A. McDonald's B. the experiment C. the film *Super Size Me* D. the menu

***Exercise 10. Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.***

In 2002, several obese teenagers in the USA sued McDonald's, claiming that the company was responsible for making them fat. They argued that McDonald's deliberately misled them into thinking that their cheeseburgers and other products were healthy and nutritious food. They claimed that the company had not warned them about the health problems that can result from eating too much salty, high-fat food and drinking too many sugary drinks: diabetes, high blood pressure and obesity. The mother of one of the children, who at the age of 15 weighed more than 180 kilograms, said in her statement: ‘I always believed McDonald's was healthy for my son.'

McDonald's **rejected** the claim that they were responsible for these teenagers’ health problems. ‘People don't go to sleep thin and wake up obese,' said McDonald's lawyer, Brad Lerman. 'The understanding of what hamburgers and French fries do has been with us for a long, long time,’ he added. The judge agreed, and dismissed the case, saying: 'it is not the place of the law to protect people against their own excesses.' In other words, if people choose to eat a lot of unhealthy food, they can't blame the company that sold **it** to them.

Other similar lawsuits against fast food companies in the USA have also **failed**. In 2005, the US House of Representatives passed a bill which became known as the 'Cheeseburger Bill'. It made it much harder for obese people to take legal action against the food industry. However, the bill has not ended the arguments about responsibility. There is some scientific evidence to suggest that fast food is addictive, and harmful too. So is selling fast food the same, in a way, as drug-dealing?

19. Which of the following is the best title for the passage?

A. Obesity - who is to blame? B. Is fast food addictive?

C. Is fast food really healthy? D. How to get rid of fast food?

20. According to the obese teenagers in the USA who sued McDonald’s, which of the following health problems was NOT mentioned?

A. diabetes B. hypertension C. obesity D. heart disease

21. In paragraph 2, the word “**rejected**” is closest in meaning to \_\_\_\_.

A. accepted B. denied C. ignored D. agreed

22. In paragraph 2, the word “**it**” refers to \_\_\_\_.

A. law B. healthy food C. unhealthy food D. bill

23. What happens if people choose to eat a lot of unhealthy food?

A. The company will be responsible for their health problems.

B. They may get financial support from the company.

C. They will surely succeed in lawsuits.

D. They can't force the company to be responsible for them.

24. In paragraph 3, the word “**failed**” is closest in meaning to \_\_\_\_.

A. not famous B. not important C. not successful D. not proud

25. According to the passage, which of the following is NOT true about fast food?

A. salty and high-fat B. addictive C. nutritious D. harmful

**Part VI. WRITING**

***Exercise 11. Mark the letter A, B, C, or D to indicate the sentence that is closest in meaning to each of the following questions.***

26. ‘I'll buy you a new bicycle if you stop eating junk food,' said Lam's mother.

A. Lam's mother promised to buy him a new bicycle if he stopped eating junk food.

B. Lam's mother promises to buy him a new bicycle if he stops eating junk food.

C. Lam's mother will promise to buy him a new bicycle if he stops eating junk food.

D. Lam's mother had promised to buy him a new bicycle if he stopped eating junk food.

27. 'You will boost your immune system if you exercise regularly,' said Tam.

A. Tam says that we'll boost our immune system if we exercised regularly.

B. Tam said that we'd boost our immune system if we exercised regularly.

C. Tam said that we'll boost our immune system if we exercised regularly.

D. Tam said that we boost our immune system if we exercised regularly.

28. 'Mai will recover quickly if she follows the doctor's advice, said Mai's father.

A. Mai's father said she would recover quickly if she follows the doctor’s advice.

B. Mai's father said she will recover quickly if she followed the doctor's advice.

C. Mai's father said she would recover quickly if she followed the doctor's advice.

D. Mai's father says she would recover quickly if she followed the doctor's advice.

29. 'You should exercise more in order to keep fit,' said Anna.

A. Anna urged us to exercise more to keep fit.

B. Anna demanded us to exercise more to keep fit.

C. Anna forced us to exercise more to keep fit.

D. Anna advised us to exercise more to keep fit.

30. ‘You should eat lots of fruit so as not to get colds all the time,' said my doctor.

A. My doctor advised me to eat lots of fruit so as not to get colds all the time.

B. My doctor advised me not to eat lots of fruit so as to get colds all the time.

C. My doctor forced me to eat lots of fruit so as not to get colds all the time.

D. My doctor demanded me to eat lots of fruit so as not to get colds all the time.

***Exercise 12. Mark the letter A, B, C, or D to indicate the sentence that best combines each pair of sentences in the following questions.***

31. I thought I should ask the doctor about going on a diet. I went to the surgery.

A. Having been on a diet, I went to the surgery.

B. I went to the surgery, so I asked the doctor about going on a diet.

C. I asked the doctor about going on a diet, so I went to the surgery.

D. I went to the surgery in order to ask about going on a diet.

32. I had to lose some weight. I went on a strict diet.

A. I had to lose some weight after I went on a strict diet.

B. I went on a strict diet in order to lose some weight.

C. I had to lose some weight before I went on a strict diet.

D. I had to lose some weight even when I went on a strict diet.

33. People want to keep fit. Many people take up sports.

A. Many people take up sports so as to keep fit.

B. Many people want to keep fit so as to take up sports.

C. Many people want to keep fit in order to take up sports.

D. Although people want to keep fit, they take up sports.

34. I want to stay healthy. I try to eat lots of fruit.

A. Although I try to eat lots of fruit, I stay healthy.

B. I stay healthy though I eat lots of fruit.

C. I try to eat lots of fruit in order to stay healthy.

D. I eat lots of fruit, but I stay healthy.

35. I didn't want to catch a cold. I wore a warm coat and a scarf.

A. I wore a warm coat and a scarf though I didn't want to catch a cold.

B. I wore a warm coat and a scarf, so I didn't want to catch a cold.

C. I wore a warm coat and a scarf, but I didn't want to catch a cold.

D. I wore a warm coat and a scarf in order not to catch a cold.