unit 5 Quiz

Name: _____

Date: _____

Total Score
_____ / 50 points

A [Track 06] **Listen to the conversation between Gary and Paula. Circle the correct answer to complete each sentence.**

1. Paula has a **stomachache / headache**.
2. She has a **sore throat / cough**, too.
3. Two people in her office have **the flu / a stomachache**.
4. Paula would like to go **to a doctor / home early**.
5. She isn't going to **go to work / stay home** tomorrow.

A _____ / 10 points (2 points each)

B **Match the two parts of each sentence.**

1. You listen with your ____	a. legs.
2. You see with your ____	b. mouth.
3. You talk with your ____	c. eyes.
4. You walk with your ____	d. ears.

B _____ / 4 points (1 point each)

C **Complete the paragraph with the correct verbs from the box.**

eat	get	go	lift	protect	wash

I think I have a very healthy lifestyle. I have a balanced diet, and I _____(1) a good breakfast every morning. I _____(2) for a walk every day, and twice a week I go to the gym and _____(3) weights. I often _____(4) my hands at work and at home, and I _____(5) my skin with sunscreen. I go to bed early, so I always _____(6) enough sleep.

C _____ / 6 points (1 point each)

D **Complete the question in each conversation with the correct word from the box.**

healthy	long	many	much	often	well

1. **A:** How _____ coffee do you drink?	**B:** A lot. About six cups a day.
2. **A:** How _____ do you exercise every day?	**B:** About an hour.
3. **A:** How _____ do you sleep?	**B:** Pretty well, I think.
4. **A:** How _____ do you lift weights?	**B:** Never.
5. **A:** How _____ times a week do you swim?	**B:** Two or three.
6. **A:** How _____ is your lunch?	**B:** Very healthy, I think.

D _____ / 6 points (1 point each)

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E **Circle the correct answers to complete the sentences.**

1. Stand up **slowly** / **noisily** (1). **Point to** / **Hold** (2) your stomach in.

   Keep / **Don't keep** (3) your back and neck straight.

2. **Repeat** / **Place** (4) your right foot **deeply** / **carefully** (5) on your left leg.

   Stretch / **Lower** (6) your arms over your head.

E _____ / 6 points (1 point each)

F **Number the lines of the conversation from 1 to 6.**

____ **A:** Get well soon.
____ **A:** Hi. How are you?
____ **A:** Oh? What's wrong?
____ **B:** I don't feel so good.
____ **B:** I have a toothache.
____ **B:** Thanks.

F _____ / 6 points (1 point each)

G **Read the magazine page. Check (✓) the correct answer for each question.**

ADVICE PAGE **Doctor Andrew answers your questions**

Dear Dr. Andrew,

I work in an office. I'm there ten to twelve hours a day, and sometimes I don't have time for lunch. I sit at my computer all day, and my back, neck, and shoulders are sore all the time. I'm really stressed. I think about work even in my free time, and I can't sleep. Please help!

–Wendy

Dear Wendy,

Stress is bad for you, but there are things you can do to take care of yourself even at work.

Take a lunch break every day and make it a healthy meal. Then go for walk.

There are other ways to exercise at the office. Stretch your back, neck, and arms for your backaches. Take five minutes once an hour to breathe deeply and relax. Do some yoga if you can. Good luck!

–Doctor Andrew

1. Why does Wendy have health problems?
   a. ☐ She works in an office. b. ☐ She works really hard.
2. What is true about Wendy?
   a. ☐ She doesn't get enough sleep. b. ☐ She eats a balanced diet.
3. Why does Wendy get backaches?
   a. ☐ She sits at her desk a lot. b. ☐ She exercises a lot.
4. What would Doctor Andrew like Wendy to do?
   a. ☐ Walk to work. b. ☐ Exercise often and eat well.
5. What can Wendy do for her backaches?
   a. ☐ Stretch. b. ☐ Eat lunch.
6. What would Doctor Andrew like Wendy to do every hour?
   a. ☐ Take a walk. b. ☐ Breathe deeply for a few minutes.

G _____ / 12 points (2 points each)