



BAI TAP UNIT 2- LOP 10(SGK MOI)

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UNIT 2-YOUR BODY AND YOU

Choose the word whose underlined part is pronounced differently from the others.

- | | | | |
|---------------------------|-----------------------|-----------------------|-----------------------|
| 1. A.househ <u>o</u> ld | B.b <u>o</u> ne | C. <u>o</u> xygen | D.r <u>o</u> le |
| 2. A.bre <u>a</u> th | B.b <u>e</u> an | C.stre <u>ng</u> th | D.m <u>ea</u> nt |
| 3. A.br <u>a</u> in | B.p <u>a</u> in | C.r <u>a</u> ise | D. <u>a</u> ir |
| 4. A.sk <u>u</u> ll | B.p <u>u</u> mp | C.d <u>u</u> ty | D.l <u>u</u> ng |
| 5. A. <u>p</u> lumber | B.rum <u>p</u> le | C. <u>p</u> lum | D.accom <u>p</u> lish |
| 6. A.am <u>p</u> le | B.air <u>p</u> lane | C.birth <u>p</u> lace | D.ca <u>p</u> let |
| 7. A. <u>g</u> lance | B. <u>g</u> lasshouse | C.u <u>g</u> ly | D.smugg <u>l</u> e |
| 8. A.ming <u>l</u> e | B.jugg <u>l</u> er | C. <u>g</u> lobalize | D.sung <u>l</u> asses |
| 9. A.agr <u>i</u> culture | B. <u>g</u> rocery | C.photogr <u>a</u> ph | D.meagr <u>e</u> |
| 10. A. <u>g</u> rowth | B.back <u>g</u> round | C.ogr <u>e</u> | D.disagr <u>e</u> e |

Answer keys:

- 1.C 2.B 3.D 4.C 5.B 6.A 7.D 8.A 9.D 10.C

Choose the word which has a different stress pattern from that of the others

- | | | | |
|------------------|------------------|---------------|-----------------|
| 1. A.disease | B. nervous | C.balance | D. healthy |
| 2. A.digestive | B. allergic | C. skeletal | D. intestine |
| 3. A.complicated | B. bacteria | C. moderately | D. acupuncture |
| 4. A.vessel | B. system | C. organ | D. massage |
| 5. A.incredible | B. artificial | C. scientific | D. presentation |
| 6. A.respiratory | B. sleeplessness | C. allergy | D. acupoint |
| 7. A.medicine | B. dioxide | C. harrmony | D. stimulate |
| 8. A.ailment | B. convert | C. cancer | D. muscle |
| 9. A.oxygenate | B. circulatory | C. additive | D. inspiration |
| 10. A.pyramid | B. seasoning | C. imbalance | D. flavoring |

Answer keys:

- 1.A 2.C 3.B 4.D 5.A 6.A 7.B 8.B 9.D 10.C

Give the correct form of the verbs in brackets:

- I guess I (*finish*) my assignment for this semester on time.
- They have bought a couple of tickets and they (*see*) their favorite film at the cinema.
- Do you know that John has been in hospital ? – No, I don't. I (*visit*) him tomorrow.
- Mai: This bag is too heavy ! – Nam: Don't worry. I (*carry*) it for you.

5. I think that the number of people who are (*decrease*) dramatically next quarter.
6. The same discount (*offer*) by this shop every month.
7. Human body (*can / support*) by a spine
8. A box full of chocolate (*send*) to him yesterday.
9. More than 10 pages (*type*) so far.
10. Every day, the dishes (*wash*) by Jane but today the washing-up (*do*) by Jame.

Give the correct form of the verbs in brackets:

1. Quick ! The museum (*close*) at half past five. It says so in the guidebook.
2. I know. I (*drive*) Tina to the station now.
3. We (*not know*) the answer to that until next week
4. I have made an appointment at the dentist's. I (*see*) her on Tuesday.
5. This train (*stop*) at every station between here and London.
6. Louise cannot come with us. She (*take*) the car to the garage at 4 o'clock.
7. I know she (*not agree*) with this idea.
8. I think the film (*be*) a big success
9. I do not feel very well this morning – Oh, dear I (*look*) after the children for you.
10. She (*never / see*) her parents again.
11. I see Mary and Peter together a lot- Yes, they (*get*) married
12. You (*probably / have*) a good time
13. Why is Sheila getting a passport ? – She (*live*) in Spain for a year
14. Look at the sky. It (*rain*) tomorrow.
15. Be careful with that plate ! You (*break*) it.

Find and correct the mistakes in the following sentences:

1. As planned, we will drive from our city to the sea.
2. Look at the clouds, it will rain
3. Seventeen muscles are use when we smile or frown.
4. The house is built 10 years ago
5. The heart can said to be the most sophisticated and efficient pump as it runs without rest for one's whole life.

Give the correct form of the words in brackets:

1. The system of the body is made up of our bones. It supports our body and protects our organs (*skeleton*)
2. Food is broken by the system and turned into energy (*digest*)
3. Acupuncture is one of the oldest treatments in the world (*medicine*)
4. The recipe for this dish in Japan a long time ago (*origin*)
5. The practice of acupuncture involves placing hair-thin needles in pressure points throughout the body (*vary*)
6. _____ , there were 365 acupoints, but this has increased to more than 2000 nowadays (*origin*)
7. People who are taking blood related medicine should not have the (*treat*)
8. Exercising regularly is a powerful weapon to enhance well-being (*psychology*)
9. It has been proved that fasting has tremendous health benefits (*science*)
10. Although there are questions, acupuncture appears to work (*answer*)

Answer keys:

- | | | | | |
|--------------|-------------|------------------|------------------|----------------|
| 1.skeletal | 2.digestive | 3.medical | 4.originated | 5.various |
| 6.originally | 7.treatment | 8. psychological | 9.scientifically | 10. unanswered |

Choose the best answers to complete the sentences :

1. Nowadays, there is estimated to be more than 2000 **acupoints** throughout the human body
A. stress B.pressure points C. paints D. lines
2. Do you know what the saying “ **kick a habit** ” means ?
A. Wow, She has a good habit B. I think it has the same meaning to getting rid of a habit
C. I don't mean that D. Are you kidding ?
3. I have been given 10 tricks to get rid of my bad habits and them with healthy ones.
A. replace B.keep C. nurture D. raise
4. The digestive system lets us break down the food we eat and turn it energy.
A. on B.after C. of D. into
5. “The lecturer splits the 4 groups” has the closest meaning to
A. The students are divided into 4 groups B. The lecturer divided the students into 4 groups
C. The lecturer is split into 4 groups of students D. The lecturer went into 4 groups of students
6. In the past, it was misunderstand that inner body parts were by the fine needles in practicing acupuncture.
A. touch B.rush C. touched D. rushed
7. The system controls the movement and emotion of our body.
A. nerve B.nervous C. circulate D. generous
8. The heart and blood vessels are parts of the system.
A.certan B.circle C. circulatory D. circumstance
9. Only human produce tears
A.emotional B.crocodile C. feel D. false
10. To be recognized, this research must offer real **evidence**. The underlined word has the closest meaning to:
A.knowledge B.exist C. condition D. proof
11. I am afraid you can't borrow his car right now. It in the garage.
A.is repaired B.repairs C. repairing D. is being repaired
12. Up to the present, fourteen books by Jane, a friend of mine
A.has been written B.are written C. were written D. will be written
13. The washing - up carefully.
A.should do B.should done C. should be done D. should be do
14. The acupoints to enhance the healing capability of the body itself.
A.stimulate B. stimulating C. stimulated D. are stimulated
15. Choose the word whose underlined part is pronounced differently from the others.
A.crazy B.cream C. crown D. decide
16. Lately, several oils, including rose and lemon, to relieve anxiety, stress and depression
A.show B. have shown C. have show D. have been shown
17. Choose the answer which needs correcting: People say that this house has been built by an old man 12 years ago

A

B

C

D

18. Choose the answer which needs correcting:

From the graphs, we can see that the number of employees who employed by this firm is increasing each year

A B C D

19. Choose the word whose underlined part is pronounced differently from the others.

A. cook B. necessary C. decide D. cereal

20. Choose the answer which needs correcting:

The cells covering the walls of the stomach will soon be dissolved by the acids if they aren't constantly replace.

A B C

D

Answer keys:

1.B 2.B 3.A 4.D 5.A 6.C 7.B 8.C 9.A 10.D
11.D 12.A 13.C 14.D 15.D 16.D 17.B 18.C 19.A 20.D

Choose the best answers to complete the sentences :

1. Choose the answer which needs correcting:

Doing crossword puzzles surely has beneficial effects to our brain's memory

A B C D

2. The system that lets us take in oxygen and release carbon dioxide is called system

A. respiratory B. excretory C. circulatory D. nervous

3. Why do you need so much sugar ? – I a cake

A. will make B. am going to make C. makes D. will be making

4. She is bored with her current job and for a new one lately

A. looks B. is looking C. looking D. has looked

5. The system that works as the control panel of the body in the system

A. skeletal B. digestive C. nervous D. circulatory

6. involves the insertion of extremely thin needles through your skin at strategic point on your body to treat pain.

A. Herb B. Traditional therapy C. Acupuncture D. Massage therapy

7. Did you remember to buy the magazine I asked you ? – Sorry, I didn't. I it when I go out again.

A. will buy B. am going to buy C. am buying D. have bought

8. What's that on your curtains ? – It's a stain. I them to the dry cleaner's tomorrow.

A. will take B. am going to take C. will be taken D. am going to be taken

9. Choose the answer which needs correcting:

Natural resources provide the raw materials that need to produce finished goods

A B C D

10. Choose the answer which needs correcting: A man was in need of urgent medic care

A B C D

11. With children, it is important to the right balance between love and discipline.

A. get B. keep C. have D. retain

12. Iron for weapons and tools in the bronze following the Stone Age

A. generally used B. was generally used C. has been generally used D. had generally used

13. Could you doing the washing up ? – Sure.

- A. help me B. mind C. give me a hand D. do me a favor
14. They will come to our house ten minutes.
A. in B. to C. for D. during
15. It is to work in this city with so much noise and pollution
A. healthy B. health C. unhealthy D. healthful
16. **Tuan:** I think we should use shower instead of bath to save water. **Lan:** -
A. Yes, I'd love to B. That's a good idea C. I'm sorry D. Yes, I'll take it
17. English is the language most often by people from different countries.
A. used B. use C. using D. to use
18. They are discussing the celebration that be held this month.
A. will B. is going to C. are going to D. could
19. One of my relatives is to garlic
A. stimulating B. stressful C. sensitive D. allergic
20. Creating a habit requires encoding a new set of automatic behaviors, while a habit requires a completely different approach.
A. hitting B. sticking C. beating D. kicking

Answer keys:

- 1.C 2.A 3.B 4.B 5.C 6.C 7.A 8.A 9.D 10.D
11.B 12.B 13.C 14.A 15.C 16.B 17.A 18.B 19.D 20.D
(1.C → effect on 9.D → are needed to produce 10.D → medical care)

Finish each of the following sentences in such a way that it means the same as the sentence printed before it.

1. He will certainly succeed → He is
.....
2. It is probably that he will never come back → In
.....
3. The teacher made her students work hard for the exam → The students
.....
4. He is likely to arrive late again → He will
.....
5. We'll have to leave immediately at the end of the film → The moment
.....
6. It is said that the robber was caught while climbing up a fence → The robber
.....
7. They say that the computer is playing an important part in modern life → The computer
.....
8. Tim plans on seeing the doctor later about his bad back → Tim is
.....
9. I might call Sarah to see if she wants to go out → I think I
.....
10. I'm not very confident of passing my driving test → I don't
.....
11. Maria eats very little so as not to put on weight → Maria eats very little because
.....

12. The waitress brought him a big steak → A

Answer keys:

1. *certain to succeed*
2. *all probability he will never come back*
3. *were made to work hard for the exam by the teacher*
4. *probably arrive late again*
5. *the film ends, we'll have to leave*
6. *is said to have been caught while climbing up a fence*
7. *is said to be playing an important part in modern life*
8. *is going to see the doctor later about his bad back*
9. *will call Sarah to see if she wants to go out*
10. *think I will pass my driving test / expect to pass my driving test*
11. *she wants to lose weight*
12. *big steak was brought to him by the waitress*

Complete the second sentence so that it has a similar meaning to the first sentence, using the word given:

1. Fire has completely destroyed the left wing of the house (**been**)
→ The left wing of the house fire .
2. The teacher scolded Jim for not paying attention (**by**)
→ Jim for not paying attention
3. Your hair needs cutting (**get**) → You cut .
4. Jill's parents are making her study hard (**made**) → Jill her parents
5. It is thought that the two injured men were repairing overhead cables (**have**)
→ The two injured men overhead cables
6. The traffic warden will give you a ticket if you park there (**will**)
→ You traffic warden if you park there
7. They say he was the best footballer of the decade (**said**)
→ He the best footballer of the decade
8. There is a rumor that the escaped prisoner is living in Spain (**be**)
→ The escaped prisoner living in Spain
9. You'll get a rise in salary after six months (**raised**)
→ After six months, your salary
10. We have agreed to meet again in a fortnight (**will**)
→ It meet again in a fortnight
11. I have my hair cut there every six weeks (**hair**)
→ The hairdresser every six weeks
12. The library stays open until seven o'clock (**close**)
→ The library until seven o'clock

Answer keys:

1. *has completely been destroyed by*
2. *was scolded by the teacher*

3. need to get your hair.....
4. is being made to study hard by
5. are thought to have been repairing.....
6. will be given a ticket by the
7. is said to have been
8. is rumored to be
9. will be raised
10. has been agreed that we will
11. cuts my hair
12. doesn't close

Rearrange the words / phrases to make meaningful sentences:

1. to / visit / going / this / where / summer / are / holiday / you
2. is / a / that / it / scientists will / this / soon discover / new treatment / believed / for / disease
3. many / is / how / our / atoms / body / made up of
4. to / ailments / Vietnamese health beliefs / an / According / by / are / yin and yang / caused / imbalance of
5. into / converted / system / is / energy / the / Food / digestive / in

Answer keys:

1. Where are you going to visit this summer holiday ?
2. It is believed that the scientists will soon discover a new treatment for this disease
3. How many atoms is your body made up of ?
4. According to Vietnamese health beliefs, ailments are caused by an imbalance of yin and yang
5. Food is converted into energy in the digestive system

Creative therapy is now regarded (1.) _____ a worthy alternative to the more conventional forms of treatment such as psychoanalysis. Art, music and dance are some of the forms of therapy now (2.) _____. These therapies are thought to be effective in (3) stress, depression and even emotional problems (4.) _____ by tensions in relationships. Art therapy involving painting, sculpture and modeling as a(n) (5.) _____ of expressing one's hidden feelings. The good news is that no particular talent is needed; once you have completed your "work of art", (6.) _____ is the opportunity to talk it through with a therapist. (7) who find it difficult to immediately start up a conversation find this form of therapy useful. Music therapy involves singing or the playing of a musical instrument, Using sound to bring (8) emotions to the surface. Again, no special skill is required; you don't have to be Pavarotti to benefit (9) _____ this type of therapy. This technique is often used to promote self-confidence in the physically or mentally disabled. And for those among you who (10) _____ too much time in intellectual pursuits, dance therapy may prove invaluable. It encourages spontaneity and helps the deep thinker become more bodily aware.

- | | | | |
|-------------------|-------------|---------------|--------------|
| 1. A. as | B. like | C. by | D. to |
| 2. A. visible | B. handy | C. available | D. ready |
| 3. A. rebalancing | B. relaxing | C. relocating | D. relieving |
| 4. A. directed | B. caused | C. occurred | D. made |

- | | | | |
|-----------------|------------|-----------|-----------|
| 5.A. means | B. attempt | C. type | D. effort |
| 6.A. it | B. here | C. that | D. there |
| 7.A. The person | B. Those | C. They | D. Anyone |
| 8.A. hid | B. hide | C. hiding | D. hidden |
| 9.A. with | B. for | C. from | D. to |
| 10.A. spend | B. have | C. use | D. spare |
- 1.A 2.C 3.D 4.B 5. A 6. D 7.B 8.D 9. C 10.A

Read the passage below and choose the best answer (A, B, C or .D) to each question.

CALORIES

All creatures need to eat something in order to survive. Fortunately, different species of animals have different things that they eat as food. No matter what a creature eats, the food must have enough calories in it to maintain life. Calories, or the energy stored in the food, provide the fuel which animals, including humans, need in other words enough calories, will starve and die.

The term calorie has a scientific meaning. Calorie is a measure of an amount of energy just like pound is a measure of weight. A calorie is officially defined as the amount of energy it takes to raise the temperature of a gram of water by 1 degree Celsius, which is 1.8 degrees Fahrenheit. The term “ calorie” and “ Calorie” with a capital C have two different meaning to scientists. The term Calorie (with a capital C) means one kilocalorie, the amount of energy required to raise the temperature of one kilogram of water by one degree Celsius. A kilogram is the same as 1,000 grams and a kilocalorie is 1,000 calories. Food calories are always measured as Calories but average people don’t care much about the difference and just use the word calories.

Food is composed of proteins, fats and carbohydrates. Nutritionists know that a gram of protein contains 4 Calories, a gram of fat has 9 Calories, and a gram of carbohydrate has 4 Calories.

All food contain calories. When we eat something it provides energy for our bodies to use when we are active. We even need energy or calories while we are sleeping because, for example, our bodies are still breathing, our heart is pumping, and we continue to digest the food in our stomachs. If a person eats more food and more calories than is used up by activity, the body stores the excess calories in case it might need it later when food might not be available. So a person gains weight due to the extra food and calories. Similarly, if a person consumes fewer calories than are used every day over several weeks and is more active, that person will lose weight.

1. Calorie is a measure of

- A. weight B. distance C. energy D. volume

2. Animals that do not consume enough calories over a long time

- A. can lose weight B. can starve C. can maintain life D. can fight against starvation

3. Human use calories when

- A. running B. studying C. sleeping D. all of the above

4. People gain weight from

- A. eating more food and calories than they use up B. eating fewer food and calories than they use up
- C. eating a lot of fat food D. eating a lot of food and calories when they are active

5. You read an article in a magazine about food and nutrition that uses the term “ calories ”
What kind of calories is this article talking about ?

- A. the amount of energy B. energy C. foods D. protein, fats and carbobydrates

6. All the following statements are true EXCEPT

- A. Eating foods that contains lots of fat cause a person to gain weight faster than eating protein
B. People normally pay less attention to the difference between “ calorie” and “ Calorie”
C. People who are more active, like playing sports or exercising, eat fewer calories
D. People still consume energy while they are sleeping.

1. C 2. B 3. D 4. A 5. A 6. C

Read the passage below and choose the best answer (A, B, C or .D) to each question.

The food we eat seems to have profound effects on our health. Although science has made enormous (1) in making food more fit to eat, it has, at the same time, made many foods unfit to eat. Some research has shown that perhaps eighty percent of all human illnesses are related to diet and forty percent of cancer is related to the diet (2), especially cancer of the colon. People of different cultures are more prone to contract certain illnesses because of the characteristic foods they (3)

(4)food is related to illness is not a new discovery. In 1945 , government researchers realized that nitrates and nitrites(commonly used to preserve color in meats) as well as other food additives (5)cancer. Yet, these carcinogenic additives remain in our food, and it becomes more difficult all the time to know which ingredients on the packaging labels of processed food are helpful or harmful.

The additives that we eat are (6)all so direct. Farmers often give penicillin to cattle and poultry, and because of this , penicillin has been found in the milk of treated cows.

Sometimes similar drugs are administered to animals not for medicinal purposes, but for (7) reasons. The farmers are simply trying to fatten the animals in order to obtain a higher price (8) the market. Although the Food and Drug Administration(FDA) has tried repeatedly to control these procedures, the practices continue.

A healthy diet is directly related to good health. Often we are (9) of detrimental substances we ingest. Sometimes well-meaning farmers or others who do not realize the consequences add these substances to food (10) our knowledge

- | | | | | |
|----|-------------|---------------|--------------|----------------|
| 1 | A. stages | B. steps | C. stands | D. state |
| 2 | A. as well | B. as well as | C. also | D. together |
| 3 | A. confront | B. consist | C. consider | D. consume |
| 4 | A. This | B. What | C. That | D. Then |
| 5 | A. resulted | B. led | C. caused | D. made |
| 6 | A. not | B. neither | C. no | D. none |
| 7 | A. finance | B. financial | C. financing | D. financially |
| 8 | A. in | B. on | C. into | D. over |
| 9 | A. unaware | B. aware | C. unknown | D. unconscious |
| 10 | A. on | B. in | C. with | D. without |

1. B 2. A 3. D 4. C 5. C 6. A 7. B 8. B 9. A 10. D

Read the following passage and mark the letter A,B,C or D on the answer sheet to indicate the correct answer to each of the questions

The food we eat seems to have profound effects on our health. Although science has made enormous steps in making food more **fit** to eat, it has, at the same time, made many foods unfit to eat. Some research has shown that perhaps eighty percent of all human illnesses are related to diet and forty percent of cancer is related to the diet as well., especially cancer of the colon. People of different cultures are more **prone** to contract certain illnesses because of the characteristic foods they consume.

That food is related to illness is not a new discovery. In 1945, government researchers realized that nitrates and nitrites (commonly used to preserve color in meat) as well as other food additives caused cancer. Yet, **these carcinogenic additives** remain in our food, and it becomes more difficult all the time to know which ingredients on the packaging labels of processed food are helpful or harmful.

The additives that we eat are not all so direct. Farmers often give penicillin to cattle and poultry, and because of this, penicillin has been found in the milk of treated cows.

Sometimes similar drugs are administered to animals not for medicinal purposes, but for financial reasons. The farmers are simply trying to fatten the animals in order to obtain a higher price on the market. Although the Food and Drug Administration (FDA) has tried repeatedly to control these procedures, the practices continue.

A healthy diet is directly related to good health. Often we are unaware of detrimental substances we ingest. Sometimes well-meaning farmers or others who do not realize the consequences add these substances to food without our knowledge.

1.What is the best title for this passage?

- A. Harmful and Harmless Substances in Food B. Improving Health through a Natural Diet.
C. The Food You Eat Can Affect Your Health D. Avoiding Injurious Substances in Food.

2.The word “ **carcinogenic**” is closest in meaning to _____.

- A. money-making B. trouble-making C. cancer-causing
D. color-retaining

3.The word “ **these**” refers to _____.

- A. researchers B. nitrates and nitrites C. meats D. colors

4.The word “ **fit**” is closest in meaning to _____.

- A. athletic B. adaptable C. suitable
D. tasty

5.FDA means _____.

- A. Food and Drug Administration B. Federal Dairy Additives
C. Final Difficult Analysis D. Food Direct Additives

6.The word “**additives**” is closest in meaning to _____.

- A. added substances B. benign substances
C. dangerous substances D. natural substances

7.What are nitrates used for?

- A. They preserve flavor in packaged foods B. They cause the animals to become fatter.
C. They are the objects of research D. They preserve the colour of meat

8.How has science done a disservice to people?

- A. The scientists have preserved the color of meats, but not of vegetables.
- B. It caused a lack of information concerning the value of food.
- C. As a result of scientific intervention, some potentially harmful substances have been added to our food
- D. Because of science, disease caused by contaminated food has been virtually eradicated.

9. The word “ **prone** ” is nearest in meaning to _____.

- A. supine
- B. unlikely
- C. predisposed
- D. healthy

10. All of the following statements are true EXCEPT _____.

- A. Researchers have known about the potential hazards of food additives for more than forty-five years.
- B. Drugs are always given to animals for medical reasons
- C. Food may cause forty percent of the cancer in the world.
- D. Some of the additives in our food are added to the food itself and some are given to the living animals.

1.B 2.A 3.D 4.A 5.C 6.D 7.B 8.D 9.B 10.C