

WHAT'S RIGHT FOR ME?

1. One of the biggest reasons people **abandon** exercise is lack of interest; if what you're doing isn't fun, it's hard to keep it up. The good news is that there are many different sports and activities that you can try out to see which one inspires you.
2. When picking the right type of exercise, it can help to consider your workout personality. For example, do you like to work out alone and on your own schedule? If so, solo sports like biking or running could be for you. Or do you like the shared motivation and companionship that comes from being part of a team? Are you very competitive?
3. It's a good idea to talk to someone who understands the exercise, like a coach or fitness expert at a gym. He or she can get you started on a program that's right for you and your level of fitness.
4. Another thing to consider is whether any health conditions may affect how — and how much — you exercise. Doctors know that most people benefit from regular exercise, even those with disabilities or conditions like asthma. But if you have a health problem or other considerations (like being overweight or very out of shape), talk to your doctor before beginning an exercise plan. That way you can get information on which exercise programs are best and which to avoid.

TOO MUCH OF A GOOD THING?

1. As with all good things, it's possible to overdo exercise. Although exercising is a great way to maintain a healthy weight, exercising too much to lose weight isn't healthy. The body needs enough calories to function properly. This is especially true for teens, who are still growing.
2. Considering the benefits to the heart, muscles, joints, and mind, it's easy to see why exercise is wise. The great thing about exercise is that it's never too late to start. Even small things can count as exercise when you're starting out - like taking a short bike ride, going for a walk or cleaning the beach.
3. If you're already getting regular exercise now, try to keep it up after you graduate from high school. Staying fit is often one of the biggest challenges for people as they get busy with college and careers.

Reading

Choose the best answer from the choices given.

1. **The best title for this passage is:**
 - a. Taking Exercise Will Make You Famous
 - b. Eating the Right Food Will Help You Live Longer
 - c. Exercise: Things You Should Know
 - d. Only Exercise if You Are Overweight

2. **Exercise can _____.**
 - a. improve the way you feel
 - b. help you look better
 - c. help as you get older
 - d. all of the above

3. **Experts recommend _____ per day for teens.**
 - a. 60 minutes of light to moderate activity
 - b. 1 hour or less of strong activity
 - c. at least an hour of moderate to strong activity
 - d. 60 minutes or more of any kind of activity

4. **In paragraph 1, the word improve means _____?**
 - a. correct
 - b. worsen
 - c. raise
 - d. waste

5. **What is an antonym for the word decrease in paragraph 2?**
 - a. decline
 - b. increase
 - c. subside
 - d. fall

6. **The word abandon in paragraph 3 is closest in meaning to _____.**
 - a. drop
 - b. keep
 - c. take
 - d. sell

Vocabulary

1. One of the objectives of playing sport is to _____ fitness levels.
 - a. decline
 - b. make
 - c. do
 - d. improve

2. To compete at the top level, you have to be in good physical _____.
 - a. condition
 - b. abstract
 - c. lift
 - d. transformation

3. You have to also maintain a healthy _____.
 - a. watch
 - b. rest
 - c. weight
 - d. sign

4. If you like to work with others, then playing _____ sports might be the best option.
 - a. clever
 - b. boring
 - c. team
 - d. wrong

5. You need to be _____ to lift heavy weights.
 - a. weak
 - b. strong
 - c. guilty
 - d. sad

6. **The body needs enough calories to function _____.**

- a. badly
- b. efficiently
- c. correspond'ngly
- d. understandably

7. **Eat good quality food to nourish the _____.**

- a. gym
- b. school
- c. spots
- d. body

8. **Most people can benefit from _____ exercise.**

- a. hungry
- b. stubborn
- c. regular
- d. no

Vocabulary (supplementary)

Fill in the gaps in the sentences by choosing the correct words from the box

strong

body

exercise

team

weight

properly

risks

improve

recommend

competitive



1. All my friends are so _____ when they play tennis, but I just want to play it for fun.
2. You didn't close the door _____ so it opened up again.
3. If you don't do any work, your marks are never going to _____.
4. He has scars all over his _____ because he was burned as a child.
5. Real Madrid is my favorite football _____.
6. One of the _____ of smoking is that you might get lung cancer.
7. I want to take my parents to a nice place for dinner. Can you _____ a good restaurant?
8. Can you believe how _____ he is? He can lift 300 pounds over his head.
9. When you go to the doctor, they usually check your _____ and how tall you are.
10. I try to _____ every day to stay in shape.

Reading

1. Have you ever visited the zoo just to see the Giant Panda? The Giant Panda is one of the world's rarest animals and comes from Southwestern China. It is black and white in color and looks like a bear. The panda is between 160 and 180 centimeters in length, weighs about 80 to 125 kilograms and can live to be 34 years old. Although the panda has a huge head and heavy body, it is also very attractive with a short tail and round ears. The panda has black spots on its eyes, ears, shoulders and legs. The rest of the panda is white.
2. Pandas live in a deep bamboo forest or at higher elevations in snowy or rocky areas. They prefer to live on the ground but can also climb trees to look for food. Like bears, the panda tends to live alone. However, it does not sleep through the winter like bears. The panda eats bamboo, fish and a small amount of meat. It can spend 10 to 12 hours a day eating up to 12 to 15 kilograms of food.
3. Pandas are very vocal animals and can communicate through 11 different calls. They also communicate by rubbing a strong scent onto tree trunks and stones. They also scratch trees to identify their territory which is one of the reasons that people seem to believe that the panda is from the bear family; but it is actually from the raccoon family.

1. **The best title for this passage is** _____
 - a. A Chinese Bear
 - b. An Attractive Animal
 - c. The Giant Panda
 - d. An Unusual Raccoon
2. **In paragraph 1, it refers to** _____
 - a. head
 - b. body
 - c. tail
 - d. panda
3. **The white part of the panda is the** _____
 - a. ears
 - b. eyes
 - c. body
 - d. legs

4. Pandas live in the _____.

- a. forest
- b. trees
- c. ocean
- d. city

5. A panda spend half of its day _____.

- a. scratching
- b. sleeping
- c. fishing
- d. eating

6. The panda is part of the _____ family

- a. raccoon
- b. bear
- c. bamboo
- d. fish

READING TEXT 1

Skyscrapers

What are skyscrapers?

Skyscrapers are very tall buildings. They are usually more than 300 metres tall. You can see skyscrapers in cities around the world. Many countries build skyscrapers to attract tourists. There are many in Asia, the Arabian Gulf region, America and Europe. Inside a skyscraper, there are offices, shops, restaurants and apartments.

What are some famous skyscrapers?

The Empire State Building in New York is a world-famous skyscraper. It has two million visitors every year. It is popular with tourists, but there are taller and more modern skyscrapers in the Gulf and in Asia. The Shanghai World Financial Center in China, Taipei 101 in Taiwan and the Burj Khalifa in Dubai, the UAE, are taller than the Empire State Building. The Burj Khalifa is taller than the World Financial Center and Taipei 101. Taipei 101 is taller than the World Financial Center. The Burj Khalifa is also more modern than the other two buildings. It opened in 2010.

Shanghai World Financial Center (2008) 492m

Taipei 101 (2004) 509m

Burj Khalifa (2010) 829m

How much money do skyscrapers cost?

Skyscrapers are very expensive. They cost more money than other buildings. The Burj Khalifa cost \$1,500,000,000 to build. It was more expensive than the World Financial Center (\$850,000,000) but it was cheaper than Taipei 101. Taipei 101 cost \$1,760,000,000.

What is inside a skyscraper?

The Burj Khalifa has 163 floors. This is more than Taipei 101 or the World Financial Center. They have 101 floors each. Taipei 101 has more lifts than the Burj Khalifa and the World Financial Center. It has 61 lifts. The Burj Khalifa had 57 lifts, but the World Financial Center has only 31.

Many skyscrapers also have shopping centres or malls inside them. A lot of people come shopping every day.

Source: Cambridge Unlock book 1, Reading and Writing, Page 129

1. **How many skyscrapers mentioned in the text are in Asia?**
 - a. 2
 - b. 3
 - c. 4
 - d. 1

2. **It was more expensive than the other two buildings. What does 'it' refer to?**
 - a. The Empire State Building
 - b. Taipei 101
 - c. Burj Khalifa
 - d. Shanghai World Financial Center

3. **They have 101 floors each. What does 'they' refer to?**
 - a. World Financial Center and Taipei 101
 - b. Taipei 101 and Burj Khalifa
 - c. Taipei 101 and Empire State Building
 - d. World Financial Center and Burj Khalifa

4. **It opened in 2010. What does 'it' refer to?**
 - a. Taipei 101
 - b. Empire State Building
 - c. Burj Khalifa
 - d. World Financial Center

5. **How many people go to see the Empire State Building every year?**
 - a. 2 million
 - b. 22 million
 - c. 12 million
 - d. 0.2 million

6. **What is the difference in design of the Burj Khalifa compared to other buildings?**
 - a. It's more modern.
 - b. It's older.
 - c. It was the most expensive.
 - d. More people visit it.

READING TEXT 2

Liquid Fire: The Invention of the Neon Sign

1. We see them in every town and city, advertising shops and hotels. Sometimes blinking, sometimes steady, forming shapes, lines and words, they are the stars of the city night. They are neon lights. But when did neon start? How are neon lights created?

2. The basic idea behind neon lights was actually discovered in 1675, well before the discovery of electricity, although it was not understood at the time. A French scientist, Jean Picard, observed that when a small glass tube filled with mercury was shaken, the tube glowed. However, the cause of the light – static electricity – was not understood at that time.

3. Once the principles of electricity were understood, scientists began to work on the development of lighting. They tried putting different chemicals into glass tubes and passing electricity through, to try to make them glow. In 1902, Georges Claude, a scientist from France, put neon (an element, or basic chemical, which is also quite rare) into a glass tube. When he electrified it, it produced a very bright light. Subsequently, Claude discovered that mixing other gases with neon would produce different colours of light. He showed his invention to the world in 1910. The first commercial sign was sold to a Paris barber in 1912, and the first neon signs to be used in the US – by a car dealer – were acquired in 1923, for \$24,000.

4. Nowadays, neon lights are not expensive because people have invented new, easy ways of producing them. They are not as complex as you might think. In fact, the process is rather simple. First, glass tubes are heated and bent into shapes and words. Then, these tubes are filled with neon, which is taken from the air, in gas form. Finally, an electric current is sent from one end of the tube to the other. When the current hits the gas, the gas glows brightly.

5. Other elements can also be used to make lights. Fluorescent lights, like the lights in many homes and schools, are made in a similar way, but they use argon and mercury instead of neon. Neon makes red-orange light. Argon usually makes lavender light, whereas mercury makes a blue light, and xenon creates a gray or blue-gray light.

1. **If children watch T.V for an hour, how much more candy do they eat?**
 - a. 16%
 - b. 8%
 - c. 18%
 - d. 6%

2. **In paragraph 5, what does 'set kids up' mean?**
 - a. Watching TV can give you bad eating habits.
 - b. Children should be allowed to watch TV to stop poor eating habits.
 - c. Watching TV makes you take more exercise.
 - d. Watching TV can be addictive.

3. **What also causes obesity and serious health problems [paragraph 5]?**
 - a. Having more than 1 TV.
 - b. Not taking any exercise.
 - c. Eating too much fruit and vegetables.
 - d. Not getting enough sleep.

4. **What did the researchers say about fruit in paragraph 4?**
 - a. You should only eat fruit and vegetables.
 - b. You should not eat fruit at all.
 - c. You should not eat fruit in front of the TV.
 - d. Children will eat more fruit in front of the TV if they can reach it.

5. **What do the authors of the article think is one of the reasons children eat more junk food [P3]?**
 - a. Children taking more exercise.
 - b. Children are not watching TV and are bored and eat more junk food.
 - c. Watching advertisements for unhealthy food.
 - d. Watching advertisements for fruit and vegetables.

6. **What is this article trying to get children to do?**
 - a. Eat less fruit and vegetables.
 - b. Exercise when they watch TV.
 - c. Watch TV less and exercise more.
 - d. Eat more junk food.

Part 3 Writing

The essay should be 150 to 200 words long and may not exceed one page.
Write about the following topic:

'Many children these days have an unhealthy lifestyle. Both schools and parents are responsible for solving this problem.'

To what extent do you agree with that statement?

Explain your answer.

- ◆ You could write about the following:
- ◆ Food
- ◆ Exercise
- ◆ Diet
- ◆ Work/Lifestyles

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