Контрольная работа за 2 четверть к учебнику FORWARD 7 класс, Вербицкая

Read the text.

Healthy lifestyle

Today healthy lifestyle is becoming more and more popular both with the old and the young. People have become more health-conscious. They say that the greatest wealth is health. And it’s so true. The healthier we are, the better we feel. The better we feel, the longer we live.

A healthy diet is an essential part of staying healthy. We know that we should not stuff ourselves with fast food, sweets, sausages, pastry and fat food. Due to medical research, this type of food shortens our life, it leads to obesity, heart and blood vessels diseases, diabetes, gastric problems and lots of other serious ailments. To prevent all these problems we should enjoy well-balanced home-made meals with a lot of organic fruits, vegetables, dairy products, grains and seafood. We are what we eat.

Keeping fit and going in for sports is also important for our health. Lack of exercise in our life is a serious problem. In big cities people spend hours sitting in front of computers, TV-sets and other gadgets. We walk less because we mainly use cars and public transport. We certainly don’t have to be professional sportsmen, but we should visit fitness clubs, go jogging, walk much, swim, go cycling or roller-skating or just dance. Doctors say that regular moderate physical activity is necessary for our body because it protects us from strokes and heart diseases, flue and obesity.

We must understand the harm of bad habits for our health. Smoking, drinking or taking drugs mean serious illnesses and even death from lung cancer or liver diseases, for instance. Cigarettes kill about 3 million heavy-smokers every year. Drug addicts die very young. So I think there is no place for bad habits in a healthy way of life.

Taking a proper rest and getting enough sleep, from 8 to 10 hours daily, are also great healthy habits. Sleep is the food for our brain and the rest for our muscles. Moreover we should avoid getting nervous or worried for no reason.

Healthy way of life concerns our body, mind and soul. Healthy people live longer, they are more successful and they enjoy their life. I believe that it’s not difficult at all to follow these simple rules, and they are worth it.

**1**. Tick true or false sentences.

1. It is important for us to play sports.

2. Smoking, alcoholic drinks harm your health.

3. Physical activity protects us.

4. In the text does not say about smoking.

5. We should eat fast food every day.

6. Rest for our muscles is a diet.

7. Smoking is the key to longevity.

8. Sleep is the best medicine in the world.

9. For diet, you should not eat chips, crackers.

**2.** Choose the correct answer.

1.I **have/has** watched this film.

2. We have **began/begun** the work.

3. Rachel **have/has** done his homework.

4. Molly has **break/ broken** her toy.

5. Trevor and Robert **have/has** cut the vegetables.

6. Robert leads a healthy lifestyle, \_\_\_\_\_\_\_\_\_\_?

A) didn’t he B) don’t he C) doesn’t he D) isn’t he

6. Trevor interviewed at the camp, \_\_\_\_\_\_\_\_\_\_\_?

A) don’t he B) isn’t he C) didn’t he D) wasn’t he

7. I (to do) morning exercises. do/did/done