KEY A HEALTHY LIFESTYLE

Scientists around the world agree that the key to staying **healthy** and keeping fit is to eat less and do **physical** exercise such as walking or cycling. However, people who exercise too intensively often **reward** themselves by spending the r est of the day in front of the TV set. At the same time, they have to eat more to give them **energy** for the next workout. To avoid gaining **weight**, researchers suggest that going for a longer walk or riding a bike for a few hours may actually be better than high-energy exercise.

A low-fat **diet** may be good for your waistline, but research suggests it may have negative psychological **effects**. Medical experts have found out that volunteers who followed a strict twenty-five percent fat diet reported feelings of depressions and bad **mood** .

Many of us already know that drinking coffee raises your blood **pressure** but according to the latest studies, it too, can make you bad-tempered. Mice that were given regular **doses** of caffeine by researchers turned out to be more aggressive than others. On the other hand, chemicals found in tea can **reduce** the risk of heart **attacks** and have a positive effect on **cholesterol** levels and high blood pressure.

If you're a chocolate fan, there's good news for you! Recent studies have revealed that **chemicals** found in chocolate can not only put you in a good mood but also **protect** you from a variety of minor illnesses including colds, coughs, depressions and even help reduce the risk of **heart** disease.

WORK AND JOBS

KEY

- 1. Up to now voters in Florida have always supported the Republican candidate.
- 2. The police took down personal information, like my name, address and occupation.
- 3. While most people in developed countries **retire** at the age of 65, some still work on because they need something to do.
- 4. We asked the **tour guide** if it was safe to walk in the city at night.
- 5. The head of the personnel department asked me what **professional** qualifications I had.
- 6. Many students in English schools must wear school **uniforms**.
- 7. The TV station sent a camera **crew** to cover the events at the stadium.
- 8. **Scientists** have found out that there is a connection between stress and the way you behave in private.
- 9. The film star has agreed to a five-year **contract** in which she would make three films.
- 10. The average **salary** for the job was \$40,000 a year.
- 11. The **employment** prospects for young teachers is not very good at the moment.
- 12. His friends and former **colleagues** described him as an ambitious young man.
- 13. My mother works **full time** in a factory in town. She only has every second weekend off.
- 14. The foreign **journalists** have been told to leave the war zone as quickly as possible.
- 15. Please send in your **application**, together with a CV, by next Friday.
- 16. They decided to have a **break** for lunch and then work on the project again.

PREPOSITIONS

KEY

- 1. to be excellent at something
- 2. he is experienced in writing emails
- 3. ashamed of having failed
- 4. concentrate **on** something important
- 5. an answer to the question
- 6. proud of his son
- 7. famous for breath-taking sights
- 8. supply the customers with the right products
- 9. succeed in making a lot of money
- 10. similar to mine
- 11.respected for being an honest politician
- 12.deal with the problem later
- 13.keen on going to the cinema
- 14.sorry for having done something wrong
- 15. provide her **with** everything she needs
- 16.responsible **for** employing new workers
- 17.an expert **on/in** astronomy
- 18.fond of romantic films
- 19.congratulate him **on** his success
- 20.interested **in** pursuing a career
- 21.capable of getting to the top
- 22.to take pride in what you do
- 23.to be short **of** money
- 24. praise her for doing such a good job
- 25. cooperate with the competitor

Name:

Homophones Worksheet 2 Alien Visitor!

Part One: Choose the correct word.

- 1. My brother and I went stargazing last **knight** / **night**.
- 2. We went out alone to a field by the **creak** / **creek**.
- 3. All of a sudden I saw a bright light **soar** / **sore** over our heads.
- 4. Then we **heard** / **herd** a crashing sound.
- 5. We started walking toward the noise and we saw a big **hole** / **whole** in the ground.
- 6. As we got closer, a cloud of smoke **flew** / **flue** from the crater.
- 7. "Oh dear / deer!" my brother said.
- 8. A little green and purple alien with 20 **feat** / **fee**t crawled out of the wreckage.
- 9. The alien had a glowing **vain** / **vein** on his forehead.
- 10. "Take me to your **leader** / **liter** ." said the alien.
- 11. My brother said, "Ok, right over **their** / **there** / **they're**," and he pointed at me.
- 12. My face turned pale / pail and I looked at my brother and said, "Really?"
- 13. The alien started glowing blue and said, "Don't worry. I come in peace / piece."
- 14. "That's **grate** / **great** because we didn't want to hurt you," said my brother.
- 15. He can be so **dense** / **dents** some times.
- 16. "It looks like you crashed your **plain** / **plane** or whatever. Can we help you?" I said.
- 17. The alien said, "I need to refill the fuel **cell** / **sell** on my ship."
- 18. I was trying to rap / wrap my head around his request, when the alien saw my brother's grape soda.
- 19. The alien said to my brother, "May I sea / see your beverage?"
- 20. My brother sat there and didn't say anything like his tongue was tide / tied.
- 21. "Go ahead and give him **some** / **sum** ." I said, "Listen to your leader."
- 22. My brother side / sighed and handed the alien his grape soda.
- 23. "Are you going to **poor** / **pore** / **pour** that in your ship?" asked my brother.
- 24. The alien drank the rest of the soda and **threw** / **through** the empty can on the smoking wreckage.
- 25. "No, I just like soda." the alien said as the raise / rays from the moon bounced off his shiny forehead.

Part Two: Write two sentences for each of the word pairs. Correctly use each word in a sentence.

- A. weather / whether
- B. affect / effect
- C. accept / except



KEY

- only / in / the village / it / restaurant / is / the
 It is the only restaurant in the village.
- surprised / very / yesterday / see / I / to / him / wasI was very surprised to see him yesterday.
- 3. so / it / didn't / a / day / I / was / very / much / sunny / work. It was a sunny day, so I didn't work very much.
- 4. badly / the / by the police / treated / prisoner / was The prisoner was treated badly by the police.
- 5. whenever / terrible / match / I / I / a / lose / feel I feel terrible whenever I lose a match.

 Whenever I lose a match I feel terrible.
- more / than / a / is / a / tiger / dangerous / lion
 A tiger is more dangerous than a lion.
 A lion is more dangerous than a tiger.
- 7. in the city / shops / close / some / late / very **Some shops in the city close very late**.
- 8. was / the / cheaper / I / thought / than / bike
 The bike was cheaper than I thought.
- 9. ages / teaching / Mr Roberts / has / for / been / the / class Mr Roberts has been teaching the class for ages.
- 10.at work / the fire / people / were / most / started / when **Most people were at work when the fire started**.
- 11.next / reopening / Monday / is / the museum

 The museum is reopening next Monday.
- 12.in Spain / for / Jane / has / at least / living / been / a year Jane has been living in Spain for at least a year.
- 13.because / are / in the garden / dirty / she / her / hands / worked Her hands are dirty because she worked in the garden.
- 14.of the year / month / is / coldest / January / usually / the **January is usually the coldest month of the year**.
- 15. try / should / I / you / to / think / more / relax I think you should try to relax more.

Α	elementary
В	interrupt
С	fail
D	friend
E	defend
F	exciting
G	humane
н	entrance
ı	special
J	innocent
K	foreign
L	tiny
М	frequently
N	violent
0	fear
Р	reduce
Q	light
R	hopeful
S	flat
Т	ugly

Q	heavy
F	boring
G	cruel
R	desperate
1	ordinary
Н	exit
Α	advanced
0	courage
N	gentle
С	succeed
D	enemy
Р	increase
E	attack
К	domestic
Т	handsome
S	hilly
L	giant
М	occasionally
В	continue
J	guilty