

NAME _____ DATE _____

Unit 10 PRETEST**PART 1****Use the words in parentheses to complete the paragraph.**

I really like the training program that my trainer designed to make me **(1) becoming / become / to become** more healthy and fit, and help me **(2) lose / losing / to losing**. She made me **(3) following / followed / follow** her training program together with a nutrition program. All the exercises are tough, but I still look forward to going to the gym. I would never work out so much if I didn't have a trainer to help me **(4) doing / to doing / do** it. To start the nutrition program, she had me **(5) to limit / limit / limited** my food choices first, and then gradually I added some back. Good food makes your body and mind **(6) become / becoming / to become** healthy. I have lost 23 pounds and 5 inches. I believe everyone can manage to maintain a healthy body weight through daily exercise and good eating habits. You just have to make it **(7) to happen / happening / happen**.

PART 2**Choose the correct answer to complete the sentences.**

- 1 My trainer _____ do 20 minutes of cardio every day.
A had me
B had me to
C had I
- 2 She _____ when to work out.
A let me deciding
B let me to decide
C let me decide
- 3 I _____ go to the gym with me.
A got my sister to
B made my sister to
C let my sister to
- 4 Going to the gym with my sister _____ me to feel motivated to exercise.
A makes
B helps

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C helping

5 My trainer _____ sugar from my diet.

A made me to eliminate

B made me eliminating

C made me eliminate

6 She _____ drink up to two cups of coffee a day.

A let me

B let me to

C made me to

7 Eating healthy and exercising _____ great.

A makes I feel

B makes me feel

C makes me to feel

8 Feeling great _____ me to enjoy life.

A makes

B has

C helps