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REVIEW TEST: UNIT 10**GRAMMAR****PART 1****Choose the correct answer to complete the sentence.**

- 1 Marcy is addicted to drinking _____ every day.
A sodas
B a can of soda
C a drop of soda
- 2 I had _____ conversation with Eric the other day.
A wonderful
B a wonderful
C a wonderful piece of
- 3 Putting on _____ can protect your skin from certain types of cancer.
A sunblock
B sunblocks
C a sunblock
- 4 The number of obese _____ is rising rapidly.
A people
B peoples
C group of people
- 5 A major contributor to the greenhouse effect is _____.
A carbon dioxide
B carbon dioxides
C a carbon dioxide

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6 _____ is my least favorite subject. It's such a drag.

- A Economic
- B Economics
- C The economic

7 Let me offer you _____ advice: Stop smoking.

- A an
- B a grain of
- C a piece of

8 You need to add _____ to the soup, or else it'll taste bland.

- A salt
- B a salt
- C a drop of salt

PART 2**Write the correct answers from the box to complete the sentences. There are two extra words.**

item	items	some	piece	pieces	drop	drops	grain	grains
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- 1 Sometimes old _____ of furniture can be worth a lot of money.
2. There was a news _____ about the death of a local philanthropist.
- 3 She cut off a(n) _____ of meat and began to chew it slowly.
- 4 We don't have anything to eat. Not even a single _____ of rice!
- 5 I just felt a(n) _____ of rain. Let's hurry up and get home before it starts to pour.
- 6 I heard there are more stars in the universe than _____ of sand on Earth.
- 7 Add a few _____ of oil to the pan before you start cooking.

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READING

PART 3

Read the interview transcript. Then choose the correct answers.

- Miranda Olson:** And we are back here on *Ask the Expert* with today's guest, Dr. Mel Brand. Ready for the next caller?
- Dr. Mel Brand:** Sure thing.
- Miranda Olson:** OK, we've got Sandy from Boston on the line. Sandy, you're on with Dr. Mel Brand.
- Sandy:** Thanks Miranda. I'm a huge fan of your show. Dr. Brand, my brother is a smoker. He started in high school, and I always thought that he'd eventually quit. But he's about to turn thirty, and he's still smoking upwards of a pack a day. I always suggest he try e-cigarettes, which I've heard are better, but what else can I do?
- Dr. Mel Brand:** You sound like a very concerned sibling. First off, don't mention e-cigarettes to him again. They haven't been proven to reduce smoking or to be any healthier than regular cigarettes. They contain high concentrations of nicotine, and since you can generally smoke them anywhere, even indoors, some people get more addicted to them. Instead, what I think works best is slowly reducing one's cigarette intake. Suggest that he try to avoid situations where he would normally smoke. For instance, many people smoke immediately after a meal. Tell your brother to replace that cigarette with something healthy, such as a piece of fruit or a big glass of water. It's all about replacing old, unhealthy habits with new, healthier ones. As he starts to cut down on his smoking, it'll be easier for him to eliminate cigarettes from other parts of the day as well. If that doesn't work, there are plenty of medications such as patches and gums that he can use, but they don't always work either. And finally, the most important thing you can do is to get him *to want to quit* smoking. If he doesn't commit wholeheartedly to quitting, he won't. Remind him of all the health hazards associated with smoking... whatever works! You know your brother best.
- Sandy:** Thanks doctor! I'll have to help him find a reason to quit!
- Miranda Olson:** Great thoughts Dr. Brand. OK, on to our next caller: Del from Tennessee, you're on the air.
- Del:** Hello Miranda and Dr. Brand. I'm in my thirties and I'm in decent shape, but I have a family history of heart-related problems. My father died in his 40s, and my mother tells me that some other people from his side of the family have had heart trouble. I'd like to know what I can do to have a healthy heart; what can I do?
- Dr. Mel Brand:** Well it's great to hear that you're so focused on your future health, Del. As for your potential heart issues, there's not much you can do other than to do moderate exercise and eat healthily. Reducing 'bad cholesterol', the ones found in meats and fast foods, can help, but it's just as important to reduce your total caloric intake, not drink too much alcohol, and lead a low-stress life. Be sure to visit your doctor regularly, especially as you get older. The last piece of advice I'll give is that having a family history does not guarantee that you'll have heart problems, so don't worry too much unless you start to have problems, but do take some basic precautions.
- Miranda Olson:** Well, there you have it. We'll be right back after a word from our sponsors.

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- 1 According to the transcript, which statement about Sandy's and Dr. Brand's opinions of e-cigarettes is most accurate?
 - A Both Sandy and Dr. Brand are unsure whether or not e-cigarettes help people quit smoking.
 - B Sandy believes e-cigarettes to be an effective way to quit smoking, but Dr. Brand does not agree with this.
 - C Both Sandy and Dr. Brand are enthusiastic about using e-cigarettes to help Sandy's brother quit smoking.

- 2 Which statement on Dr. Brand's thoughts about Del's health is most accurate?
 - A Del's family health should be a cause for concern.
 - B Del might have a healthy heart even with his family history.
 - C Del needs to see a doctor immediately and frequently to prevent heart disease.

- 3 According to the transcript, which piece of advice do you think Dr. Brand would most likely give to a person who wants to quit smoking?
 - A Use patches or gums before trying anything else.
 - B Instead of smoking when stressed, try replacing the habit with healthy foods.
 - C Stop smoking cigarettes immediately. Never touch one again!

LISTENING**PART 4**

Listen to the conversation between Addie and Lamar. Then choose the correct answers.

- 1 Which sentence best summarizes the main idea of the listening?
 - A Lamar is telling Addie about some problems with his family's health.
 - B Lamar and Addie are talking about different ways they can be healthy.
 - C Lamar and Addie are discussing what foods are good for people's health.

- 2 Who does Lamar think is unhealthy in his family?
 - A his father
 - B both his father and brother
 - C his father, mother, and brother

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- 3 What recent event in Lamar's life has got him stressed out?
- A His father has been hospitalized.
 - B He thinks that his brother has started smoking.
 - C He found out that his father's condition is genetic.
- 4 Which sentence is Lamar most likely to agree with?
- A Smoking even one cigarette is bad for one's health.
 - B People find reasons to do what they want, so they can form bad habits.
 - C Not knowing your family history can mean you will definitely inherit a condition.
- 5 Why does Addie say that Lamar is a little strange?
- A because he is not like the rest of his family
 - B because he eats salads that she considers bland
 - C because he cycles a long distance to school each day

SPEAKING**PART 5**

Read the conversation between John and Erin. Then say whether you consider yourself to be a healthy person – why or why not?

John: There are so many things you do to be healthy. You do lots of exercise and you never eat anything more than a piece of cake or something small for dessert.

Erin: Well, yea, eating healthy and exercising makes me feel good. You should try both some time.

John: I know. I eat way too many fatty and sugary foods. And it doesn't help that I only exercise about once...

Erin: Once a *month*.

John: Ha, yea.

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WRITING

PART 6

Look at the chart that describes James's and Claudia's habits. Write a couple of paragraphs that evaluate and compare their habits in terms of their health. Also, describe how you think these people can create healthier habits. Remember to use count and non-count nouns correctly in your writing.

Person	Habits
James	-eats eggs and a piece of fruit for breakfast every morning -exercises before work -eats a small lunch that's usually fast food -smokes occasionally -drinks a lot of coffee
Claudia	-does not eat breakfast regularly -cycles to and from work every day (about 10 miles round-trip) but does not exercise otherwise -eats a lot of fruits and vegetables throughout the day and at night -loves to eat junk food, but does not eat much meat

[illegible]

[illegible]