Reading for the Real World Intro - Unit 3

Name _____

I. Vocabulary: Choose the best word to fill in the blank.

1. For proper _____ of this medicine, you should take it with food.
    a. ineffectiveness
    b. absorption
    c. undermining
    d. relief

2. To maintain a healthy body, plan meals that have a lot of different _____.
    a. pollutants
    b. chemicals
    c. nutrients
    d. kidneys

3. Police around the world _____ report greater crime rates during full moons.
    a. commonly
    b. obesely
    c. minimally
    d. impatiently

4. An active _____ is healthy and involves at least twenty minutes of exercise every day.
    a. procedure
    b. transformation
    c. liver
    d. lifestyle

5. The doctor will perform a/an _____ to remove her heart.
    a. procedure
    b. volition
    c. substance
    d. punishment

II. Cloze Test

Questions 6 - 10

Many people with a negative body image think that a/an ___(6)___ procedure can solve their problems, but this is rarely ___(7)___. The real reason for their negative body image may be largely psychological. Thus, plastic surgery alone probably won't help them, and they are disappointed (8)___. Such people need to learn to appreciate everything about themselves, not just their appearance.

People also try to improve their bodies by changing their diets. A good diet ____(9)_____ of the proper amounts of healthy foods. If people make healthy eating a permanent part of their (10)___, they can lose weight and feel better about themselves in the long run. Unfortunately, many people are impatient, and they simply stop eating or eat very small amounts for a short period of time. This is called crash dieting, and it is a mistake. While crash dieting may help people lose weight temporarily, they often regain it after returning to their normal eating habits.

6. a. temporary
   b. ineffective
   c. surgical
   d. obese

7. a. chemical
   b. realistic
   c. common
   d. nonetheless

8. a. afterward
   b. minimally
   c. consistently
   d. procedurally

9. a. consists
   b. undermines
   c. seeps
   d. pollutes

10. a. relief
    b. lifestyle
    c. nutrients
    d. substance

III. Reading Comprehension: Based on the reading in section II, put the information below into the correct columns.

~~Stop eating for a short time~~ 11. Consists of proper amounts of healthy foods 12. Not a realistic solution to body image problems	13. People often disappointed by it 14. Leads to temporary weight loss 15. Can lead to long-term improvement in self-esteem

A. Plastic Surgery	B. Crash Diet	C. Healthy Diet
- -	- Stop eating for a short time -	- -

IV. Word Study: Choose the SYNONYM (=) or ANTONYM (↔) for each word.

16. Which of the following is a synonym for *minimize?*
    a. consume
    b. maximize
    c. pollute
    d. reduce

17. Which of the following is an antonym for *undermine?*
    a. weaken
    b. strengthen
    c. begin
    d. touch

18. Which of the following is a synonym for *nonetheless?*
    a. furthermore
    b. therefore
    c. however
    d. altogether

19. Which of the following is an antonym for *realistic?*
    a. pure
    b. impatient
    c. actual
    d. wishful

20. Which of the following is a synonym for *erase?*
    a. remove
    b. add
    c. harm
    d. contain

V. Fill in the blank with the correct word.

physically	temporarily	pollutant	tissue	ineffective

21. With a broken leg, Samuel is not _____ able to run the marathon this weekend.
22. Muscle is one of the four types of _____ in the human body.
23. The researchers detected high levels of a dangerous _____ in the river water.
24. The operation was _____ since her back still hurts terribly.
25. This street will be closed _____ while workers fix some holes in the pavement.

1	2	3	4	5
b	c	a	d	a
6	7	8	9	10
c	b	a	a	b
11	12	13	14	15
C	A	A	B	C
16	17	18	19	20
d	b	c	d	a
21	22	23	24	25
physically	tissue	pollutant	ineffective	temporarily