

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, you should eat a diet that has 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 20 minutes of exercise every day.
 - a. procedure
 - b. transformation
 - c. liver
 - d. lifestyle
5. She underwent a/an _____ procedure to remove her appendix.
 - a. surgical
 - b. seeping
 - c. impatient
 - d. nonetheless

II. Cloze Test

Questions 6 - 10

Many people with a negative body image turn to plastic surgery to change their appearance. They believe 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).

People also try to improve their bodies by changing their diets. A good diet consists of the proper amounts of healthy foods. If people make healthy eating a permanent part of their (9), they can lose weight and feel better about themselves in the long run. Unfortunately, many people are impatient, and they simply stop eating for a short period of time. This is called crash dieting, and it sometimes helps people lose weight temporarily. But crash dieters usually regain the lost weight, which (10) their confidence and actually lowers their self esteem further. Proper dieting can help people improve their body image, but crash dieting is both unhealthy and ineffective.

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. lifestyle

b. relief

c. nutrients

d. substance
10.

a. consumes

b. undermines

c. seeps

d. pollutes

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

<div><div>Stop eating for a short time</div><div>11. Consists of proper amounts of healthy foods</div><div>12. Not a realistic solution to body image problems</div></div>		<div><div>13. People often disappointed by it</div><div>14. Can actually lower self-esteem</div><div>15. Can lead to long-term improvement in self-esteem</div></div>
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. dig
 - d. overhead
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. elastic
 - b. impatient
 - c. actual
 - d. wishful
20. Which of the following is a synonym for *erase*?
- a. remove
 - b. add
 - c. message
 - d. permanent

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. Over 50% of the _____ on his back got burned in the fire.
23. The environmental protection agency detected high levels of _____ in the river water beside the factory.
24. The operation proved _____ since her back still hurts her 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	pollutants	ineffective	temporarily