

Consolidation

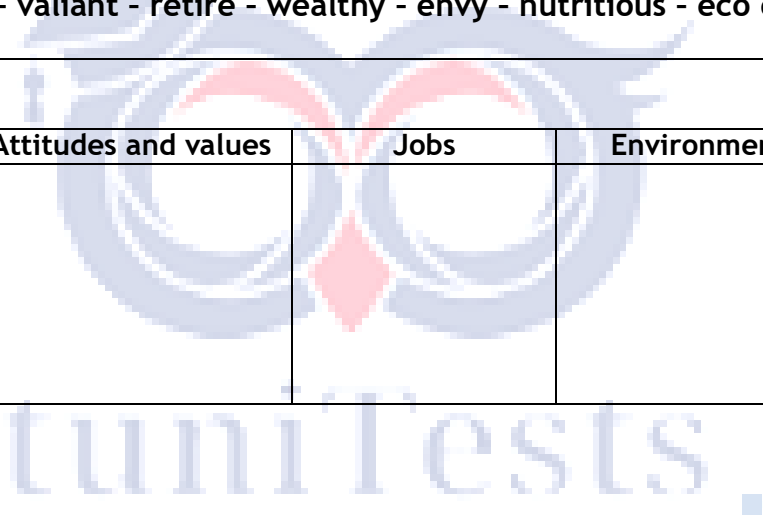
Unit 4: Life Issues



1) Classify these words under the appropriate headings.

Staff - stroke - fire - typhoon - quit smoking - sincerity - doctorate - five-a-day - friendship - floods - virtue - renewable energy - arrogance - recycle - strike - blessed - application - dietician - valiant - retire - wealthy - envy - nutritious - eco driving - joy

Health issues	Attitudes and values	Jobs	Environment	Success in life



2) Complete the paragraph with 8 words from the box.

consume / benefits / eat / reduced / lower / While / value / disease / concerning / that

Increasing the portions of fruit and vegetables consumed each day from five to 10 could significantly reduce a person's risk of heart disease and cancer, a new study has found. eating the recommended five a day still helps reduce disease risk, the highest benefits are seen when people double that, researchers found. The study, published in the International Journal of Epidemiology, also identified which fruit and vegetables provided the greatest protection against Researchers from Imperial College London analysed data from 95 studies fruit and vegetable intake. The team found that although even the recommended five portions of fruit and vegetables a day disease risk, the greatest benefit came from eating 800g a day - assuming 80g is one portion - compared to people who ate none at all. But even smaller intakes had - a daily intake of two-and-a-half portions was associated with a 16 per cent reduced risk of heart disease, a 4 per cent risk of cancer and a 15 per cent reduction in the risk of premature death.

3) Supply the right tense or form to the bracketed words.

Since a young age, we are told about the many dangerous effects of smoking and why we should stay away from it, but as we grow older, we find that a majority of people (**addict**) to it beyond redemption. This stems from the fact that cigarettes are a huge source of revenue for the government, and try as they may, they cannot cover up the fact that cigarettes provide huge income for (**they**) It is for this reason alone that smoking will never be banned by the government in spite of so many people getting afflicted by its effects. Lung cancer and mouth cancer are some of the (**big**) dangers of smoking, and a single cigarette contains thousands of (**harm**) chemicals. There are very few people who can actually (**recognize**) the dangers involved, and quit it altogether. Even though approximately 480,000 people die due to it every single year in the United States alone, the number of smokers just (**keep**) rising and people do not stop smoking. It is not only the smokers who get affected, but also the non-smokers who get affected due to inhaling of second hand smoke.

4) Choose the appropriate alternative.

In 'The Richer the Poorer' by Dorothy West, Lottie had a miserly nature, she always worried about the future, (**and / but / like**) Bess on the other hand, always gave value to her present. Lottie lived her whole life curbing her desire to save money for a rainy day. She wanted (**to become / becomes / becoming**) a part of the society that was never hers. Lottie was living in a fool's paradise, she was under the impression that her life is best and all the others are in misery. But the (**really / reality / real**) was that Bess was contented in her life, as opposed to what Lottie (**thinks / thought / thinking**). When Lottie spent money on (**her / hers / herself**) for the first time it felt good. She realized what it meant to give something to someone. She gained a satisfaction in her life. Finally, she felt liberated (**of / from / by**) her cage. She developed a feeling of companionship (**where / when / what**) her sister arrived, and got rid of her loneliness. Bess had no materialistic desires, she sought warmth, love and (**careful / careless / care**) of a close relative like Lottie. One of the most redundant expressions one hears almost everyday is that 'life is too short' so one should live it to the fullest while it lasts.



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