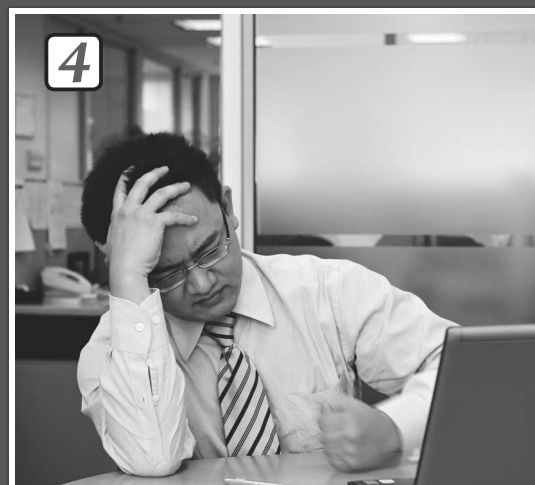
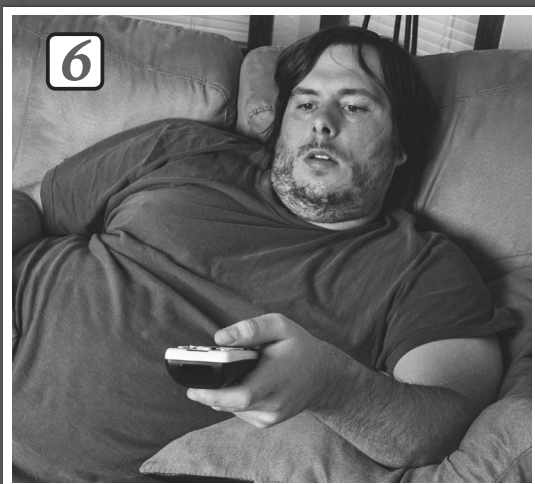




WELLNESS

GIVE IT A TRY

A Listen and number the pictures.



Listen again. Then number and fill in the blanks.

Word Box

health goals / Stress / get through the day /
damages / keep healthy / gain weight /
Stop bad habits / ups and downs / vitamins /
once in a while / Laziness / getting up and out


- 5 Eating lots of snacks will often cause you to gain weight. They're OK to eat once in a while; however, be careful of making it a daily habit.
- 2 Exercising is another way to keep healthy. Being active and doing something you enjoy, such as cycling, is good for staying motivated with your health goals.
- 1 It's important to have fruit in your diet. Fruit gives you vitamins and minerals to get through the day.
- 6 Laziness is one of the biggest reasons for unhealthy lives. Trying new things and getting up and out are important parts of living a healthy life.
- 4 Stress can be as bad as not eating healthy. People may experience pressure in life because of ups and downs, but hobbies and interests are excellent for feeling better.
- 3 Stop bad habits as soon as possible. Smoking is a problem for many people. It can make you feel good and relieve stress, so people forget it damages your lungs and your body.

SPEAK UP

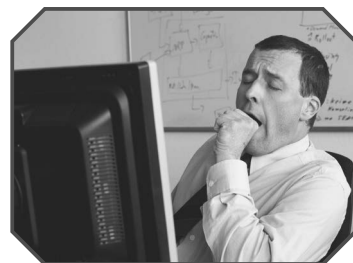
Answer the questions.

1. What does it mean to be healthy?
2. Are diets always good? Why or why not?
3. How does exercise help people stay healthy?
4. What are bad habits people have when trying to be healthy?
5. What do you do to keep healthy?

UNIT
2

B Listen and look at the picture.
Choose the best statement.  MP3 / 11

1. D



2. C



3. A





The Brownie Diet

Sally: You look so thin, Karen! Are you feeling alright? Do you feel sick?

Karen: Oh no, this is just the fashion these days, thin is **in**¹.

Sally: But if the wind blew any harder, you would fly away.

Karen: Hey, I want to be beautiful; besides, the toughest part of a diet isn't watching what you eat, it's watching what other people eat.

Sally: Oh, this **brownie**² is delicious! Don't you just wish you could bite into one of these beautiful things? Ummm!

Karen: **Tempting**³ me won't help you lose your weight!

Sally: If you stood sideways and stuck out your tongue, you would look like a **zipper**⁴!

Karen: Ha, ha, you're funny. Give me a little piece, just a little one. Come on.

Sally: No, you are on a diet. You are special. You can't have a brownie.

Karen: Just one piece, please! I miss chocolate, chocolate!

Sally: You are **attacking**⁵ me! Wow, you are strong for being so thin! Have you been working out!?

Karen: Every day, I do two hundred **sit-ups**⁶ and fifty **push-ups**⁷!

Sally: Karen, please get off of me, I can't breathe. I thought you were going to kill me. You really should eat more so you don't have to attack your friends for their food.

Karen: Oh, this is good! More! More!

Sally: Take it easy, you monster!

Karen: That was good! I'm getting another brownie.

Sally: You owe me another one as well.



Language Notes

Synonym: ✓

1. **in** [ɪn] *adj.* ✓ *fashionable*
Miniskirts are in this year.

2. **brownie** [ˈbraʊni] *n.*
My mother made brownies for my friends when they came over.

3. **tempt** [tempt] *v.*
The offer of a high salary tempted Tom.

4. **zipper** [ˈzipə] *n.*
The zipper on his jacket broke, so he couldn't zip it up.

* 5. **attack** [əˈtæk] *v.*
His shop was attacked by a gang of youths.

6. **sit-up** [sɪtʌp] *n.*
He tried to get slimmer by doing sit-ups every day.

7. **push-up** [pʊʃʌp] *n.*
She set a goal of doing 30 push-ups in 10 minutes.
* Represents GEPT elementary vocabulary

UNIT
2

CONVERSATION REVIEW

Listen and check the correct answer.  MP3 / 13

1. ☒ a. Being thin
☐ c. Workout clothes

☐ b. Lots of zippers

2. ☐ a. She looks strong.
☒ c. She looks sick.

☐ b. She looks tempting and beautiful.

3. ☐ a. She thinks she's too thin.
☐ c. She says, "They're in."

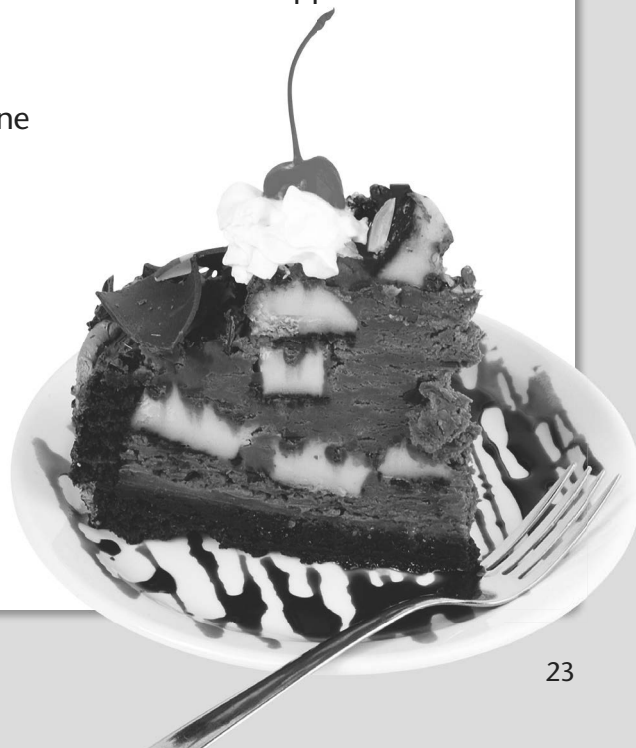
☒ b. She misses chocolate.

4. ☐ a. Because she eats too much
☒ c. Because she acts like one

☐ b. Because she looks like a zipper

5. ☐ a. 200
☒ c. 50

☐ b. None





SUPERLATIVE ADJECTIVES

The + Superlative + of/among + the N. (Plural) + be V. + N.

The shortest	of / among	the girls	is	Tina.
The nicest		the teachers	was	Ms. Bailey.
The most patient		the doctors	has been	our doctor.
The most beautiful		the actresses	will be	Jennifer.

S. + be V. + the + Superlative + of/among + the N. (Plural)

Tina	is	the shortest	of / among	the girls.
Ms. Bailey	was	the nicest		the teachers.
Our doctor	has been	the most patient		the doctors.
Jennifer	will be	the most beautiful		the actresses.

A Circle the correct answer.

- Benjamin is the (most handsome / handsome) among the boys.
- The cutest (of / in) the nurses won't be Diana.
- The oldest among the (firefighter / firefighters) was Daniel's uncle.
- You (were / was) the fastest of the cyclists.
- The friendliest (on / among) the dogs has been my friend's dog.

B Unscramble the sentences.

- among / cars / street / the / Polly's / newest / is / on / the / the / car

Polly's car is the newest among the cars on the street.

- is / toy / Kim's / The / the / oldest / of / toys

The oldest of the toys is Kim's toy.

- my / The / of / was / strongest / father / men / the

The strongest of the men was my father.

- students / Ben / the / has / among / been / smartest / the

Ben has been the smartest among the students.

- of / sports / the / fun / that / the / most / play / Soccer / we / is

Soccer is the most fun of the sports that we play.

S. + be V. + the + Superlative + N. + in + N.

I	am	the most handsome	man	in	my family.
You and Bob	were	the least confident	students		the class.
Jacob	is going to be	the best	musician		his school.
These whales	are	the largest	animals		the zoo.

It + be V. + the + Superlative + N. + that + S. + have/has + p.p.

It	has been	the most difficult	project	that	the children	have / has	finished.
	will be	the least happy	song		Jane		sung.
	was	the worst	movie		they		seen.
	is	the cheapest	meal		Stacy and I		had.

A Fill in the blanks.

- It won't be the best picture that she has taken.
- Ian and Ann are going to be the most successful singers in Japan.
- This hotel is the most expensive hotel in town.
- This shirt has been the ugliest shirt in my closet.
- It might be the least fun game that you have played.

B Complete the sentences using superlatives. (Answers will vary.)

- The tree is the oldest tree in the park.
- Winnie is the most interesting person that I've ever met.
- Mr. Brown is the best professor in my school.
- Michael is the most popular singer in the country.
- Mount Everest is the highest mountain in the world.
- It is the most beautiful country that I've ever been to.
- The most hardworking among the players is Danny.
- It has been the most interesting assignment that we've done.



LISTENING TEST



聽力測驗：看圖辨義

MP3 / 14

請聽題目及三個選項，選出與圖案最相符的答案。

1. ☐ A

☐ B

☒ C



3. ☐ A

☐ B

☒ C



2. ☒ A

☐ B

☐ C



4. ☒ A

☐ B

☐ C



聽力測驗：問答

MP3 / 15

請聽問題，再從三個選項中選出一個最適合的答案。

1. A **A** I know a great doctor you can go to. **B** The bathroom is down the hall.
 C Would you like something to eat?
2. C **A** No thanks. I don't eat meat. **B** I'm not really thirsty.
 C Sure! I love anything chocolate!
3. B **A** Yes, you are looking a little thin.
 B Exercising is a good way to lose weight.
 C Where are you going to buy that?
4. C **A** She failed almost all her tests. **B** Her parents are so proud of her.
 C Yes, her grades are average.
5. A **A** Wow! I've always wanted to see those mountains.
 B Have fun. I love going to the beach.
 C That's great. Please tell them I said hello.
6. C **A** Yes, I thought he was in a very good mood also.
 B I guess he didn't get enough sleep last night.
 C He's very busy, so he usually arrives on time.



A Different Type of Diet



either over time aimed at as long as suited to come off on the other hand

These days, it seems like everyone wants to **shed**¹ a few unwanted pounds. But have you ever tried a diet that simply refused to work? No matter how
5 closely you followed it, the extra pounds just wouldn't **come off**. And to make matters worse, your friends are slimming down and looking fabulous. According to Dr. Peter D'Adamo, a
10 **naturopathic**² **physician**³, the problem isn't you, but rather impersonal diets **aimed at** entire populations.

D'Adamo believes that a person's blood type is an important factor in
15 determining what diet will be most **effective**⁴. For example, people with type-O blood should eat more red meat and fewer grains, and get more
20 **vigorous**⁵ exercise. Those with type-A blood, **on the other hand**, should cut out meat and **adopt**⁶ more gentle workouts. People with type-B blood benefit from **moderate**⁷ exercise
25 but no chicken. Finally, those with type-AB blood can follow **either** the A or B diet.

While D'Adamo's Blood Type Diet cannot be supported by direct scientific
30 evidence, human **evolution**⁸ does suggest why it might work. Blood types developed **over time** in response to different stages of human development, lifestyle, and diet.
35 For example, hunters and meat-eaters were type-Os. Type-A blood came about as a result of farming, and type-B **sprang up**⁹ around ten thousand years ago in the high **Himalayas**¹⁰. As its name
40 suggests, type-AB resulted in the mingling of As and Bs in the sixteenth century. However, fans of the Blood Type Diet won't care about all this so much **as long as** it works.

45 Of course you cannot change your blood type, but, according to D'Adamo, you can use knowledge of it to craft a diet plan that is **biologically**¹¹ **suited to** your **makeup**¹². So, if regular diets
50 haven't worked for you, give this one a try!



Language Notes

Synonym: ❷

1. **shed** [ʃɛd] v. ❶ *get rid of*
This diet will help you shed a few pounds.
2. **naturopathic** [ˌnetʃərəˈpæθɪk] adj.
I had an appointment with my naturopathic physician this evening.
3. **physician** [fɪˈzɪʃən] n.
You don't look so good; you should go see a physician.
4. **effective** [ɪˈfektɪv] adj.
The advertisement was simple but remarkably effective.
5. **vigorous** [ˈvɪɡərəs] adj. ❷ *energetic*
He goes through a vigorous workout routine four times a week.
6. **adopt** [əˈdɒpt] v.
The store recently adopted a drug testing policy for all new employees.
7. **moderate** [ˈmɒdəˌreɪt] adj.
The president proposed a moderate tax increase.
8. **evolution** [ˌɛvəˈluʃən] n.
I've been impressed by the young man's evolution into a responsible adult.
9. **spring up** phr.
Computer stores are springing up all over the place.
10. **Himalayas** [hɪˈmæljəz] n.
The plane flew over the Himalayas on the way to China.
11. **biologically** [baɪəˈlɒdʒɪkəlɪ] adv.
She's not biologically related to her brother-in-law.
12. **makeup** [ˈmekʌp] n.
There's a possible link between genetic makeup and criminal behavior.

UNIT 2

READING REVIEW

Check the correct answer.

1. What is the most important factor in determining an effective diet?

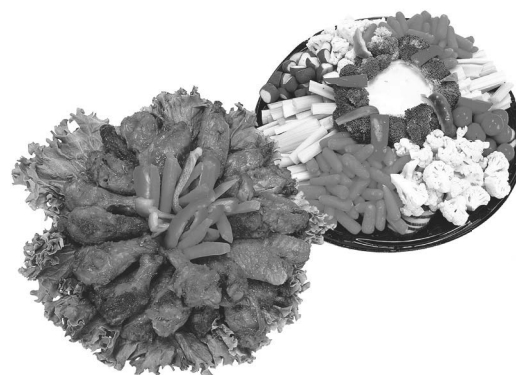
<input type="checkbox"/> a. To eat fewer grains	<input type="checkbox"/> b. To exercise moderately
<input checked="" type="checkbox"/> c. To know your blood type	<input type="checkbox"/> d. To eat more food
2. People with type-O blood should _____.

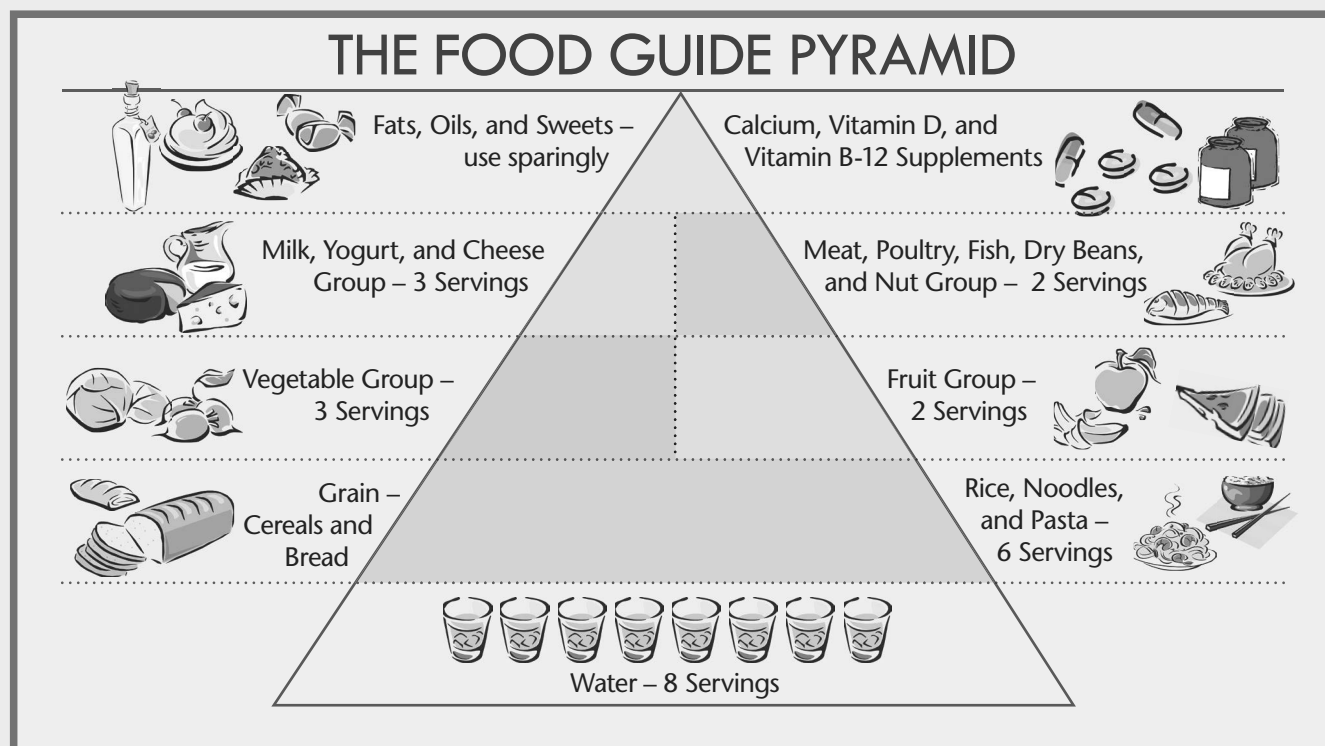
<input type="checkbox"/> a. eat more chicken and fewer dairy products
<input checked="" type="checkbox"/> b. eat more red meat and fewer grains
<input type="checkbox"/> c. eat more grains and less red meat
<input type="checkbox"/> d. eat more fruit and less meat
3. People with type-A blood should _____.

<input checked="" type="checkbox"/> a. cut out meat and do more gentle workouts
<input type="checkbox"/> b. cut out vegetables and eat more meat
<input type="checkbox"/> c. cut out dairy and exercise vigorously
<input type="checkbox"/> d. cut out exercise and eat more fruit
4. People with type-B blood should eat _____.

<input type="checkbox"/> a. plenty of grains, but no pork	<input type="checkbox"/> b. plenty of vegetables, but no beef
<input checked="" type="checkbox"/> c. plenty of dairy, but no chicken	<input type="checkbox"/> d. plenty of crackers, but no vegetables
5. Type-AB blood came about as a result of _____.

<input checked="" type="checkbox"/> a. the mixing of As and Bs	<input type="checkbox"/> b. the Himalayas
<input type="checkbox"/> c. hunting and farming	<input type="checkbox"/> d. the mixing of all types



*A Guide to Daily Food Choices***GIVE IT A TRY** (Answers will vary.)

Write the food and number of servings you ate for breakfast, lunch, dinner, and snacks yesterday. Then discuss your eating habits with your classmates.

Food Group	Breakfast	Lunch	Dinner	Snacks	Total no. of Servings
A Proteins	2 eggs	beef	chicken		3
B Carbohydrates		noodles	rice	bread	3
C Fat, oil, sugar				candy	1
D Fruit	1 banana		1 apple		2
E Dairy products	1 glass of milk			cheese	2
F Vegetables		broccoli	salad		2



I 閱讀能力測驗：詞彙與結構
請依照題意選出最適合的答案。

<u>D</u> 1. To help you lose weight, get plenty of _____ exercise. Ⓐ social Ⓑ alive Ⓒ national Ⓓ vigorous	<u>D</u> 5. I returned my jeans because the _____ was broken. Ⓐ color Ⓑ size Ⓒ style Ⓓ zipper
<u>A</u> 2. You need a diet that is suited to your _____. Ⓐ blood type Ⓑ view Ⓒ area Ⓓ nerves	<u>B</u> 6. I enjoy doing _____ exercises such as walking and biking. Ⓐ original Ⓑ moderate Ⓒ available Ⓓ fancy
<u>C</u> 3. Internet cafés have _____ all over the city recently. Ⓐ brought up Ⓑ called off Ⓒ sprung up Ⓓ showed off	<u>D</u> 7. Cory does 150 _____ every morning to stay in shape. Ⓐ patterns Ⓑ editions Ⓒ operations Ⓓ sit-ups
<u>A</u> 4. Billy visited the family _____ after his fever got worse. Ⓐ physician Ⓑ program Ⓒ princess Ⓓ producer	<u>C</u> 8. I love to eat _____ for dessert. Ⓐ turkey Ⓑ wine Ⓒ brownies Ⓓ meat

II 閱讀能力測驗：克漏字填空
請從四個選項中選出一個最適合的字詞填入空格中。

Claire is on a diet. She tells Molly that being thin is just the fashion these days; thin is ①. They begin talking about the ② parts of a diet. Claire says it's very difficult for her to see other people eating things she can't have. Molly tries to ③ Claire to bite into a delicious, sweet brownie, but Claire doesn't ④. Molly jokes that if Claire stood sideways and ⑤ her tongue, she would look like a zipper. Claire then ⑥ Molly to get her a chocolate brownie! It's so delicious that both girls decide to get another one.

- | | |
|--|--|
| <u>A</u> 1. Ⓐ in Ⓑ about
Ⓒ up Ⓓ around | <u>C</u> 4. Ⓐ hold on Ⓑ get over
Ⓒ give in Ⓓ line up |
| <u>A</u> 2. Ⓐ toughest Ⓑ heaviest
Ⓒ smartest Ⓓ oldest | <u>B</u> 5. Ⓐ gave up Ⓑ stuck out
Ⓒ traded in Ⓓ came across |
| <u>D</u> 3. Ⓐ guide Ⓑ follow
Ⓒ treat Ⓓ tempt | <u>B</u> 6. Ⓐ permits Ⓑ attacks
Ⓒ removes Ⓓ scrubs |



閱讀能力測驗：閱讀理解
請依照文意選出最適合的答案。

A There's a strange diet that people are trying. Dr. Peter D'Adamo says that most diets are impersonal and aimed at entire populations. He believes that your blood type is important in determining what diet will work for you. According to him, someone with type-O blood should get vigorous exercise and eat more red meat. Those with type-A blood should cut out meat and adopt more gentle workouts. People with type-B blood benefit from moderate exercise. They should eat plenty of dairy, but no chicken. Those with type-AB blood can follow either the A or B diet. Though this diet claims to work, we all know that simply eating healthy and exercising is what works for everyone.

C 1. Why don't many diets work according to Dr. D'Adamo?

- A** Because people don't know their blood type
- B** Because people eat too much meat
- C** Because one kind of diet isn't for everyone
- D** Because people don't exercise enough

D 2. According to the diet, what should a person with type-B blood do?

- A** A person with type-B blood should do a lot of tough exercise.
- B** A person with type-B blood should eat only red meat and dairy.
- C** A person with type-B blood should avoid doing easier workouts.
- D** A person with type-B blood should avoid eating chicken.

A 3. What should people with type-O blood do?

- A** They should eat more red meat.
- B** They should exercise moderately.
- C** They should eat more vegetables.
- D** They should eat lots of dairy.

B

Sean is on vacation. Here is his schedule today.

10:00 A.M.	Jogging at the beach
11:30 A.M.	Seafood lunch
1:00 P.M.	Scuba Diving Lessons
4:30 P.M.	Visiting the museum
7:30 P.M.	Dinner
8:30 P.M.	Rest
9:30 P.M.	Lounge bar

D 1. What will Sean spend the least amount of time doing?

- A** Visiting the museum **B** Jogging
- C** Scuba diving **D** Resting

C 2. How much time will Sean spend at meals?

- A** An hour and a half **B** Two hours
- C** Two and a half hours **D** Three hours



I 寫作能力測驗：單句寫作

請將標準答案完整地寫出，包括提示之文字及標點符號。

A 句子改寫 請依題目之提示，將原句改寫成指定型式，並將改寫的句子完整地寫出。

1. All the workers in the factory are less careful than Tim. (用of改寫)

Tim is the most careful of the workers in the factory.

2. No place I've ever been to is as beautiful as this city.

This city is the most beautiful place (that) I've ever been to.

B 句子合併 請依照題目指示，將兩句合併成一句，並將合併的句子完整地寫出。

1. There are a lot of girls at the party.

No one is as tall as Amber. (用among合併)

Amber is the tallest among the girls at the party.

2. Julie has learned some languages.

No language is as interesting as English.

English is the most interesting language (that) Julie has learned.

C 重組 請將題目中所有提示字詞整合成一句有意義的句子，並將重組的句子完整地寫出。

1. What is the funniest thing that you have ever done?

you / the / is / ever / What / done / funniest / have / thing / that

2. The most hardworking among the teachers is Mr. Darcy.

Mr. Darcy / most / among / the / is / hardworking / The / teachers

II 寫作能力測驗：段落寫作

題目：Jane 的媽媽昨天在回家的路上，突然下起一陣大雨，結果淋雨著涼了，還好有 Jane 照顧她。

請根據這些圖片寫一篇約 50 字的記敘短文。



Sample Answer:

While Jane's mother was on her way home, it suddenly began to rain.

Without an umbrella, she was all wet. Later that day, she started sneezing

and had a fever. She spent the rest of the day in bed. Luckily, Jane took care

of her and brought her hot tea. Jane dearly hopes that her mother will get

well soon.