Read the text and choose the right answer:

*Health tips for travelers*

Travel is fun. Travel is exciting. But it’s not fun or exciting if you get ill. So what can you do to stay in good health? There are three things you should remember when you travel: relax, sleep and eat well.

A holiday is supposed to be a time for relaxing. But to our regret very often it is not. Think about what you do when you are a tourist. There are so many places to visit: museums, shops, parks and churches. You may spend most days walking around these places. This can be very tiring. Your feet may hurt. You have got a terrible headache after a few hours. A tired body means a weak body. And a weak body gets ill easily. So sit down for a few hours in a quiet park bench or at a café.

You should not forget about sleep. If you want to stay healthy you need to get a good night’s rest. You may have trouble sleeping at night when you travel. Your hotel room may be noisy or the bed may be uncomfortable. If this is true, don’t hesitate to change rooms or hotels. In many cities the nightlife can be very exciting. You may want to stay out late at night. In this case you should plan to sleep for an hour during day. That extra hour can make a big difference.

Finally , if you want to stay in good shape, you must eat well. That means eating the right kinds off food.

1. This text is about ……
2. What to eat when you travel
3. Relaxing when you travel
4. How exciting travel is
5. How to stay healthy when you travel
6. A holiday is nit fun if …..
7. You are reductant to go
8. You are suddenly taken ill
9. You spend most days doing the sights
10. Have trouble sleeping at night
11. Sightseeing is…
12. The best way to relax
13. Never any fun
14. Very tiring
15. Unhealthy

Choose the correct item:

1. One of the major environmental …………………..that needs to be considered is deforestation.

a. Warnings

b. Laws

c. Issues

d. Measures

2. I can’t stand seeing animals in ………

a. Protection

b. Packaging

c. Reserve

d. Captivity

3. Global……….is causing climate changes.

a. Destruction

b. Pollution

c. Heating

d. Warming

4. We must investigate ………….energy forms.

a. Balanced

b. Alternative

c. Ultimate

d. Creative

1. The new law will ………….effect in six months.
2. Have
3. Give
4. Bring
5. Take

6. . Well , it’s 7 p.m . I’d better hit the …………if I want to get home before it’s dark

a. Roof

b. Headlines

c. Road

d. Newspaper

7. She’s a bit plump, but she buys clothes that ……her shape so she always looks good

a. Flatter

b. Develop

c. Enhance

d. Correct

8. My sister loves watching TV, but I’m really ……….it: I much prefer reading a book

a. Up to

b. Out of

c. In

d. Into

9. People who are fashion ……always wear very modern clothes

a. Aware

b. Cultured

c. Conscious

d. Educated

10. I really like his paintings, but I admit that at first ………the colours seem a bit bright

a. Sight

b. View

c. Look

d. Impression